

Lesson 1/6

To hold a tennis racket correctly

EDSTART KNOW

- I can explain how to hold a racket correctly.
- I can describe why gripping at the bottom helps control.
- I can understand where to position my racket in relation to my body.

EDSTART GO

- I can hold the racket in the correct grip.
- I can balance a ball on my racket while moving.
- I can tap the ball up on the racket head.

EDSTART SHOW

- I can respect equipment when using rackets.
- I can encourage classmates in challenges.
- I can celebrate everyone's effort.

Lesson 2/6

To contact a tennis ball from a self-feed

EDSTART KNOW

- I can explain how to watch the ball closely.
- I can describe how to keep the racket flat when hitting.
- I can understand how to bounce the ball at waist height.

EDSTART GO

- I can self-feed and strike the ball into the air.
- I can keep control when tapping up.
- I can aim at targets in racket games.

EDSTART SHOW

- I can respect my partner when rallying.
- I can encourage others to keep going.
- I can celebrate effort fairly.

Lesson 3/6

To hit a bouncing ball towards a partner

EDSTART KNOW

- I can explain how to stand sideways to the ball.
- I can describe why I get my racket ready early.
- I can understand how racket strings face my partner.

EDSTART GO

- I can hit a bouncing ball towards a partner.
- I can use forehand and backhand shots.
- I can rally in small games.
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EDSTART SHOW

- I can respect my partner in rallies.
- I can encourage others during games.
- I can celebrate teamwork.

Lesson 4/6

To hit the ball over a net towards a target area

EDSTART KNOW

- I can explain how to swing low to high.
- I can describe how to face the racket towards my target.
- I can understand how to move forward to meet the ball.

EDSTART GO

- I can hit over a net with control.
- I can aim at target areas.
- I can apply skills in rallies and small games.

EDSTART SHOW

- I can respect opponents when playing.
- I can encourage my partner in challenges.
- I can celebrate fairness and effort.

Lesson 5/6

To move towards the ball and be able to play a shot to get the ball back towards their partner

EDSTART KNOW

- I can explain how to move into ready position.
- I can describe how to adjust my feet.
- I can understand how to prepare my racket early.

EDSTART GO

- I can move towards the ball before it bounces.
- I can hit the ball back to my partner.
- I can rally in small games.

EDSTART SHOW

- I can respect teammates in rallies.
- I can encourage my group to keep the rally going.
- I can celebrate personal and team successes.

Lesson 6/6

To play short rallies over a net with a partner

EDSTART KNOW

- I can explain how to keep a rally going.
- I can describe why communication helps in doubles.
- I can understand how to alternate serves fairly.

EDSTART GO

- I can rally with a partner over a net.
- I can keep the ball in play with control.
- I can play short matches in small games.

EDSTART SHOW

- I can respect rules and opponents.
- I can encourage teammates during games.
- I can celebrate fairness and enjoyment.