

Year 3 Term 6

## PHYSICAL EDUCATION

### Tennis



#### 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

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

#### Progression in Resources:

Tennis ball, Tennis Racket, Cones

#### Relevance

<b>Now</b>	Enjoy playing tennis as a way to get active, have fun, stay healthy and learn new skills.
<b>Future</b>	Enjoy sport as part of a healthy lifestyle, enjoying the social aspect as well.
<b>Aspiration</b>	Compete in matches, or become a coach or sports leader.

#### 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.