

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

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

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 2nd 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

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

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

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

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**