

**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**

- 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.

### **EDSTART GO**

- I can rally in doubles matches.
- I can combine forehand and serving skills with a partner.
- I can play matches fairly with correct scoring.

### **EDSTART SHOW**

- 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**

- 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.

### **EDSTART GO**

- 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.

### **EDSTART SHOW**

- 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**

- **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.**

### **EDSTART GO**

- **I can play badminton doubles with correct rules.**
- **I can rotate serves fairly between teammates.**
- **I can combine serving, rallying, and scoring in matches.**

### **EDSTART SHOW**

- **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.**