

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 hit 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**

Lesson 3/6

To introduce the ready position and be able to volley a ball from a self-feed

Success Criteria

To be able to:

- **Stand in the ready position and move towards the ball**
- **Have a wide base and be low to the ground**
- **Understand that the power for the dig comes from the legs and not the arms**

Lesson 4/6

**To develop the ready
position and be able to
dig/forearm pass a
ball from a self-feed**

Success Criteria

To be able to:

- **Have a wide base and be low to the ground**
- **Understand that the power for the dig comes from the legs and not the arms**
- **Understand when the dig/forearm pass is needed to be played**

Lesson 5/6

To throw a ball in dodgeball

Success Criteria

To be able to:

- **Attempt to grip the ball and throw it with some control**
- **Throw the ball with good technique**
- **Throw the ball with accuracy**

Lesson 6/6

To develop the catching technique against faster balls

Success Criteria

To be able to:

- **Get into the 'ready position' (Knees slightly bent, feet shoulder width apart, hands out)**
- **Keep your eyes on the ball all the time**
- **Pull the ball into your body as you catch**