

PLAYING

EDSTART

Year 1 - Intro to Racket Skills

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**
- **Return a simple pass back and forth with a partner**
- **Know the difference between forearm and backhand shots**
- **Move towards the ball and be able to play a shot to get the ball back towards their partner**

Learning Objective

Learning Outcomes

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

Children can:

- Hold the variety of equipment safely and can make contact with a ball/object
- Track the ball and show good hand/eye coordination

2 To hold 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
- Know where they need to hold the racket in relation to their body

3 To keep 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

4 To hit 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

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

Children can:

- Hit the ball over a short distance towards a target area
- Know how to swing their racket from low to high and leave racket facing towards the target area

6 To play short rallies over a net with a partner

Children can:

- 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

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 throw and catch individually
- Makes contact with the ball when batting more often than not
- Uses the correct throwing technique, depending on throwing distance (Underarm short distance, overarm longer distance)
- Can throw and catch with a partner/small group

Above Target

- Is confident when striking a bouncing ball
- Communicates with others effectively
- Uses special awareness to judge fielding positions
- Uses different fielding techniques (Short/long barrier) at the appropriate time

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**.