

Year 4 Term 5

Have we all have a place in the world?
PHYSICAL EDUCATION - TENNIS



Progression in Skill:

Develop an overarm serve.
Use a volley shot, understanding that the ball must not bounce before the hit.
Return a serve, developing into a rally.
Start to hit for power as well as accuracy.
Use core and leg muscles to increase power.
There are four points needed to win a game.
If the ball bounces more than once or you don't return it, your opponent wins the point.
A player can make it difficult for their opponent to receive the ball by aiming it into an area of the court where their opponent is not.
Steffi Graf is the only player in history to complete a Golden Slam in one season; she was ranked world number one for 377 weeks.

Long-term Memory Knowledge:

A game of tennis begins with an overarm serve, and the aim is to start a rally by sending the ball into play.
A volley is a shot played before the ball bounces, and players choose it when they want to react quickly to keep control of the rally.
Tennis players must hit with both power and accuracy, choosing the right amount of force depending on where they want the ball to go.
Using the core and leg muscles helps generate more power and stability when striking the ball.
A point is won if the opponent cannot return the ball, such as when it bounces twice or lands out.
A player needs four points to win a game, using the scoring system (15, 30, 40, game).
Players can make rallies harder for their opponents by aiming the ball into spaces on the court to create opportunities to win a point.
Steffi Graf is a significant figure in tennis history; she is the only player to win a Golden Slam (all four

Grand Slams and the Olympic gold medal in one year) and was ranked world number one for 377 weeks.

Key Vocabulary

serve	the first hit that starts a point in a game
rally	when players hit the ball back and forth without stopping
volley	hitting the ball <i>before</i> it bounces on the ground
opponent	the person or team you are playing against

Progression in Resources:

Tennis rackets, tennis balls

Relevance

Now	Children will seek to engage in tennis clubs outside of school for pleasure.
Future	Children gain skills required in further years and an understanding of the rules of tennis and seek to play it competitively.
Aspiration	Children to play for county, be interested in the Wimbledon and the Olympics.

National Curriculum Links:

Develop flexibility, strength, technique, control and balance.
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 best.

Essential Prior Learning:

Begin to choose own pace according to distance being run.
Use all parts of the body to run more efficiently.
Know that jumping involves three stages: take-off, flight and landing; have some control over each.
Jump in different combinations for distance, hop, skip and jump.
Have a willingness to challenge yourself.
Running- Using the whole body