

**Lesson 1/6**

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

## **EDSTART KNOW**

- I can say how to hold my racket.
- I can tell which hand I use.
- I can say what balance means.

## **EDSTART GO**

- I can hold my racket the right way.
- I can balance a ball on my racket.
- I can play small games.

## **EDSTART SHOW**

- I can wait my turn.
- I can smile when friends play.
- I can clap when my team does well.

**Lesson 2/6**

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

## **EDSTART KNOW**

- I can say how to keep the ball up.
- I can tell why I watch the ball.
- I can say why my racket must stay flat.

## **EDSTART GO**

- I can bounce a ball on my racket.
- I can hit the ball at waist height.
- I can play small games.

## **EDSTART SHOW**

- I can try my best when counting bounces.
- I can cheer when others try.
- I can play kindly in my group.

**Lesson 3/6**

# **To hold a racket and make contact with a ball from a self-feed**

## **EDSTART KNOW**

- I can say how to drop the ball.
- I can tell how to swing the racket.
- I can say what a target is.

## **EDSTART GO**

- I can drop and hit the ball myself.
- I can hit to my partner in Tennis.
- I can play small games.

## **EDSTART SHOW**

- I can share equipment with my friend.
- I can clap when others score.
- I can smile when I try.

**Lesson 4/6**

# To hit a bouncing ball towards a partner

## **EDSTART KNOW**

- I can say what bounce means.
- I can tell how to stand ready.
- I can say how to face my racket to my partner.

## **EDSTART GO**

- I can hit a bouncing ball to a partner.
- I can aim at cones in Target Tennis.
- I can rally with a friend.

## **EDSTART SHOW**

- I can cheer when my partner scores.
- I can take turns hitting.
- I can celebrate my team's effort.

**Lesson 5/6**

# To understand that the shot they are playing is called **the forearm shot**

## **EDSTART KNOW**

- I can say the word “forehand”.
- I can tell how to swing low to high.
- I can say why I step to the ball.

## **EDSTART GO**

- I can swing my racket forehand.
- I can rally with my partner.
- I can play small games.

## **EDSTART SHOW**

- I can cheer when friends play.
- I can wait for my turn.
- I can smile when I try my best.

**Lesson 6/6**

# To hit the ball over a net towards a partner

## **EDSTART KNOW**

- I can say what a net is.
- I can tell how to swing my racket.
- I can say why I hit over the net.

## **EDSTART GO**

- I can tap the ball on my racket.
- I can rally with my partner.
- I can play small matches.

## **EDSTART SHOW**

- I can clap when friends score.
- I can play fairly in matches.
- I can celebrate everyone's effort.