

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 shot under control

Success Criteria

To be able 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**

Recap: To play the forearm shot under control

Lesson 3/6

To play a rally with a partner using the forearm shot

Success Criteria

To be able to:

- Meet the tennis ball in front of them, at about waist height**
- Track the ball all the way from once it leaves their partners racket**
- Aim to get their racket back before the ball has bounced**

Recap: To play a rally with a partner using the forearm shot

Lesson 4/6

To introduce the 'backhand shot'

Success Criteria

To be able to:

- Watch the ball travel and decide to play a shot other than the forearm shot**
- Start to understand the term 'backhand shot'**
- Know to pull their racket back so that it is facing the backline**
- Step to the ball with the foot which is closest to the ball**
- Have a level swing with the racket face pointed at the target**

Recap: To introduce the 'backhand shot'

Lesson 5/6

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 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**