

**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 a racket using the “shake hands” grip.
- I can understand why I should return to the centre after each shot.

## **EDSTART GO**

- I can stand in the ready position with balance.
- I can hold my racket correctly for control.
- I can return to the middle quickly after shots.

## **EDSTART SHOW**

- I can respect my partner when taking turns.
- I can encourage others during racket control challenges.
- I can support my team during rallies and games.

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

**Lesson 2/6**

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

## **EDSTART KNOW**

- I can explain when to use a forehand shot.
- I can describe how to swing from low to high.
- I can understand why contact at waist height is important.

## **EDSTART GO**

- I can perform the forehand shot with control.
- I can rally with a partner using forehands.
- I can aim my forehand shot into a target area.

## **EDSTART SHOW**

- I can respect my partner in rallies.
- I can encourage teammates during forehand practice.
- I can celebrate others' improvements.

**Recap: To play the forearm shot under control**

**Lesson 3/6**

# To play a rally with a partner using the forearm shot

## **EDSTART KNOW**

- I can explain how to track the ball when rallying.
- I can describe why I should get my racket back early.
- I can understand how to meet the ball in front of me.

## **EDSTART GO**

- I can rally with a partner using forehand shots.
- I can move into position quickly for each return.
- I can aim my shots into targets in games.

## **EDSTART SHOW**

- I can respect opponents in rally games.
- I can encourage my partner to keep rallies going.
- I can celebrate success fairly in competitions.
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**Recap: To play a rally with a partner using the forearm shot**

**Lesson 4/6**

# To introduce the **'backhand shot'**

## **EDSTART KNOW**

- I can explain when to use the backhand shot.
- I can describe how to swing with two hands across my body.
- I can understand how to step with the correct foot.

## **EDSTART GO**

- I can perform a backhand shot with control.
- I can rally using forehands and backhands.
- I can aim my backhand into target zones.

## **EDSTART SHOW**

- I can respect teammates when they attempt backhands.
- I can encourage others when they try new skills.
- I can support my partner in rally challenges.

**Recap: To introduce the 'backhand shot'**

**Lesson 5/6**

# **To underarm serve** **over a net**

## **EDSTART KNOW**

- I can explain the rules for serving in tennis.
- I can describe the technique for an underarm serve.
- I can understand why accuracy is important when serving.

## **EDSTART GO**

- I can serve underarm over the net with control.
- I can aim my serve into target areas.
- I can use my serve to begin rallies fairly.

## **EDSTART SHOW**

- I can respect opponents when serving.
- I can encourage teammates when they practise serving.
- I can celebrate others' success fairly.

**Recap: To underarm serve over a net**

**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 where to stand when playing as a pair.**
- **I can understand how to rotate serving and scoring.**

## **EDSTART GO**

- **I can play doubles games fairly.**
- **I can combine forehand, backhand, and serving skills.**
- **I can follow rules in small-sided matches.**

## **EDSTART SHOW**

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