

Recap: What do we know about tennis?

Lesson 1/6

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

EDSTART KNOW

- I can explain when to use a forehand shot.
- I can describe how to stand sideways to the ball.
- I can understand why I need to swing from low to high.

EDSTART GO

- I can meet the ball in front of me at waist height.
- I can track the ball from my partner's racket.
- I can rally with a partner using the forehand.

EDSTART SHOW

- I can respect my partner when practising rallies.
- I can encourage my partner in challenges.
- I can celebrate effort fairly,

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

Lesson 2/6

To introduce the underarm serve over a net in tennis

EDSTART KNOW

- **I can explain what an underarm serve is.**
- **I can describe how to stand sideways and swing low to high.**
- **I can understand how to keep my racket face open.**

EDSTART GO

- **I can serve underarm across the net.**
- **I can aim serves into target zones.**
- **I can apply serving in games.**

EDSTART SHOW

- **I can respect my partner when serving.**
- **I can encourage others to try their best.**
- **I can celebrate accurate serves fairly.**

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

Lesson 3/6

To introduce games 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 to stand in doubles.
- I can understand how teamwork helps rallies.

EDSTART GO

- I can rally with a partner in doubles.
- I can apply forehand and serve skills in games.
- I can keep score in short matches.

EDSTART SHOW

- I can respect my partner and opponents.
- I can encourage my team in rallies.
- I can celebrate fairness and effort in matches.

Recap: What do we know about badminton?

Lesson 4/6

To introduce the serving technique in badminton

EDSTART KNOW

- I can explain how to serve in Badminton.
- I can describe why the racket head must stay below my waist.
- I can understand where to stand when serving.

EDSTART GO

- I can serve the shuttle with control.
- I can aim serves into boxes.
- I can apply serving in half-court games.

EDSTART SHOW

- I can respect my partner when serving.
- I can encourage others to try.
- I can celebrate effort in serving games.

Recap: To introduce the serving technique in badminton

Lesson 5/6

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

EDSTART KNOW

- **I can explain what the ready position is.**
- **I can describe why balance helps me return shots.**
- **I can understand how to move side to side.**

EDSTART GO

- **I can show the ready position before a rally.**
- **I can play simple rallies with my partner.**
- **I can use chasse steps to move into position.**

EDSTART SHOW

- **I can respect my partner when rallying.**
- **I can encourage my group during challenges.**
- **I can celebrate effort and fairness.**

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

Lesson 6/6

To introduce the 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 rotate the serve in doubles.**
- **I can understand how to score points.**

EDSTART GO

- **I can play singles or doubles games.**
- **I can use attacking and defensive shots.**
- **I can keep score in a game to 5 or 7 points.**

EDSTART SHOW

- **I can respect referees and scorers.**
- **I can encourage my team in matches.**
- **I can celebrate fairness and effort in games.**