

Learning Objectives	Tennis Level 1-2 Unit of Work
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Acquire and Develop	Level 1
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1. Move fluently, changing direction and speed
2. To be able to roll / throw a ball to a partner
3. To understand how to move in line with the ball to receive it
4. Can balance the ball on the racket with some control
5. Can dribble the ball on the ground using a racket

Acquire and Develop	Level 2
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1. To be able to throw the ball into a target area from different distances
2. Show good awareness to respond to a partner's ball return (cooperative rally)
3. To be able to complete a simple rally with a partner using a pushing action
4. Can successfully rally against the wall using a racket
5. Can return a partner feed over a small net

Select and Apply	Level 1
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1. Understand the concept of aiming into space to beat an opponent
2. Get into a good position for aiming into space
3. Use different skills to try and win games

Select and Apply	Level 2
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1. Choose and use tactics in different situations i.e. short,long, wide
2. React to opponents return to make it difficult for them
3. Know how to score simple games and keep the rules

Evaluate and Interpret	Level 1
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1. Can watch and copy others movements
2. Can describe what they have done or seen others doing
3. Copy what they see and say why it is good

Evaluate and Interpret	Level 2
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1. Watch and describe performances accurately
2. Recognise what is successful
3. Copy actions and ideas and use the information to improve their skills

Fitness and Health	Level 1
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1. Understand how to play in a safe way
2. Describe what it feels like to breathe fast during exercise
3. Describe why running and playing games is good for them

Fitness and Health	Level 2
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1. Understand and describe changes to their heart rate when playing a game
2. Can recognise how their body responds to different games and practices
3. Begin to anticipate what they will feel like after playing a game

Lesson Theme

- 1 core task / Ball / racket familiarisation
- 2 Coordination and movement
- 3 Sending skills
- 4 Receiving skills
- 5 simple games
- 6 core task / simple games

Literacy: Keywords
roll, throw, send, receive, in line, racket, ball, rally, cooperative, net, tactics, games, copy, react, target, partner

ICT:
Digital camera
Video camera
Footage available from websites, use as examples of skills/tactics
DVD examples

Numeracy:
counting, how many?,tally,odd,even,predict,guess, exact, half, quarter, score, double, equal groups, symbol list, table, size, width, length, height, wide, narrow, short, long, furthest, time, quicker, minute, second, timer, circular, shape, position, higher, lower, clockwise, anti clockwise, quarter turn

PSHE:
Personal, social and emotional development
Understand and follow basic rules, understand about being healthy, show an awareness of others, taking turns, sharing, helping others

Learning Objectives		Tennis	Level 2-3	Unit of Work
Acquire and Develop		Level 2		
<ol style="list-style-type: none"> To be able to throw the ball into a target area from different distances Show good awareness to respond to a partner's ball return (cooperative rally) To be able to complete a simple rally with a partner using a pushing action Can successfully rally against the wall using a racket Can return a partner feed over a small net 		<p>Lesson Theme</p> <ol style="list-style-type: none"> core task / Ball / racket familiarisation Coordination and movement Sending skills Receiving skills simple games core task / simple games 		
Acquire and Develop		Level 3		
<ol style="list-style-type: none"> Perform basic forehand action with control and accuracy Keep a rally going using a range of throwing skills Vary the speed and direction of the ball Get into a good position to return the ball using a racket Hit the ball from a partner bounce feed Keep the rally going using a range shots 		<p>Literacy: Keywords roll, throw, send, receive, in line, racket, ball, rally, cooperative, net, tactics, games, copy, react, target, partner</p>		
Select and Apply		Level 2		
<ol style="list-style-type: none"> Choose and use tactics in different situations i.e. short,long, wide React to opponents return to make it difficult for them Know how to score simple games and keep the rules 		<p>ICT: Digital camera Video camera Footage available from websites, use as examples of skills/tactics DVD examples</p>		
Select and Apply		Level 3		
<ol style="list-style-type: none"> Choose good places to stand when receiving the ball Hit the ball into space at different speeds and heights to make it difficult for opponent Use basic rules to keep games going without arguments Understand the tactic of hitting wide Able to move and respond to a partner's shot in a cooperative rally. 		<p>Numeracy: counting, how many?,tally,odd,even,predict,guess, exact,quarter,score,double,equal groups,symbol list,table,size,width,length,height,wide,narrow, short,long,furthest,time,quicker,minute,second, timer,circular,shape,position,higher,lower,clockwise, anti clockwise,quarter turn</p>		
Evaluate and Interpret		Level 2		
<ol style="list-style-type: none"> Watch and describe performances accurately Recognise what is successful Copy actions and ideas and use the information to improve their skills 		<p>PSHE: Develop own experiences and ideas, develop self confidence, make informed choices about healthy lifestyles, take responsibility as coach, official, organiser</p>		
Evaluate and Interpret		Level 3		
<ol style="list-style-type: none"> Describe what is successful in your own play Describe what is successful in others play Identify what can be improved in your own game play Explain how you can improve your own tennis skills 				
Fitness and Health		Level 2		
<ol style="list-style-type: none"> Understand and describe changes to their heart rate when playing a game Can recognise how their body responds to different games and practices Begin to anticipate what they will feel like after playing a game 				
Fitness and Health		Level 3		
<ol style="list-style-type: none"> Identify activities that would be suitable to use in a warm up Recognise what happens to the body when playing games Know why it is important to warm up 				

Short Tennis Level 3 - 4 Unit of Work

Learning Objectives

Acquire and Develop

Level 3

1. Perform basic forehand action with control and accuracy
2. Keep a rally going using a range of throwing skills
3. Vary the speed and direction of the ball
4. Get into a good position to return the ball using a racket
5. Hit the ball from a partner bounce feed
6. Keep the rally going using a range shots

Acquire and Develop

Level 4

1. Play shots on forehand and backhand side of body
2. Direct the ball towards the opponents court or target area
3. Demonstrate good back swing, follow through and feet positioning
4. To be able to serve accurately underarm or overarm
5. Demonstrate a smash
6. Adopt a good ready position

Select and Apply

Level 3

1. Choose good places to stand when receiving the ball
2. Hit the ball into space at different speeds and heights to make it difficult for opponent
3. Use basic rules to keep games going without arguments
4. Understand the tactic of hitting wide
5. Able to move and respond to a partner's shot in a cooperative rally.

Select and Apply

Level 4

1. Hit the ball with purpose, varying speed, height and direction
2. Explain what you are trying to do in a game situation and why
3. identify spaces and understand the tactic of hitting into gaps
4. Show good position on court

Evaluate and Interpret

Level 3

1. Describe what is successful in your own play
2. Describe what is successful in others play
3. Identify what can be improved in your own game play
4. Explain how you can improve your own tennis skills

Evaluate and Interpret

Level 4

1. Know what you are most successful at in tennis
2. Identify which skills you need to practice more
3. Work well with others to play to each persons strengths

Fitness and Health

Level 3

1. Identify activities that would be suitable to use in a warm up
2. Recognise what happens to the body when playing games
3. Know why it is important to warm up

Fitness and Health

Level 4

1. Carry out warm up activities carefully
2. Explain how warming up affects the body
3. Know why warming up helps performance
4. Know what types of exercise are most used in tennis ie. Flexibility, speed

Lesson Theme

Week

- 1 core task / Ball/racket familiarisation
- 2 Cooperative rallies
- 3 Court targets, volleys
- 4 competitive mini games
- 5 service, rules of short tennis
- 6 core task / Doubles/singles games

Literacy: Keywords

Court, rally, ball, racket, bounce, cooperative, service, feed, net, singles, doubles, targets, forehand, backhand, back swing, volley, tactics, smash

Numeracy:

Greater than >, less than <, equal to, divide fraction, equivalent, identical, define, adjust percentage, strategy, database, inches, yard, line graph, bar line chart, minimum, fair maximum, outcome, probability, circumference risk, chance, square metre, reflective, biased symmetry, parallel, quadrant, rotation, identify, statistics, average.

ICT: Opportunities

Digital Camera
Digital Video
DVD / Video footage of skills and practices

PSHE:

Develop own experiences and ideas, develop self confidence, make informed choices about healthy lifestyles, take responsibility as coach, official, organiser