

# COMPETING

# EDSTART

## Year 5 - Tennis

## Unit of Work

Pupils will be taught...

### Overall Learning Outcomes (Endpoints)

Children can:

- **Know how to grip the racket**
- **Know their feet need to be at least shoulder width apart with your head forwards**
- **Look to get to the ball as soon as possible**
- **Contact the ball at around waist height**
- **Aim to get the racket back before the ball has bounced**
- **Watch the ball travel and decide what shot needs to be played**
- **Move the racket in a swinging action from low to high when taking a shot**

### Learning Objective

### Learning Outcomes

**1 To understand how to hold the racket and to be in the ready position**

**Children can:**

- Know their feet need to be at least shoulder width apart with your head forwards onto the court and bend your knees slightly
- Know to hold the racket using the 'shake hands' grip
- Know after hitting the ball return to the centre of the court and the ready position as soon as possible

**2 To play the forearm shot under control**

**Children can:**

- Look to get to the ball as soon as possible
- Make their forward swing of the racket from low to high
- Make contact with the ball at around waist height

**3 To play a rally with a partner using the forearm shot**

**Children can:**

- Aim to meet the tennis ball in front of them at about waist height
- Track the ball all the way from once it leaves their partners racket
- Aim to get the racket back before the ball has bounced

**4 To introduce the 'backhand shot'**

**Children can:**

- Watch the ball travel and decide to play a shot other than the forearm shot
- Start to understand the term 'backhand shot'
- Know to pull their racket back so that it is facing the backline
- Step to the ball with the foot which is closest to the ball
- Have a level swing with the racket face pointed at the target

**5 To underarm serve over a net**

**Children can:**

- Stand sideways to the line and hold the racket and ball together out in front
- Drop the ball onto the racket before it bounces and hit it
- Move the racket in a swinging action from low to high

**6 To play a game of doubles tennis using the techniques shown and be able to follow the basic rules**

**Children can:**

- Play a game of doubles using the techniques shown
- Understand where they need to stand to be in the best position to play the shots needed
- Start the game with a basic serve and be able to play a rally with their opponents

### Assessment Mark      Requirements

#### Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes
- Retain key information
- Understand basic rules of the game

#### On Target

- Can grip the racket correctly
- Can hit the ball up with the racket a number of times
- Can stand in the ready position and move towards the ball
- Move in a comfortable and controlled way, with the racket
- Can serve underarm
- Consistently demonstrate an understanding of spatial awareness

#### Above Target

- Can perform a range of shots in a game situation
- Can serve overarm
- Can use different shots during a rally
- Can direct the ball into different spaces on the court
- Effectively apply some elements of strategy and tactics
- Uses spatial awareness and observational skills to determine their own and others court positions

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Understand where they need to stand to be in the best position to play the shots needed
- Can officiate small games between themselves and are able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance
- Effectively use spatial awareness to achieve success in game situations

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**.