

YR7 Tennis

LITERACY/NUMERACY: Understanding of key terms regarding to Tennis
Note: The PE assessment booklet focusses on the Components of Fitness in relation to Tennis– this should be periodically addressed by the teacher in preparation for the completion of the booklet at the end of the unit of learning.



WK	CONTENT	OBJECTIVE
1	Racket & Ball familiarisation To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play. To begin to think about outwitting opponents with the movement of the ball.	Warm up – Student led. Coordination game. Pat ball in a hoop. Must bounce once inside hoop. Encourages movement of feet + preparation. Partners hold rackets out to each other and shake hands with grip. Partners check each other’s grip. Keep ball bouncing in air. Forehand – Backhand. Diff-spin. Racket dribble relay. Pairs-to bounce ball on racket whilst moving. Service box game. Points scoring-discuss; 15, 30 etc. Doubles games. Start points with underarm feed to opponent side.
2	Forehand To accurately replicate the basic technique for a forehand. To begin to outwit opponents with the use of a forehand stroke. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally. To confidently score a game of doubles.	Warm up – Student led. Highlight court lines. Pupils to run to lines when called out. Forfeits for last to the line. Recap prior learning–German service box game. Start with ball on tennis cord and let it drop. 1 bounce only, play out point. Intro Foot position & forehand stroke. Demo with no ball. Discuss basic rules (one bounce max). Pairs; practice forehands only-partner feed, progress to rally. Doubles games. Start with underarm feed. Accurate scoring. 15, 30 etc.
3	Outwitting opponents To be able to outwit opponents using learnt strokes and techniques. To understand the importance of ball placement on the court to win points. To demonstrate an understanding of the basic tennis doubles rules. To begin to recognise the oppositions strengths and weaknesses and exploit weak areas.	Warm up – Student led. Recap court lines. Pupils to run to lines once called out. Forfeits for last to the line. Pairs; Service box rally warm up. Place hoop in service box. 2 points for hitting target. Diff-move hoop to harder positions. Discuss ball placement & outwitting opposition. ½ court-experiment. Recap scoring + doubles court marking. Must serve underarm from service box line & must go diagonal. 1 st /2 nd serve. Doubles games. King of the court. Winners up/losers down.
4	Backhand To accurately replicate the basic technique for a backhand. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning. To be able to use the backhand and forehand strokes to return a ball accurately in a rally.	Warm up – Student led. Pairs; Service box rally warm up. Score points. Intro positioning & backhand stroke. Demo with no ball (shadow movement). Partner feed. Backhand practice. Backhand groundstroke rally with partner. Recap scoring + doubles court marking. Can experiment with overarm serve on 1 st serve. Underarm 2 nd serve from service box line. Diagonal. Doubles games. 5 minute, king of the court. Winners up/losers down.
5	Basic serves To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis. To be able to develop cooperative and competitive rallies starting with an overhead or underarm serve. To be able to accurately replicate a variety of shots in a game implementing basic strategies and tactics.	Warm up – Student led. Pairs; Service box rally warm up. Throw up; place racket on floor. Practice toss up, must land on racket head. Toss and forehand stroke cross court, over net (No bounce). Gradually work backwards performing underarm serve. Once reach baseline, attempt overhead serve. Maintain timing and accuracy. Doubles games. 5 minute. Overarm serve on 1 st serve. Underarm 2 nd serve from service box line. King of the court. Winners up/losers down.
6	Assessment To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop	Warm up – Student led. Highlight court lines. Pupils to run to lines when called out. Forfeits for last to the line. Highlight assessment criteria. Play and perform the forehand and

Final Assessment

End of unit assessments to take place during Week 6
Pupils to complete assessment booklet

DIRT/FEEDBACK
Feedback obtained during lesson. Lots of opportunity for self assessment and peer feedback; as well as teacher feedback.

HOMEWORK
Students to access snippets of tennis games via you tube. Opportunity for engagement in extra-curricular tennis. Plan a drill to teach or develop a key skill in tennis. Reflect upon your own personal health and fitness– how can you access the right amount of exercise as part of an healthy active lifestyle.

SMSC and British Values
Understanding of the body in relation to others and space. Communication skills through ideas and the implementation of rules as a coach or referee.

PRESTWICH VALUES
Work Ethic
Respect
Team Work
Success
Equality

1	Describe an forearm
	Demonstrate an forearm
	Create successful scoring opportunities for yourself
2	Describe, and demonstrate a shot with some elements of success.
	To make progress toward understanding some of the key rules of tennis.
	Create successful scoring opportunities for yourself and others
3	To try a variety of attacking tactics
	To implement attacking plays into your games and to identify some rules with regards to tactics.
4	To have planned a warm up drill to get a small group active through tennis.
	To identify and attempt 3 key shots in tennis
	To make decisions in games as to shot selection with growing confidence and success.
5	I can identify opportunities to outwit an opponent
	I contribute towards the performance of my team and use my PE lesson to challenge my physical capabilities
6	I know where I can access tennis beyond my PE lessons