

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: LKS2 Year A– Tennis

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders, and tennis), and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity challenges both individually and within a team.

compare their performances with previous ones and demonstrate improvement to achieve their personal be.

Prior Learning (what pupils already know and can do)

- Pupils will be able to send and receive a ball with some accuracy.
- Pupils will be able to keep a short rally going in partners.
- Pupils will be able to hold a racket using a good grip and stance.
- Pupils will know how to work well with others in different groups and communicate effectively.
- Pupils will know how to strike a ball.

Long-term Learning (what pupils MUST know and remember) End Goals

- To know how to use the “ready” position and be able to play and return shots using forehand, backhand and smash shots
- To keep a rally going using forehand and backhand
- To know how and why to get into the centre of the court after playing a shot
- To know how to set up and play a game of tennis in partners, understanding the basic rules and system of scoring.

Focus athlete

Andy Murray and Heather Watson

<https://youtu.be/lRTOAN8lrbc?si=QVEiJOrfaMLSILM>

<https://youtu.be/x8tM2NM9ywl?si=var0aiE83Nt8r9hH>

Key Vocabulary

Balance, control, forehand, backhand, rally, smash.

Session 1 – To be able to get into the correct “ready” position. To be able to use the correct grip.

Suggested teaching sequence for session

- To know how to use the correct grip when gripping the racket forehand and backhand.
- To know how to use the “ready” position and be able to strike a ball.
- To know that both hands need to start on the racket and feet need to be shoulder width apart.
- To know head needs to be looking forward and knees bent slightly.
- To know how to get into the basic positioning for a forehand and backhand.
- To know why and how to get into the centre of the court after playing a shot.

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing tennis.

Vocabulary – Ready position, grip, strike, forehand, backhand, control.

Session 2 – To be able to hit the ball and know how to keep a short rally going.

Pre-teach- Recap the “ready position”.

- To know how to move around the space bouncing the ball in a dribble style – walking, side stepping, jogging, or walking backwards.
- To know how to change direct and bounce the ball at different heights.
- To know how to throw the ball up and trap it on the strings.
- To know how to balance the ball on the racket and walk or run.
- To know how to make the ball bounce slower and hit the ball with control.
- To know how to use forehand to make return shots in a game.

Healthy Participation – Highlight the benefits of taking part in tennis on your long-term health. Discuss the benefits of being healthy and active.

Vocabulary – Agility, balance, control, coordination, rally, direct.

Session 3 – To be able to track the ball and return with the appropriate shot (making decisions)

Pre-teach- Recap the basic techniques of the forehand shot.

- To know how to throw the ball up let it bounce, rise, fall, and catch it with 1 and 2 hands.
- To know how to in partners complete a rally over the net throwing and catching in a defined area.
- To know how to throw the ball further away from the partner - higher, lower, shorter, and wider.
- To know how to get a rally going each rally starting with an overarm throw keeping the ball within the area.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

Vocabulary –Flight, rally, control, coordination, teamwork, ready position.

Session 4 – To be able to understand where to stand and move on court.

Pre-teach- Recap how to control flight when playing

- To know how to get into a good position when playing backhand shots.
- To know how to complete a rally throwing and catching through cones (without rackets)
- To know how to volley the ball using both forehand and backhand shots.
- To know how to use arms to help with balance.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

Vocabulary – Position, forehand, backhand, balance, direction, positioning.

Session 5 – To be able to react to the balls direction and positioning ready for the shot.

Pre-teach- Recap use of movement on the court.

- To know how to play forehand and backhand shots in a rally.
- To know how to serve from the baseline into my partners side of the court.
- To know how to move into the correct positioning to play a range of different shots.
- To know what to do if the ball goes high or low.
- To have some understanding of rules and how to score.

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- To know how to play a variety of different shots.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

Vocabulary – Forehand, backhand, direction, positioning, baseline, rally.

Session 6 – **To be able to successfully keep a rally going with a partner.**

Pre-teach- Recap this different shot that can be played in a game situation.

- To know how set up and play a game of tennis in partners.
- To know how to use some tactics to outwit an opponent in a game.
- To identify own and partners strengths and weaknesses.
- To know how to play a rally and pupils to count the number of consecutive hits.

Healthy Participation – Highlight the benefits of taking part in Tennis on your long-term health. Discuss the benefits of being healthy and active. Discuss options for Tennis clubs locally.

Vocabulary – Rally, tactics, outwit, flight, direction, sportsmanship.

Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will be able to move confidently around the court and use space effectively. Pupils will be able to work well with others and show good communication skills which will help them when moving onto cricket and softball in Summer 1.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).