



# Medium Term Unit Planning

Lesson title and learning Intention	Threshold concepts (success criteria)	Milestones (success criteria)	Lesson structure/differentiation
Tennis			
1. Accuracy and changing direction	Develop practical skills in order to participate, compete and lead a healthy lifestyle	Choose and combine techniques in game situations. Lead others when called upon and act as a good role model within a team. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.	<p><b>Warm up and Recap</b> - How to hold tennis racket – Shake hands grip</p> <p><b>Activity 1 – Tap up Tennis</b></p> <p>1. 1 ball and racket per child – chn to hit the ball up on the racket continuously – How many can you do? <b>Q</b> – What’s important in order to make sure we keep hitting the ball on the racket?</p> <p>2. In pairs – 1 ball per pair, both with racket – chn to now take it in turns to hit the ball up and then keep the ball going, can only bounce once before hit again. Challenge to move.</p> <p><b>Game play</b></p> <p>Chn to now play a game against each other – aim is to try and hit the ball over mid line/net, to score a point ball must bounce more than once on partners side or partner hits ball out.</p>
2. Back hand and fore hand – being ready!	Develop practical skills in order to participate, compete and lead a healthy lifestyle	Choose and combine techniques in game situations. Lead others when called upon and act as a good role model within a team. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.	<p>Ready position What is the forehand (f/h) and backhand (b/h) side?</p> <p><b>Activity 2 – Ball familiarisation</b></p> <p>1. In pairs, 1 person with racket, other person is feeder, feeder rolls ball to partner alternating between f/h and b/h side partner to stop ball and roll back to partner as confidence builds chn with racket to roll ball back to partner without stopping ball 1<sup>st</sup>.</p> <p><b>Game Play</b></p> <p>As above in previous activity – but now each pair sets up a gate that’s 2m apart in the middle of them and they must now try and roll the ball to each other between the cones - a point is won every time a partner doesn’t get ball through cones</p>



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<p>3. Fore hand</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p>Choose and combine techniques in game situations. Lead others when called upon and act as a good role model within a team. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.</p>	<p><b>Activity 1 – The forehand technique</b> - Teacher to demonstrate forehand technique, or child who has tennis experience. <b>Teaching points:</b> sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball. <b>1.</b> Chn in pairs, 1 racket and 2 balls per pair. 1 person with racket the other is feeder. Feeder stands just out from partners racket. Feeder drops ball out in front of person with racket who then performs the forehand shot, after 5 goes swap. <b>2.</b> Feeder to now under arm throw ball in from 3m away from partner – standing opposite partner <b>3.</b> Set up an end zone behind where feeder is standing – aim is for partner with racket to try and play forehand shot in to end zone. <b>4.</b> Set up 2 boxes in the corners of the end zone, partner hitting now needs to try and aim their shots o hit the corner boxes. <b>5.</b> Partners to practice rallying using the forehand shot between each other. Rally with partner <b>Game Play</b> Chn to play 3 minute matches against an opponent, then swap who chn play against – 1 point scored for every time the ball bounces more than once in opposition’s side of court.</p>
<p>4. Back hand</p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p>Choose and combine techniques in game situations. Lead others when called upon and act as a good role model within a team. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.</p>	<p><b>Activity 1 – The backhand technique</b> - Teacher to demonstrate backhand technique, or child who has tennis experience. <b>Teaching points:</b> hold racket with 2 hands, bring racket across body, step dominant leg across body, swing racket away from body and step out <b>1.</b> Chn in pairs, 1 racket and 2 balls per pair. 1 person with racket the other is feeder. Feeder stands just out from opposite arm to racket arm. Feeder drops ball out in front of person with racket who then performs the backhand shot, after 5 goes swap. <b>2.</b> Feeder to now under arm throw ball in from 3m away from partner – standing opposite partner <b>3.</b> Place various target boxes behind feeder and partner hitting to try and aim for their backhand shots to bounce in 1 of the targets.</p>



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			<p>4. Partners to rally trying to play the ball to each other's backhand.</p> <p><b>Game Play</b></p> <p>- Chn to play 3 minute matches against an opponent, then swap who chn play against – 1 point scored for every time the ball bounces more than once in opposition's side of court. 2 points scored for every point won by using the backhand shot.</p>
5. Tennis serve	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p>Choose and combine techniques in game situations.            Lead others when called upon and act as a good role model within a team.            Choose the most appropriate tactics for a game.            Uphold the spirit of fair play and respect in all competitive situations.</p>	<p><b>Activity 1 – The Serve technique</b></p> <p>Chn in pairs to take it in turns o run through the following progressions:</p> <ol style="list-style-type: none"> <li>1. Standing sideways on throwing ball up in front using no dominant hand</li> <li>2. Sideways on – throw ball using dominant hand, bring arm back and up, release ball when arm is up straight.</li> <li>3. Sideways on throw ball up, swing racket up to ball, but don't hit.</li> <li>4. All of above but now hitting ball.</li> </ol> <p>- Then chn to set up playing area with midline/net using cones and take it in turns to practice serving to one another. (Recap correct technique before moving to this task)</p> <p><u>Progression</u></p> <p>- Add in target boxes for chn to try and hit their serve in to</p> <p><b>Competition</b></p> <p>Chn in their pairs now to set up various service target areas of various size and distance on each side of court from the net and sides of court. Pupils to take it in turns to serve and add up points for each turn.</p> <p>Chn to give points to various targets on the floor – closer to net and sides of court should be worth more points.</p>