

**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**

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**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**

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**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**

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**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**

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**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**

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**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**