

Recap: What do we know about tennis?

Lesson 1/6

To develop playing a rally with a partner using the forearm shot in tennis

EDSTART KNOW

- I can explain when and why I use a forehand shot.
- I can describe how to track the ball as it moves towards me.
- I can understand why my racket needs to be back before the ball bounces.

EDSTART GO

- I can perform a forehand shot with correct technique.
- I can rally with a partner using forehand shots.
- I can aim my forehand shot into target zones.

EDSTART SHOW

- I can respect my partner during rallies.
- I can encourage my group when practising.
- I can celebrate my partner's successes as well as my own.

Recap: To develop playing a rally with a partner using the forearm shot in tennis

Lesson 2/6

To develop the underarm serve over a net in tennis

EDSTART KNOW

- I can explain how to serve in tennis.
- I can describe how to stand side-on when serving.
- I can understand how to use a low ball toss.

EDSTART GO

- I can perform an underarm serve into a target area.
- I can serve consistently into service boxes or hoops.
- I can start rallies fairly with my serve.

EDSTART SHOW

- I can respect opponents when serving.
- I can encourage my teammates when they serve.
- I can celebrate others' effort fairly.

Recap: To develop the underarm serve over a net in tennis

Lesson 3/6

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

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain the rules of doubles tennis.• I can describe where I should stand when playing with a partner.• I can understand how to rotate serving in doubles.	<ul style="list-style-type: none">• I can rally in doubles matches.• I can combine forehand and serving skills with a partner.• I can play matches fairly with correct scoring.	<ul style="list-style-type: none">• I can respect my doubles partner and opponents.• I can encourage my team during matches.• I can play fairly whether I win or lose.

Recap: What do we know about badminton?

Lesson 4/6

To develop the serving technique in badminton

EDSTART KNOW

- I can explain how to serve in badminton.
- I can describe how to keep the racket below waist height when serving.
- I can understand where to stand on the court.

EDSTART GO

- I can serve underarm into the correct service area.
- I can practise consistent serves with a partner.
- I can apply serving in half-court games.

EDSTART SHOW

- I can respect my partner when serving.
- I can encourage teammates in serving challenges.
- I can celebrate effort as well as success.

Recap: To develop the serving technique in badminton

Lesson 5/6

To develop the ready position and play small rallies with a partner

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain what the ready position is.• I can describe how to return to my position after each shot.• I can understand how to stand to prepare for a rally.	<ul style="list-style-type: none">• I can adopt the ready position in games.• I can rally with a partner using forehand and backhand.• I can direct shots into chosen target areas.	<ul style="list-style-type: none">• I can respect my partner in rallies.• I can encourage others to stay ready.• I can celebrate successful rallies fairly.

Recap: To develop the ready position and play small rallies with a partner

Lesson 6/6

To develop the understanding of rules of badminton and be able to play doubles matches

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• I can explain the basic rules of badminton.• I can describe how to score points in a rally.• I can understand how to rotate serving in doubles.	<ul style="list-style-type: none">• I can play badminton doubles with correct rules.• I can rotate serves fairly between teammates.• I can combine serving, rallying, and scoring in matches.	<ul style="list-style-type: none">• I can respect referees and opponents in matches.• I can encourage my partner in doubles play.• I can show fairness whether I win or lose.