

Year 1 - Intro to Racket Skills Knowledge Organiser

PLAYING
EDSTART

EDSTART KNOW

- I can name the parts of a racket and know how to hold it correctly.
- I can talk about how to keep control of the ball on my racket.
- I can say why it's important to use gentle movements when balancing or bouncing the ball.

EDSTART GO

- I can hold a racket correctly with one or two hands.
- I can balance a ball on my racket and keep it under control.
- I can bounce the ball on my racket using small, careful movements.

EDSTART SHOW

- I can show control when balancing or bouncing a ball on my racket.
- I can move safely and keep my eyes on the ball while using a racket.
- I can explain how I kept the ball steady and under control.

Key Vocabulary

racket, grip,
balance, bounce,
control, eyes,
gentle, steady

What do we know about racket skills?

Tennis and badminton are racket sports.

