

Recap: What do we know about tennis?

Lesson 1/6

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

Lesson 2/6

To introduce 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 introduce the underarm serve over a net in tennis

Lesson 3/6

To introduce games 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 introduce the serving technique in badminton

Success Criteria

To be able to:

- **Attempt a badminton serve with some success**
- **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 introduce the serving technique in badminton

Lesson 5/6

To introduce the ready position and play small rallies with a partner

Success Criteria

To be able to:

- **Use the ready position**
- **Attempt a rally with a partner**
- **Know where they need to stand on the court and work with their partner**

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

Lesson 6/6

**To introduce the rules
of badminton and
be able to play
doubles matches**

Success Criteria

To be able to:

- **Attempt to use attacking and defensive shots**
- **Know how to keep score**
- **Know how to move on the court and take turns serving**