

# P.E.

## Year 4 – Tennis



### About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

### Knowledge & Skills

#### Knowledge:

Play a forehand when the ball comes to your dominant side.

Play a backhand when the ball comes to your non-dominant side.

Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.

#### Skills:

I can use a range of basic racket skills.

I can return to the ready position to defend my own court.

I can sometimes play a continuous game.

## Golden Threads

### Motor competence – Manipulate objects

- Catch
- Throw
- Forehand
- Backhand
- Rallying

### Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

### Rules, strategies and & tactics

#### Win a point if:

Opponent hits the ball in the net.

Opponent hits the ball out of the court area

Opponent misses the ball or it bounces twice

Attacking: Look at where your opponent is and try to place the ball away from them

Defending: Move quickly to a ready position in the centre of the space. Cover the space between you when playing with someone else.

#### YEAR 3

I can use basic racket skills.

I can return a ball to a partner.

I can provide feedback using key words.

#### YEAR 4

I can use a range of basic racket skills.

I can return to the ready position to defend my own court.

I can sometimes play a continuous game.

I can provide feedback using key terminology and understand what I need to do to improve.

#### YEAR 5

I am developing a wider range of skills and I am beginning to use these under some pressure.

I understand there are different skills for different situations and I am beginning to apply this.

I understand the need for tactics and can identify when to use them in different situations.

I can use feedback provided to improve my work.

#### YEAR 6

I can use a wider range of skills with increasing control under pressure.

I can select the appropriate action for the situation and make this decision quickly.

I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.

I recognise my own and others strengths and areas for development and can suggest ways to improve.

### Key vocabulary

Contact: the point where you hit the ball

Control: being able to perform a skill with good technique

Rally: when a point is played back and forth

Swing: smooth semi-circular action

Tactic: a plan that helps you to attack or defend