

## PE Medium Term Plans- Tennis.

|             | <b>Summer 1</b>  |   |   |  |  |  |
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|             | <b>Lesson 1</b>  | <b>Lesson 2</b>   | <b>Lesson 3</b>   | <b>Lesson 4</b>  | <b>Lesson 5</b>  | <b>Lesson 6</b>  |
| <b>KS1</b>  | Working towards Milestone 1 objectives: <ul style="list-style-type: none"> <li>• Use the terms opponent and team mate.</li> <li>• Use rolling, running and jumping skills in combination.</li> <li>• Develop tactics.</li> <li>• Recognise space on a court.</li> </ul>  |   |   |  |  |  |
|             | Individual movement skills- running, stopping, jumping, running on the spot, stopping in the ready position.<br><br>Individual ball and racket skills- Hold ball in 2 hands, drop and catch again in 2 hands; Throw up, bounce and catch; Throw up, clap, bounce and catch; Throw up, spin round, bounce and catch.<br><br>Technique- rolling with a racket using forehand and backhand technique, aiming at a target.   | Individual movement skills- running and sidestepping forwards, backwards and sideways, stopping in the ready position and varying speeds.<br><br>Individual ball and racket skills- jump and bounce ball as high as you can; bounce ball as high as you can and jump to catch it; balance the ball on your racket while moving; roll the ball around the racket face without dropping it; hit up, bounce, hit up, bounce.<br><br>Technique: Hitting forehand.<br>Tactic: Over-and-in. | Individual movement skills- play find a cone. Focus on moving in different ways and changing direction.<br><br>Paired ball skills- throwing and catching using one bounce and catch.<br><br>Individual racket skills- bouncing up; bouncing down; bounce up, turn racket, bounce up, turn racket (fish and chips).<br><br>Paired racket skills- rolling to a partner using a racket, staying within a set area.<br><br>Technique: Hitting backhand.<br>Tactic: Over-and-in. | Paired movement skills- mirroring.<br><br>Paired ball skills- throw and catch without a bounce.<br><br>Paired racket skills- passing the ball from one racket to another; tap up, bounce, partner taps up.<br><br>Technique: Hitting volleys.<br>Tactic: aiming for open space.  | Paired movement skills- follow the leader.<br><br>Individual ball skills- over arm throw with accuracy.<br><br>Individual racket skills- Drop, bounce and hit with a racket, aiming at a target.<br><br>Technique: Overarm serve.                          | Team games.<br>Use the terms opponent and team mate.<br>Tactic: choosing which target to aim for.<br><br>Assessment of skills. |
| <b>LKS2</b> | Working towards Milestone 2 objectives: <ul style="list-style-type: none"> <li>• Strike a ball with control.</li> <li>• Throw and catch with control and accuracy.</li> <li>• Catch a small ball thrown from a partner.</li> <li>• Send and receive a ball to a partner.</li> <li>• Change direction quickly.</li> <li>• See court spaces, including long and short.</li> </ul>  |   |   |  |  |  |
|             | Individual movement skills- running, jumping, stopping in the ready position and changing direction quickly.<br><br>Individual ball and racket skills- Throw up, bounce and catch ; Throw up, clap, bounce and catch ; Throw up, spin round, bounce and catch; balance the ball on your racket while moving; roll the ball around the racket face without dropping it; hit up, bounce, hit up, bounce.<br><br>Technique- rolling with a racket using forehand and backhand technique, aiming at a target. Progress to having a rolling rally with a partner. | Individual movement skills- sidestepping in the ready position and changing direction quickly in response to a stimulus.<br><br>Paired ball skills- throwing and catching using one bounce and catch. Challenge yourself to use one hand, and then to catch the ball at waist height.<br><br>Technique: Hitting forehands and backhands.<br>Tactic: Consistency.  | Paired movement skills- mirroring.<br><br>Paired ball skills- Throw and catch using one bounce. Progress to using one hand on forehand side and two hands on back hand side.<br><br>Technique: Using forehands and backhands to have a rally (no net, small set space).<br>Tactic: Consistency.   | Paired movement skills- one partner rolls the ball for the other partner to retrieve. Focus on ready position, reacting to the stimulus and changing direction quickly.<br><br>Paired ball skills: playing 'battlecones'.<br><br>Technique: Vollys.<br>Tactic: See court spaces. | Individual ball skills- over arm throw with accuracy.<br><br>Paired ball skills- over arm throw and play throw and catch points.<br><br>Individual racket skills- Drop, bounce and hit with a racket, aiming at a target.<br><br>Technique: Overarm serve. | Team games.<br><br>Assessment of skills.   |

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|      | Tactic: consistency.   |   |   |  |  |   |
| UKS2 | Working towards Milestone 3 objectives: <ul style="list-style-type: none"> <li>• Catch a ball in a variety of positions.</li> <li>• Use forehand and backhand when playing games.</li> <li>• Maintain a rally with a partner.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Make power versus accuracy decisions.</li> </ul>   |   |   |  |  |   |
|      | <p>Individual movement skills- running, jumping, stopping in the ready position and changing direction quickly.</p> <p>Individual ball and racket skills- Throw up, bounce and catch at different heights; fish and chips; fish, chips and tomato ketchup (hit up with the side of the racket).</p> <p>Technique- Hitting forehands. Progress to having a rally with a partner (no net).</p> | <p>Individual movement skills- sidestepping in the ready position and changing direction quickly in response to a stimulus.</p> <p>Paired ball skills- throwing and catching using one bounce and catch. Challenge yourself to catch the ball at different heights.</p> <p>Paired racket skills- rolling rallies using correct forehand and backhand technique.</p> <p>Playing battlecones.</p> <p>Technique: Hitting backhands.</p> <p>Progress to rallying with a partner (no net).</p> | <p>Paired movement skills- one partner rolls the ball for the other partner to retrieve. Focus on ready position, reacting to the stimulus and changing direction quickly. The player stops the ball with their racket and rolls it back to their partner.</p> <p>Technique: Rallying with a partner over a net using forehand and backhand shots. Progress to a longest rally competition and then to playing simple points.</p> | <p>Individual ball skills- over arm throw with accuracy.</p> <p>Paired ball skills- over arm throw and play throw and catch points.</p> <p>Technique: Overarm serve.</p> | <p>Paired ball skills- play doubles using throw and catch. Make decisions about how hard to throw and where to aim. Learn how to win a point and keep score.</p> <p>Play doubles champions. Discuss and choose the best tactics- keeping it in? aiming for space? Is it better to be powerful or accurate?</p> | <p>Mini tournament using serving and rallying.</p> <p>Assessment.</p> |