

PLAYING

EDSTART

Year 3 - Intro to Net & Wall Games

Tennis & Badminton - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- Hold a tennis racket correctly with one and two hands
- Keep control of a ball when on a racket, by balancing and bouncing
- Judge the flight/bounce of the ball and meet it with their racket
- Play a simple forearm pass to a partner
- Know how to grip the racket
- Know how to use a badminton racket to balance a shuttlecock
- Use a forehand grip with a badminton racket
- Begin to use a badminton racket to hit a shuttlecock in a particular direction
- Move quickly to be in a position to consistently return a shuttle
- Perform a series of movements whilst retaining their balance

Learning Objective

Learning Outcomes

1 To introduce holding a tennis racket correctly and be able to balance a ball on their racket

Children can:

- Know what hand they will mostly hold their racket in and be able to hold the racket at the bottom of the grip
- Have their feet at least shoulder width apart with your head forwards onto the court and bend your knees slightly
- Know where they need to hold their racket in relation to the body

2 To introduce keeping the tennis ball off the floor by bouncing on racket

Children can:

- Be encouraged 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

3 To introduce hitting a bouncing ball towards a partner

Children can:

- 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 as they make contact with the ball

4 To introduce how to grip the racket in badminton

Children can:

- Know how to grip the racket
- Know how to use a badminton racket to balance a shuttlecock
- Know how to adopt the ready position

5 To introduce the forehand shot in badminton

Children can:

- Use a forehand grip with a badminton racket
- Begin to use a badminton racket to hit a shuttlecock in a particular direction
- Move their feet in order to be able to play the forearm shot

6 To introduce the specific footwork needed when playing badminton

Children can:

- Move quickly to be in a position to consistently return a shuttle
- Perform a series of movements whilst retaining their balance
- Complete a split-step (Ready position)

Assessment Mark Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can hold racket correctly
- Can balance a ball on the racket and move
- Can hit the ball up with the racket
- Moves in a comfortable and controlled way, with the racket
- Can hit a bouncing ball

Above Target

- Understands how to score points within a game
- Is confident when hitting a bouncing ball
- Can direct the ball in space on the court
- Uses spatial awareness to judge court positions

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Demonstrates leadership qualities
- Effectively apply some elements of strategy and tactics
- Consistently demonstrate an understanding of spatial awareness

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.