

What relationship do we have 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:

Understand that there are different ways to travel around a space in different situations.
 Change direction and speed when travelling.
 Roll and receive a ball of varying sizes.
 Throw a ball underarm.

Progression in Skill:

Use forehand swing motion to hit the ball with a swooping action.
 Serve a tennis ball underarm.
 Hit a moving ball.
 Tennis uses the whole body and helps to develop hand-eye co-ordination.
 Tennis is played on a court.
 Tennis is played with two or four players.
 Serena & Venus Williams were trained by their parents; they played singles but also doubles together

Long-term Memory Knowledge:

Use their whole body to hit a moving ball using the forehand swing motion.
 Know how to serve a tennis ball using an underarm throw.
 Hit a ball that has been fed to them.
 Understand that tennis can be played with two or four players on a court.
 Identify that Serena and Venus Williams are famous tennis players who played singles and doubles matches together.

Key Vocabulary

Tennis	a game in which two or four players strike a ball with rackets over a net stretched across a court
Forehand	a stroke where the racket is swung forwards
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.
Hand-eye Co-ordination	to match our hand movements with what our eyes see.
Court	the place where tennis is played.
Singles	a two-player game
Doubles	a four- player game
Racket	a bat that is used to hit the ball.

Progression in Resources:

Tennis ball, Tennis Racket, Cones

Relevance

Now	Enjoy tennis through playing and understanding that there are different ways to play the game.
Future	To take an interest in watching live tennis matches and understanding the rules of the game.
Aspiration	To play a racket sport as part of a team. To improve their skills and compete in matches for fun and achievement.