

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: UKS2 Year A– Tennis

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating, and competing. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing, and catching in isolation and in combination.
- 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.
- Develop flexibility, strength, technique, control, and balance (for example, through athletics and gymnastics)
- Perform dances using a range of movement patterns.
- 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 be.

Prior Learning (what pupils already know and can do)

- Pupils will be able to send and receive a ball with some accuracy.
- Pupils will be able to keep a short rally going in partners.
- Pupils will be able to hold a racket using a good grip and stance.
- Pupils will know how to work well with others in different groups and communicate effectively.
- Pupils will know how to strike a ball.

Long-term Learning (what pupils MUST know and remember) End Goals

Tennis

- To use tactical awareness to return shots using a backhand, forehand and smash.
- To know the full serve stroke and how to play serves in the desired direction
- To know why a lob is a useful shot and practise how to play the lob shot
- To know the rules of tennis and how to score and use some tactics against an opponent

Key Vocabulary

ready, forehand, backhand, smash, shots, flight, direction, positioning, lob, tactics, rallies, serve, awareness.

Session 1 – To be able to introduce skills and principles of tennis. To be able to introduce simple tactics and rules of a singles game.

- To know how to use the “ready position”.
- To know how to get into sideways positions to be able to successfully strike the ball.
- To know how to use techniques usually applied with coordination and control to gain an advance over an opponent.
- To know how to play with forehands and backhand stroke and rallies.

Healthy Participation – To discuss the benefits of warming up before PE (raising body temperature and increasing blood flow to muscles) and the effects that a good warm up can have when playing tennis.

Vocabulary – Agility, balance, control, coordination, teamwork, ready, forehand, backhand, smash, shots, rally, short, high, low, court, flight, direction, positioning, lob, tactics, rallies, serve, awareness.

Session 2 – To be able to raise fitness levels through physical activity. To be able to provide enjoyment and fun through the sport of tennis.

- To know how to evaluate their strokes to see how they can improve their footwork and the action of their stroke.
- To know how to place the foot and swing the body to one side to generate the strokes.

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- To know how to play forehands and backhands in short tennis with short tennis rackets and soft balls.

Healthy Participation – Highlight the benefits of taking part in tennis on your long-term health. Discuss the benefits of being healthy and active.

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Session 3 – To develop hand eye coordination skills and promote all round movement and agility.

- To know how to get into a good position to play backhand shots with some accuracy.
- To know how to play deft shots near the net within a small area.
- To know how to change grip slightly to hit backhand shot.
- To know how to use tactical awareness to return shots using a backhand.

Healthy Participation – To discuss the benefits of having regular drink breaks during PE can help to replace the fluids you lose when you sweat and can help to maintain normal body functions and performance levels.

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Session 4 – To be able to develop their understanding of tactics and play shots within a rally more effectively and consistently.

- To know how to play volleys in short tennis with short tennis racquets and soft balls.
- To know how to transfer skills and play using real tennis racket and tennis ball.
- To learn how to use “punch” action on the ball.
- To know how to direct volleys so they go to different places on the court.
- To know how to evaluate each other’s volley strokes and make improvements.

Healthy Participation – To know and be able to explain why warming up is important. Can explain why keeping fit is good for their health.

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Session 5 – To be able to work on improving the quality of skills with the intention of outwitting opponents.

- To know how to play serves in short tennis using a short tennis racquet and soft ball.
- To know how to use what they have learned to transfer skills into a game of real tennis using a tennis racket and tennis ball.
- To know how and learn how to use the full serve stroke.
- To know how to direct the serve by placing the feet to the side and by tilting the body in the desired direction.
- To know how to complete a lob by dropping the racket head and lifting the ball up high.
- To know why a lob is a useful shot.

Healthy Participation – Discuss the importance of cooling down that it allows for a gradual recovery, helps to regulate blood flow, preventing injuries such as muscle tears etc.

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Session 6 – To be able to accurately score and officiate tennis games.

- Uses basic game strategy effectively.
- To know how to play rallies from an opening serve in tennis.
- To know how to use some tactics against an opponent.
- To know the rules of tennis and how to score.

Healthy Participation – Highlight the benefits of taking part in Tennis on your long-term health. Discuss the benefits of being healthy and active. Discuss options for Tennis clubs locally.

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Future learning this content supports:

This unit will support future subjects in UKS2. Pupils will be able to move confidently around the court and use space effectively. Pupils will be able to work well with others and show good communication skills which will help them when moving onto cricket and softball in Summer 1.

Cross Curricular Links: Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions, and healthy lifestyle consequences), Math's (measuring distances, collating data & comparing recordings against other bests).