

**Recap: What do we know about tennis?**

## **Lesson 1/6**

# **To develop playing a rally with a partner using the forearm shot in tennis**

### **Success Criteria**

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**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 partner's racket**
- **Be ready with their racket back before the ball has bounced**

**Recap: To develop playing a rally with a partner using the forearm shot in tennis**

**Lesson 2/6**

# **To develop the underarm serve over a net in tennis**

## **Success Criteria**

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**To be able to:**

- **Stand sideways to the intended target and hold the racket and ball together out in front**
- **Drop the ball onto the floor and make contact before it bounces a 2<sup>nd</sup> time**
- **Move the racket in a swinging action from low to high**

**Recap: To develop the underarm serve over a net in tennis**

## **Lesson 3/6**

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

### **Success Criteria**

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#### **To be able to:**

- **Play a modified version of the game using the techniques shown**
- **Understand where they need to stand to be in the best position to play the shots needed**

**Recap: What do we know about badminton?**

## **Lesson 4/6**

# **To develop the serving technique in badminton**

### **Success Criteria**

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**To be able to:**

- **Keep the racket head below waist height when striking a serve**
- **Understand where to stand and how to position their body to serve**

**Recap: To develop the serving technique in badminton**

## **Lesson 5/6**

# **To develop the ready position and play small rallies with a partner**

### **Success Criteria**

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#### **To be able to:**

- **Use the ready position and return to their position after each shot is played**
- **Attempt a rally with a partner**
- **Know where they need to stand on the court and work with their partner**

**Recap: To develop the ready position and play small rallies with a partner**

## **Lesson 6/6**

# **To develop the understanding of rules of badminton and be able to play doubles matches**

### **Success Criteria**

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#### **To be able to:**

- **Know how to keep score**
- **Know how to move on the court and take turns serving**
- **Understand that they want to play shots that moves their opponent around the court**