

Recap: What do we know about tennis?

Lesson 1/6

To understand how to hold the racket and to be in the ready position

Success Criteria

To be able to:

- **Have their feet at least shoulder width apart with your head forwards onto the court and bend your knees slightly**
- **Hold the racket using the 'shake hands' grip**
- **Know after hitting the ball to return to the centre of the court and the ready position as soon as possible**

Recap: To understand how to hold the racket and to be in the ready position

Lesson 2/6

To play the forearm and backhand shots

under control

Success Criteria

To be able to:

- **Look to get to the ball as soon as possible**
- **Make their forward swing of the racket from low to high**
- **Make contact with the ball at around waist height**
- **Watch the ball travel and decide to play a shot other than the forearm shot**
- **Start to understand the term 'backhand shot'**

Recap: To play the forearm and backhand shots under control

Lesson 3/6

To play a rally with a partner by selecting the correct technique

Success Criteria

To be able to:

- **Track the ball all the way from once it leaves their partners racket**
- **Aim to get their racket back before the ball has bounced**
- **Decide which shot needs to be played, and move their feet accordingly**

Recap: To play a rally with a partner by selecting the correct technique

Lesson 4/6

To underarm serve **over a net**

Success Criteria

To be able to:

- **Stand sideways to the line and holds the racket and ball together out in front**
- **Drop the ball onto the racket before it bounces and hit it**
- **Move the racket in a swinging action from low to high**

Recap: To underarm serve over a net

Lesson 5/6

To understand the scoring system and rules involved in doubles tennis matches

Success Criteria

To be able to:

- **Understand the rules and know how to start and restart the match**
- **Effectively apply some elements of strategy and tactics**

Recap: To understand the scoring system and rules involved in doubles tennis matches

Lesson 6/6

To play a game of doubles tennis using the techniques shown and be able to follow the basic

Success Criteria

To be able to:

- **Play a game of doubles using the techniques shown**
- **Understand where they need to stand to be in the best position to play the shots needed**
- **Start the game with a basic serve and be able to play a rally with their opponents**