

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**