

Lesson 1/6

To make contact  
with a ball with  
their hand and  
a small piece  
of equipment

EDSTART KNOW

- I can explain what hand-eye coordination means.
- I can describe how to track a ball in the air.
- I can understand how to use different body parts and small equipment to hit.

EDSTART GO

- I can hit a balloon or ball with my hand or bat.
- I can clap at the top of a ball's flight.
- I can take turns to hit and run in team games.

EDSTART SHOW

- I can respect my teammates when sharing equipment.
- I can encourage others to keep practising.
- I can celebrate effort in games.

**Lesson 2/6**

# **To hold a tennis racket correctly and be able to balance a ball on their racket**

## **EDSTART KNOW**

- I can explain how to grip a tennis racket.
- I can describe how to hold the racket at the bottom of the grip.
- I can understand how to keep the racket flat.

## **EDSTART GO**

- I can balance a ball on my racket.
- I can run with control in “Egg & Spoon” tennis style.
- I can tap the ball up on my racket.

## **EDSTART SHOW**

- I can respect equipment and use it safely.
- I can encourage my partner when balancing.
- I can celebrate small successes.

**Lesson 3/6**

# **To keep the tennis ball off the floor by bouncing on the racket**

## **EDSTART KNOW**

- I can explain how to keep the ball on the racket.
- I can describe why I need to watch the ball carefully.
- I can understand how to control the racket face.

## **EDSTART GO**

- I can keep the ball bouncing on my racket.
- I can walk while balancing the “mouse on the house”.
- I can tap the ball up in pairs.

## **EDSTART SHOW**

- I can respect my partner in ball control games.
- I can encourage others when bouncing.
- I can celebrate improvements in control.

**Lesson 4/6**

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

**EDSTART KNOW**

- I can explain how to move forward to play a shot.
- I can describe why I need to stand side-on.
- I can understand how to face my strings towards the target.

**EDSTART GO**

- I can hit a ball after it bounces.
- I can rally with a partner using forehand or backhand.
- I can play target tennis games.

**EDSTART SHOW**

- I can respect opponents when hitting.
- I can encourage my partner in rallies.
- I can celebrate fair play.

**Lesson 5/6**

# **To hit the ball over a net** **towards a target area**

## **EDSTART KNOW**

- I can explain how to swing from low to high.
- I can describe how to follow through facing the target.
- I can understand how to move towards the ball.

## **EDSTART GO**

- I can hit a ball over a net to a target area.
- I can play target tennis with my partner.
- I can compete in small championships.

## **EDSTART SHOW**

- I can respect rules when scoring.
- I can encourage teammates in rallies.
- I can celebrate fairness and teamwork.

**Lesson 6/6**

# To play short rallies over a net with a partner

## **EDSTART KNOW**

- I can explain how to rally with a partner.
- I can describe how to move quickly back to ready position.
- I can understand how to keep the ball in play.

## **EDSTART GO**

- I can rally a ball over a net with a partner.
- I can move to the ball and return it.
- I can play half-court matches.

## **EDSTART SHOW**

- I can respect my partner when rallying.
- I can encourage my team in doubles.
- I can celebrate effort in games.