

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	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• I can play doubles games fairly.• I can combine forehand, backhand, and serving skills.• I can follow rules in small-sided matches.	<ul style="list-style-type: none">• I can respect referees, teammates, and opponents.• I can encourage my partner during doubles matches.• I can show fairness whether I win or lose.