



Physical Education TENNIS

Y3

Unit Focus:

To identify and describe some rules of tennis. To serve to begin a game To explore forehand hitting.

Prior Learning:

- Be able to make it difficult for their opponent to score a point.
- Begin to choose specific tactics.
- Transfer net/wall skills. Improve agility and coordination and use in a game.

Rules:

- Play rules where if the ball is hit out of the playing area the point is awarded to the other player.
- If the ball bounces more than once on your side, the opponent gets the point (you can adapt this to two bounces if necessary).
- The player that gets to 5 points first wins.



Keep count/score of a game.



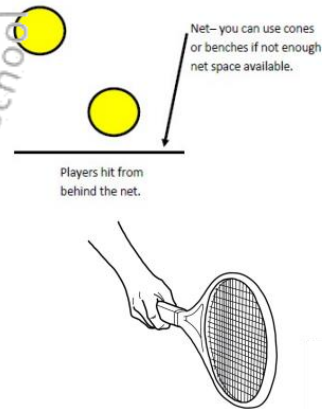
Show tennis ready position.



Play against an opponent.

Key Vocabulary/Skills:

Tennis ready position.	Hit, return court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm.
Recognise the types of hitting needed for different areas of the court.	
Serve with some accuracy to targets.	
Perform a forehand shot on a moving ball.	
Move towards the ball to return to the other side.	



Inspiring Individuals

Equipment

Tennis racquets, nets, sponge balls, tennis balls, cones, hoops.

Key Questions

1. What is the role of an umpire?
2. What skills/techniques have you been using to score points against your opponent?
3. How did you try to improve your performance when playing different players?