

Recap: What do we know about tennis?

Lesson 1/6

To introduce holding a tennis racket correctly and be able to balance a ball on their racket

Success Criteria

To be able to:

- **Know what hand they will mostly hold their racket in and be able to hold the racket at the bottom of the grip**
- **Have their feet at least shoulder width apart with your head forwards onto the court and bend your knees slightly**
- **Know where they need to hold their racket in relation to the body**

Recap: To introduce holding a tennis racket correctly and be able to balance a ball on their racket

Lesson 2/6

To introduce keeping the tennis ball off the floor by bouncing on a racket

Success Criteria

To be able to:

- **Watch the ball and follow it with their racket**
- **Control the racket, keep it flat and move it smoothly**
- **Bounce the ball at waist height and hit it into the air**

Recap: To introduce keeping the tennis ball off the floor by bouncing on a racket

Lesson 3/6

To introduce hitting a bouncing ball towards a partner

Success Criteria

To be able to:

- **Be in a balanced position when hitting the ball**
- **Have their racket back before the ball has bounced**
- **Have the strings of their racket facing their partner as they make contact with the ball**

Recap: What do we know about badminton?

Lesson 4/6

To introduce how to grip the racket in badminton

Success Criteria

To be able to:

- **Know how grip the racket**
- **Know how to use a badminton racket to balance a shuttlecock**
- **Know how to adopt the ready position**

Recap: To introduce how to grip the racket in badminton

Lesson 5/6

To introduce the forehand shot in badminton

Success Criteria

To be able to:

- **Use a forehand grip with a badminton racket**
- **Begin to use a badminton racket to hit a shuttlecock in a particular direction**
- **Move their feet in order to be able to play the forearm shot**

Recap: To introduce the forehand shot in badminton

Lesson 6/6

To introduce the specific footwork needed when playing badminton

Success Criteria

To be able to:

- **Move quickly 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)**