

Recap: What do we know about tennis?

Lesson 1/6

To introduce holding a tennis racket correctly and be able to balance a ball on their racket

EDSTART KNOW

- I can explain how to hold a tennis racket correctly.
- I can describe how my feet and knees should be in the ready position.
- I can understand how to balance a ball on the racket.

EDSTART GO

- I can hold a racket using the correct grip.
- I can balance a ball while standing still and moving.
- I can take part in racket control challenges.

EDSTART SHOW

- I can respect equipment by using it carefully.
- I can encourage others during balance games.
- I can celebrate everyone's effort, not just success.

Recap: To introduce holding a tennis racket correctly and be able to balance a ball on their racket

Lesson 2/6

To introduce keeping the tennis ball off the floor by bouncing on a racket

EDSTART KNOW

- I can explain how to keep the ball off the floor.
- I can describe why it is important to watch the ball.
- I can understand how racket control helps me succeed.

EDSTART GO

- I can bounce the ball up on my racket continuously.
- I can rally with a partner using Tap Up Tennis.
- I can move around while keeping the ball balanced.

EDSTART SHOW

- I can respect my partner when sharing rallies.
- I can encourage others to keep the ball going.
- I can celebrate effort fairly.

Recap: To introduce keeping the tennis ball off the floor by bouncing on a racket

Lesson 3/6

To introduce hitting a bouncing ball towards a partner

EDSTART KNOW

- **I can explain how to prepare my racket before the ball bounces.**
- **I can describe how to stand sideways to the ball.**
- **I can understand why my racket strings should face my target.**

EDSTART GO

- **I can hit a bouncing ball back to my partner.**
- **I can control forehand and backhand shots**
- **I can play games like Target Tennis and Longest Rally**

EDSTART SHOW

- **I can respect my partner when hitting.**
- **I can encourage others to improve their rallies.**
- **I can celebrate effort in challenges.**

Recap: What do we know about badminton?

Lesson 4/6

To introduce how to grip the racket in badminton

EDSTART KNOW

- I can explain how to grip the racket in badminton.
- I can describe what the ready position looks like.
- I can understand how to balance a shuttle on the racket.,

EDSTART GO

- I can hold the racket using the “shake hands” grip.
- I can balance and move with a shuttle on my racket.
- I can aim shots into targets like hoops.

EDSTART SHOW

- I can respect my partner during balance and grip games.
- I can encourage my team in shuttle challenges.
- I can celebrate everyone's effort.

Recap: To introduce how to grip the racket in badminton

Lesson 5/6

To introduce the forehand shot in badminton

EDSTART KNOW

- I can explain how to use the forehand grip.
- I can describe how to chasse step towards the shuttle.
- I can understand when to use a forehand shot.

EDSTART GO

- I can hit the shuttle using a forehand shot.
- I can move into position before striking.
- I can play small games.

EDSTART SHOW

- I can respect my teammates in forehand challenges.
- I can encourage others to keep practising.
- I can celebrate fair play.

Recap: To introduce the forehand shot in badminton

Lesson 6/6

To introduce the specific footwork needed when playing badminton

EDSTART KNOW

- I can explain what the split step is.
- I can describe why footwork helps me return the shuttle.
- I can understand how to move while staying balanced.

EDSTART GO

- I can show the split step in badminton drills.
- I can chasse step to return the shuttle.
- I can apply footwork in rallies and small games.

EDSTART SHOW

- I can respect my partner in footwork activities.
- I can encourage others during matches.
- I can celebrate teamwork and effort.