

Year 3 – Term 6

Should humans interfere with nature? PHYSICAL EDUCATION



National Curriculum Links:

Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Participate in team games, developing simple tactics for attacking and defending.

Essential Prior Learning:

Be able to use a forehand swing motion to hit the ball with a swooping action.

Be able to serve a tennis ball underarm.

Be able to hit a moving ball.

Understand that tennis uses the whole body and helps to develop hand-eye co-ordination.

Understand that tennis is played on a court and that it is played with two or four players.

Progression in Skill:

Use backhand swing motion to hit the ball with a swooping action.

Be able to return the ball to a partner.

Be able to serve a tennis ball underarm over a net.

Watch the flight of the ball, letting it bounce once before hitting it back.

Understand that tennis requires a combination of flexibility, coordination and balance.

Understand that if the ball hits the net or goes out of bounds your opponent wins the point.

Know that Novak Djokovic won a record 24 grand slam singles titles and that he is the only player to achieve a triple career Grand Slam and to have won all the Big Titles.

Long-term Memory Knowledge:

Use their whole body to hit a moving ball using the backhand swing motion, holding the racket correctly.

Know how to serve a tennis ball using an underarm throw.

Know that if the ball hits the net or goes out of bounds your opponent wins the point.

Return a ball that has been hit to them, having let it bounce.

Know that flexibility, coordination and balance are needed for tennis.

Identify that Novak Djokovic is a famous tennis player who was really successful and won lots of Big Titles.

Key Vocabulary

Backhand	hitting the ball with the back of your hand facing the direction you want it to go
Swing	the movement taken by our arm to hit the ball.
Serve	player hits the ball towards the other player
Underarm Throw	the ball is pushed into the air when the hand and arm are below the shoulder
Co-ordination	Using your eyes and body together to move or catch something
Flight of the ball	The path the ball takes as it moves through the air
Bounce	When the ball hits the ground and jumps back up
Balance	Staying steady and not falling over when you move or stand still
Opponent	The person or team you are playing against in a game

Progression in Resources:

Tennis ball, Tennis Racket, Cones

Relevance

Now	Enjoy playing tennis as a way to get active, have fun, stay healthy and learn new skills.
Future	Join a tennis club or play with friends or family.
Aspiration	Compete in matches, or become a coach or sports leader.