

Recap: What do we know about tennis?

Lesson 1/6

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

EDSTART KNOW

- I can explain what the ready position is.
- I can describe how to hold the racket using the 'shake hands' grip.
- I can understand why I must return to the middle of the court after each shot.

EDSTART GO

- I can hold the racket correctly and move into the ready position.
- I can react quickly to calls and move to the correct cone.
- I can rally with a partner, keeping the ball in play.

EDSTART SHOW

- I can encourage my partner in challenges.
- I can share equipment and take turns fairly.
- I can respect my partner when playing rallies.

Recap: To understand how to hold the racket and to be in the ready position

Lesson 2/6

To play the forearm and backhand shots under control

EDSTART KNOW

- I can explain when to use a forehand or backhand shot.
- I can describe how to swing from low to high.
- I can understand why I should watch the ball closely.

EDSTART GO

- I can play forehand and backhand shots with control.
- I can make contact with the ball around waist height.
- I can rally with a partner using both shots.

EDSTART SHOW

- I can encourage my partner to try new shots.
- I can respect my partner when feeding balls.
- I can work fairly in rallies and competitions.

Recap: To play the forearm and backhand shots under control

Lesson 3/6

To play a rally with a partner by selecting the correct technique

EDSTART KNOW

- I can explain why it is important to move my feet before hitting.
- I can describe how to decide between forehand and backhand.
- I can understand how to get into position early.

EDSTART GO

- I can rally with a partner using forehand and backhand.
- I can move my feet into position before the ball arrives.
- I can choose the right shot depending on the ball's position.

EDSTART SHOW

- I can respect my partner during rallies.
- I can encourage my teammate when playing Target Tennis.
- I can celebrate good shots from others.

Recap: To play a rally with a partner by selecting the correct technique

Lesson 4/6

To underarm serve **over a net**

EDSTART KNOW

- **I can explain how to underarm serve correctly.**
- **I can describe the rules about serving diagonally.**
- **I can understand what happens if a serve is a fault.**

EDSTART GO

- **I can serve using correct grip and swing.**
- **I can serve diagonally into the correct box.**
- **I can use the serve to start a rally.**

EDSTART SHOW

- **I can respect my partner when serving.**
- **I can encourage teammates when serving into targets.**
- **I can play fairly in serving competitions.**

Recap: To underarm serve over a net

Lesson 5/6

To understand the scoring system and rules involved in doubles tennis matches

EDSTART KNOW

- I can explain the scoring system in tennis.
- I can describe where to stand when playing doubles.
- I can understand when to serve, rally, and score.

EDSTART GO

- I can play doubles tennis following the rules.
- I can rotate serves fairly with my partner.
- I can score points using tactics and teamwork.

EDSTART SHOW

- I can respect referees and scorers.
- I can encourage my partner during matches.
- I can support my team whether we win or lose.

Recap: To understand the scoring system and rules involved in doubles tennis matches

Lesson 6/6

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

EDSTART KNOW

- **I can explain the rules of doubles tennis.**
- **I can describe how to position myself in matches.**
- **I can understand how to work with a partner to win points.**

EDSTART GO

- **I can play competitive doubles matches.**
- **I can serve, rally, and score using the rules.**
- **I can use tactics with my partner to win games.**

EDSTART SHOW

- **I can respect referees, opponents, and teammates.**
- **I can encourage my team during matches.**
- **I can show fairness whether I win or lose.**