



Medium Term Unit Planning

Topic Name: P.E - Tennis

Learning outcome:

The children will increase their understanding of this fundamental movement knowledge by exploring how to strike, serve and return a ball in tennis.

Oracy: Encouraging team and providing peers with feedback on skills practised.

Key Vocabulary:

Strike, return, serve, accuracy, roll, throw, underarm, overarm, rally.

Experiences/Visits/Visitors

Visit to Bewdley Tennis Club to learn some of the skills mentioned within this plan.

Main Subjects covered:

P.E

P.E Threshold concepts

*Develop practical skills in order to participate, compete and lead a healthy lifestyle
This concept involves learning a range of physical movements and sporting techniques.*

Notes:

This scheme of work will build on motor skills and progress to a mini rally. The children will also get the opportunity to rally over a net at Bewdley Tennis Club.



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Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
<p>1. I can roll a ball with accuracy.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: Traffic lights Start, stop and change pace with control in response to instructions: red – stop, amber – jog, green – sprint. (Cones or floor markers can be used as non-verbal signals.)</p> <p>How far back? Make a gate out of cones. Stand opposite your partner and roll the ball to them through the gate. If successful, both players take a step back and repeat. See how far back you can go.</p>
<p>2. I can throw and return accurately.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: Follow my leader Work in groups of four or five, following the leader, who moves in different ways, e.g. changing direction, speed, arm actions, height. On the teacher's command ('Change'), the person at the back runs to the front and becomes the leader.</p> <p>In the zone</p>



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			Set up five zones approximately 1 metre apart. Players have to throw a ball underarm into each of the five zones. More points are scored for zones that are further away. Build up to returning with tennis rackets.
3. I can throw and return accurately.	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with:</p> <p>Catch the tail</p> <p>Each player has a band tucked into their waistband as a tail. Spare tails are placed in a hoop in the middle of the playing area. The idea of the game is to steal tails from other players. Once a player grabs a tail, they tuck it into their waistband, up to a maximum of three. Any tails caught after that must be placed in the hoop. Anyone who loses their tail can take one from the hoop and join in again.</p> <p>Magic triangle</p> <p>Working in groups of three, players pass the ball to another player, then move. The idea is to maintain the triangle shape while passing and moving around the space. Three groups of three can work</p>



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			in the same space. Built up to one child out of three with a tennis racket, returning to the other partner each time.
4. I can throw and return accurately.	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with:</p> <p>Traffic lights</p> <p>Start, stop and change pace with control in response to instructions: red – stop, amber – jog, green – sprint. (Cones or floor markers can be used as non-verbal signals.)</p> <p>Cross the line</p> <p>Play on a court with lots of line markings. Work in pairs, with a large ball for each pair. Move around the space, passing the ball to each other. Try to pass it across a different line every time.</p>
5. I can strike a ball.	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i></p> <p>This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p>	<p>Warm up with:</p> <p>Follow my leader</p> <p>Work in groups of four or five, following the leader, who moves in different ways, e.g. changing direction, speed, arm actions, height. On the teacher's command ('Change'), the person at the back runs to the front and becomes the leader.</p>



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		<p>Lead others when appropriate.</p>	<p>Let's explore Demonstrate striking in a variety of ways, using the movement adaptations of force, space and relationships.</p> <p>Balloon keep-up Keep a balloon up in the air by striking it with a tennis racket.</p>
<p>6. I can strike a ball.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: Catch the tail Each player has a band tucked into their waistband as a tail. Spare tails are placed in a hoop in the middle of the playing area. The idea of the game is to steal tails from other players. Once a player grabs a tail, they tuck it into their waistband, up to a maximum of three. Any tails caught after that must be placed in the hoop. Anyone who loses their tail can take one from the hoop and join in again.</p> <p>Let's explore Demonstrate striking in a variety of ways, using the movement adaptations of force, space and relationships.</p>



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			<p>Throw and strike Work with a partner. One person has a ball, the other a striking implement (tennis racket, cricket bat, etc.). Throw the ball so it bounces in front of your partner. They must then strike the ball back to you. Swap over. After a few turns, make your partner move to strike the ball.</p>
<p>7. I can strike a ball.</p>	<p><i>Develop practical skills in order to participate, compete and lead a healthy lifestyle</i> This concept involves learning a range of physical movements and sporting techniques.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>Develop tactics.</p> <p>Lead others when appropriate.</p>	<p>Warm up with: Catch the tail Each player has a band tucked into their waistband as a tail. Spare tails are placed in a hoop in the middle of the playing area. The idea of the game is to steal tails from other players. Once a player grabs a tail, they tuck it into their waistband, up to a maximum of three. Any tails caught after that must be placed in the hoop. Anyone who loses their tail can take one from the hoop and join in again.</p> <p>Let's explore Demonstrate striking in a variety of ways, using the movement</p>



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			<p>adaptations of force, space and relationships.</p> <p>Tally rally Work with a partner. Try to maintain a rally for 30 seconds, seeing how many successful passes you can make. Increase the time allowed.</p>
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