Year 6 Term 5

PHYSICAL EDUCATION

Tennis

National Curriculum Links:

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.

Essential Prior Learning:

Use forehand, backhand and volley shots.
Return a ball that is served to you.
The ball should only bounce once in a match before it is returned.

Progression in Skill:

Use all three shots (forehand, backhand and volley), independently deciding when is best to use each shot.
Strike the ball with accuracy and control.
Move with agility in different directions when striking the ball.
Tennis helps to develop critical thinking and forward planning skills.
Reflect on performance and adapt match plan to score highly.
Points are counted in four stages: 15 for the first point, 30 for the second, 40 for the third and game; a score of zero is called love.
If both players reach 40, the score is called deuce; a player then needs a two-point advantage to win.
Alfie Hewitt OBE is the current British number one in singles and doubles.

Long-term Memory Knowledge:

Demonstrate using forehand, backhand in volley shots in a game.
Explain when you would choose to use each shot and why.
Know where you want the ball to go and why; be able to send the ball in that direction.
Recognise where the ball is being served to and move towards it.
Talk about how tennis helps to develop thinking and planning skills.
Explain how the scoring works in tennis.
Name some of Alfie Hewitt's achievements.

Key Vocabulary

forehand	the way the racket is held so the player hits the ball on the same side of their body as their dominant hand
backhand	a stroke where a player hits the ball on the non-dominant side of their body but still holding the racket in the dominant hand
volley	shot when a player hits the ball before it bounces on the ground; usually done when standing close to the net to quickly return the ball and catch the opponent off guard
serve	the first shot in a rally
return	hit the ball back over the net
rally	a continuous, back-and-forth of hits between players
love	a score of zero
deuce	when both players/teams have reached a score of 40 and a two-point advantage is now needed

Progression in Resources:

tennis rackets (varying sizes)
tennis balls & sponge balls
cones
skipping ropes (low nets)
nets

Relevance

Now	Children develop their competence in controlling the ball so are more successful, leading to greater enjoyment in the sport.
Future	Children have confidence to play ball sports for enjoyment, fitness and well-being; they recognise the social benefits of playing sport with others and play for fun as much as competitively.
Aspiration	Children play sport competitively, possibly professionally; they coach – either professionally or within their community; they may consider a career in sports science or developing sports equipment.