

Recap: What do we know about tennis?

Lesson 1/6

To develop the technique of various shots that can be played in tennis

Success Criteria

To be able to:

- **Know that if the ball goes to the other side of their body that they need to play a backhand shot**
- **Move towards the ball and be able to play a shot to get the ball back towards their partner**

Recap: To develop the technique of various shots that can be played in tennis

Lesson 2/6

To develop hitting the ball over a net in tennis

Success Criteria

To be able to:

- **Hit the ball over a short distance towards a target area**
- **Know to swing their racket from low to high and leave racket facing towards the target area**

Recap: To develop hitting the ball over a net in tennis

Lesson 3/6

To develop playing short rallies over a net with a partner

Success Criteria

To be able to:

- **Play short rallies with a partner over a net**
- **Move towards the ball and be able to play a shot to get the ball back towards their partner**

Recap: What do we know about badminton?

Lesson 4/6

To develop the backhand grip in badminton

Success Criteria

To be able to:

- **Know how grip the racket for a backhand shot using the 'thumb grip'**
- **Know how to use a badminton racket to balance a shuttlecock**
- **Know how to adopt the ready position**

Recap: To develop the backhand grip in badminton

Lesson 5/6

To develop changing the grip from forearm to backhand in badminton

Success Criteria

To be able to:

- **Change from backhand 'thumb' grip to forehand 'V' grip**
- **Use a badminton racket to balance a shuttlecock with both grips**
- **Return to the ready position after each shot**

Recap: To develop changing the grip from forearm to backhand in badminton

Lesson 6/6

To develop the specific footwork needed when playing badminton

Success Criteria

To be able to:

- **Know to be in a position to consistently return a shuttle**
- **Perform a series of movements whilst retaining their balance**
- **Complete a split-step (Ready position)**