

Lesson 1/6

To hold a tennis racket correctly

Success Criteria

To 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 contact a tennis ball **from a self-feed**

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 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 4/6

**To hit the ball
over a net
towards a
target area**

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**

Lesson 5/6

**To move towards
the ball and be
able to play a shot
to get the ball back
towards their partner**

Success Criteria

To be able to:

- **Move towards the ball as it travels, from starting in ready position**
- **Track the ball as it moves and adjust feet accordingly**
- **Have their racket back, in preparation of hitting the ball as it bounces**

Lesson 6/6

To play short rallies over a net with a partner

Success Criteria

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**