

**Lesson 1/6**

**To make contact  
with a ball with  
their hand and  
a small piece  
of equipment**

**Success Criteria**

**To be able to:**

- **Hold the variety equipment safely and can make contact a ball/object**
- **Feed a ball to them and be able to contact it**
- **Track the ball and show good hand/eye coordination**

**Lesson 2/6**

**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 3/6**

# **To keep the tennis ball off the floor by bouncing on the 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 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 hit the ball over a net towards a target area**

## **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 the racket facing towards the target area**

**Lesson 6/6**

# **To play short rallies over a net with a partner**

## **Success Criteria**

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**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**