

Lesson 1/6

To hold 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 racket at the bottom of the grip**
- **Know where they need to hold their racket in relation to the body**

Lesson 2/6

To keep the tennis ball off the floor by bouncing it on their 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**

Lesson 3/6

To hold a racket and make contact with a ball from a self-feed

Success Criteria

To be able to:

- **Catch a large ball**
- **Bounce the ball and catch it with two hands**
- **Watch the flight of the ball and meet it with their hands**

Lesson 4/6

To hit a bouncing ball **towards a partner**

Success Criteria

To be able to:

- **Be in balanced position when hitting the ball**
- **Have their racket back before the ball has bounced**
- **Have the strings of their racket facing their partner**

Lesson 5/6

**To understand that
the shot they are
playing is called
the forearm shot**

Success Criteria

To be able to:

- **Know what a forearm shot is and know when this shot is played**
- **Move towards the ball and be able to play a shot to get the ball back towards their partner**

Lesson 6/6

To hit the ball over a net **towards a partner**

Success Criteria

To be able to:

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