

# YR 8 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	<b>Basic ground strokes</b> To be able to demonstrate & use forehand and backhand shots in a rally. To develop the ability to outwit opponents with a combination of shots. To understand the basic scoring and rules of a double game play. To develop strategic and tactical play during a rally.	Warm up – Student led. Recap prior learning–German service box game. Start with ball on tennis cord and let it drop. 1 bounce only, play out point. Recap & demo basic strokes. Discuss rules. Pairs; practice forehand to forehand rallies. T.P’s-get in line as quickly as possible, turn body sideways as ball approaches taking racket head back early & follow through. Doubles games. Start with over arm or underarm serve depending on ability. Correct scoring. 15, 30 etc.
2	<b>Outwitting opponents</b> 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 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. Double fun game-2 touch tennis. Must taker 2 touches before ball goes over. Highlight ball placement & outwitting opposition. ½ court rallies- place 2 hoops; 1 deep, 1 short. Encourage pupils to mix up shot selection. Recap scoring + doubles court marking. 1 <sup>st</sup> serve over arm. Doubles games. King of the court. Winners up/losers down.
3	<b>Backhand slice</b> To accurately replicate the technique for a backhand slice. To understand the effect slice has on the balls flight & bounce. To refine & adjust shot selection based on opponents positioning. To be able to use the backhand slice during a game rally.	Warm up – Student led. Pairs; Service box rally warm up. Score points. Demo racket face positioning & backhand stroke. Demo with no ball (shadow movement). Pairs; 1 to play simple forehand to partner, other to practice slice. Swap over roles. Doubles games. Use over arm serve on 1 <sup>st</sup> serve. Underarm 2 <sup>nd</sup> serve from service box line. Doubles games. 5 minute, king of the court. Winners up/losers down.
4	<b>Volley</b> To accurately replicate volley technique with accuracy & control. To understand when to use a volley and the advantages it provides. To understand how games, sets are scored + officiate each others games. To demonstrate an understanding of the different roles played within a doubles game.	Warm up – Student led. Pairs; Service box rally warm up. Score points. Intro volley shot. Discuss when used? Type of shot? Attacking/to finish a rally. Pairs; partner feeds ball over net, 1 volleys 5 balls. Swap roles. Differentiation- make feed harder i.e. lower. Use target to aim at. T.P’s; aim deep or into space on opponents side. Used after short short is picked up. Doubles games. 5 minute, king of the court. Winners up/losers down.
5	<b>Serve development</b> To perform and replicate a legal over arm tennis serve with control and timing. To understand service laws in tennis. To demonstrate effective positioning for and execution of return of serve. To be able to implement variety of shots in a game implementing basic strategies and tactics.	Warm up – Student led. Demo full over arm serve. Highlight teaching points. Start with racket behind back (scratching shoulder blades), split, As ball is tossed up, extend arm holding racket and reach up. Gradually work backwards performing over arm serves to each others. Maintain timing and accuracy. Doubles games. 5 minute. Must over arm serve on 1 <sup>st</sup> serves. Underarm 2 <sup>nd</sup> serve from service box line. King of the court.
6	<b>Assessment</b> To demonstrate the ability to outwit an opponent in a match using the appropriate skills and shot selection. The pupils are to demonstrate their knowledge and understanding of the rules in tennis. To demonstrate a variety of tactics based on the movements of others.	Warm up – Student led. Highlight court lines. Pupils to run to lines when called out. Forfeits for last to the line. Highlight assessment criteria. Pairs to rally forehand, backhand + demo service ability. Higher levels-apply spin to ball. Doubles games. 5 minute. King of the court. Winners up/losers down.

**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

<b>1</b>	Describe an backhand
	Demonstrate an backhand
	Create successful scoring opportunities for yourself
<b>2</b>	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
<b>3</b>	To try a variety of attacking tactics
	To implement attacking plays into your games and to identify some rules with regards to tactics.
<b>4</b>	To have planned a warm up drill to get a small group active through tennis.
	To identify and perform 3 key shots in tennis
	To make decisions in games as to shot selection with growing confidence and success.
<b>5</b>	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
<b>6</b>	I know where I can access tennis beyond my PE lessons