

**Lesson 1/6**

# **To hold 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 to balance a ball on my racket.
- I can understand how my grip helps control the ball.

**EDSTART GO**

- I can hold the racket at the bottom of the grip.
- I can balance a ball on my racket while moving.
- I can control the ball in racket challenges.

**EDSTART SHOW**

- I can respect equipment when using rackets.
- I can encourage my partner in balance games.
- I can celebrate fairness and effort.

**Lesson 2/6**

# **To hit a bouncing ball towards a partner**

**EDSTART KNOW**

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

**EDSTART GO**

- I can hit a bouncing ball to a partner.
- I can use forehand and backhand shots.
- I can rally with a partner in small games.

**EDSTART SHOW**

- I can respect my partner when rallying.
- I can encourage others during rallies.
- I can celebrate effort as well as accuracy.

## **Lesson 3/6**

# **To introduce the ready position and be able to volley a ball from a self-feed**

### **EDSTART KNOW**

- I can explain what the ready position is.
- I can describe how to use my hands to volley.
- I can understand why the ball must go high and controlled.

### **EDSTART GO**

- I can show the ready position.
- I can volley the ball to a partner.
- I can rally using volleys with control.

### **EDSTART SHOW**

- I can respect my partner when volleying.
- I can encourage others in rally challenges.
- I can celebrate improvements fairly.

## **Lesson 4/6**

# **To develop the ready position and be able to dig/forearm pass a ball from a self-feed**

### **EDSTART KNOW**

- I can explain what the dig is.
- I can describe how to join my hands for a forearm pass.
- I can understand why power comes from my legs.

### **EDSTART GO**

- I can perform a dig with correct technique.
- I can rally using volleys and digs.
- I can move into position before passing.

### **EDSTART SHOW**

- I can respect teammates when rallying.
- I can encourage others to keep trying.
- I can celebrate effort in challenges.

## **Lesson 5/6**

# **To throw a ball in dodgeball**

### **EDSTART KNOW**

- I can explain how to grip the ball to throw.
- I can describe how to step with my opposite foot.
- I can understand how to aim at a target.

### **EDSTART GO**

- I can throw with accuracy at a target.
- I can use throwing in dodgeball games.
- I can apply skills in small games.

### **EDSTART SHOW**

- I can respect opponents when throwing.
- I can encourage others in throwing games.
- I can celebrate fairness and effort.

## **Lesson 6/6**

# **To develop the catching technique against faster balls**

### **EDSTART KNOW**

- I can explain how to stand in the ready position.
- I can describe how to watch the ball closely.
- I can understand how to pull the ball into my body.

### **EDSTART GO**

- I can catch balls using the ready position.
- I can catch quickly from faster throws.
- I can apply catching in small games.

### **EDSTART SHOW**

- I can respect throwers when catching.
- I can encourage my team in catching challenges.
- I can celebrate fairness and fun.