

Recap: What do we know about tennis?

Lesson 1/6

To develop the technique of various shots that can be played in tennis

EDSTART KNOW

- I can explain when to use a forehand and when to use a backhand.
- I can describe how to get into the ready position.
- I can understand how to move towards the ball before striking.

EDSTART GO

- I can play forehand and backhand shots with correct technique.
- I can return the ball towards my partner.
- I can use shots in activities like Tap Up Tennis and West or East.

EDSTART SHOW

- I can respect my partner in hitting games.
- I can encourage others when practising.
- I can celebrate effort and improvements fairly.

Recap: To develop the technique of various shots that can be played in tennis

Lesson 2/6

To develop hitting the ball over a net in tennis

EDSTART KNOW

- I can explain how to swing from low to high.
- I can describe why racket strings should face my target.
- I can understand how to keep a rally going over a net.

EDSTART GO

- I can hit balls across the net using forehand or backhand.
- I can aim for targets in games like Target Tennis.
- I can attempt longest rallies with my partner.

EDSTART SHOW

- I can respect opponents when hitting over the net.
- I can encourage my partner in rallies.
- I can celebrate effort and fairness in games.

Recap: To develop hitting the ball over a net in tennis

Lesson 3/6

To develop playing short rallies over a net with a partner

EDSTART KNOW

- I can explain what a rally is.
- I can describe how to place the ball into target zones.
- I can understand why moving into position helps me hit better shots.

EDSTART GO

- I can rally with a partner using forehand and backhand shots.
- I can keep the ball in play for more than 3 shots.
- I can apply skills in Target Tennis or rally challenges.

EDSTART SHOW

- I can respect my partner during rallies.
- I can encourage my teammates in practice.
- I can celebrate long rallies fairly.

Recap: What do we know about badminton?

Lesson 4/6

To develop the backhand grip in badminton

EDSTART KNOW

- I can explain how to grip the racket using the “thumb grip.”
- I can describe when to use a backhand shot.
- I can understand how to get into the ready position.

EDSTART GO

- I can perform a backhand shot with control.
- I can balance and serve with a racket.
- I can aim for targets in games for badminton.

EDSTART SHOW

- I can respect my partner in badminton rallies.
- I can encourage my group when trying new grips.
- I can celebrate effort in target challenges.
-

Recap: To develop the backhand grip in badminton

Lesson 5/6

To develop changing the grip from forearm to backhand in badminton

EDSTART KNOW

- I can explain how to change from forehand to backhand grip.
- I can describe how to use the “V” and “thumb” grip correctly.
- I can understand why quick grip changes help me in games.

EDSTART GO

- I can switch between forehand and backhand grips.
- I can play shots to either side of my body.
- I can combine grips in games .

EDSTART SHOW

- I can respect teammates in grip challenges.
- I can encourage others when practising rallies.
- I can celebrate effort during matches fairly.

Recap: To develop changing the grip from forearm to backhand in badminton

Lesson 6/6

To develop the specific footwork needed when playing badminton

EDSTART KNOW

- I can explain what the split step is.
- I can describe how footwork helps me reach the shuttle.
- I can understand how to stay balanced when moving.

EDSTART GO

- I can perform split steps in badminton practice.
- I can move across the court using chasse steps.
- I can apply footwork in rallies and half-court games.

EDSTART SHOW

- I can respect my partner in footwork activities.
- I can encourage my team in shuttle challenges.
- I can celebrate effort and movement fairly.