

# YR 9 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>Ground strokes/ Outwitting opponents</b> To confidently outwit opponents using learnt strokes and techniques. To be able to demonstrate & use forehand and backhand shots competently in a rally. To accurately return the ball with a combination of shots. To begin to develop coaching ideas & suggest ways to improve peer performance.	Warm up – Student led. Recap prior learning– ½ court rally with hoops as a target on either side. Recap & demo basic strokes + outwitting opposition. Highlight ball placement (deeper= harder to return) & outwitting opposition. Pairs; line of cones 1 metre in from baseline on one side. Other partner feed use forehand, must hit deep shot into coned area. 1 point for each. Discuss rules. Doubles games. Serve over arm or underarm serve depending on ability. Correct scoring. 15, 30 etc.
2	<b>Topspin</b> To accurately replicate the technique for a forehand/ backhand topspin. To understand the effect topspin has on the balls flight & bounce. To refine & adjust shot selection based on opponents positioning. To be able to use the topspin shots during a game rally.	Warm up – Student led. Speed test. 20m sprint. Pairs; 1 run, 1 to time. Recap prior learning- ½ court rally. Demo racket face positioning & topspin stroke. T.P.'s; close racket face, low to high, follow through. Practice topspin rally. Doubles games (singles if court availability allows). Recap rule and court markings. 5 minute, king of the court. Winners up/losers down.
3	<b>Service development</b> To accurately replicate an over arm tennis serve increasing power and placement. To develop decision making skills in the direction of the serve to exploit an opponent's weakness. To understand the difference in a 1 <sup>st</sup> and 2 <sup>nd</sup> serve and the reasons for this. To analyse performances, identifying strengths and weaknesses of serves.	Warm up – Student led. Coordination test. Throw and catch tennis ball of wall. 1 metre away- 1 minute- count score. Partner to beat score. Demo full over arm serve. T.P.'s-Start with racket behind back, split & timing. Gradually work backwards performing over arm serves to each others. Maintain timing and accuracy. Differentiation = place hoop in service box. Aim for target. (wide serve/deep serve- difficult to return) 3's per court. Singles, 1 game king of the court. 3 <sup>rd</sup> pupil to umpire.
4	<b>Lob/smash</b> To accurately replicate lob & smash technique. To understand when to use a lob and the advantages it provides. To be able to apply the lob & smash in a competitive game. To encourage creative thinking in strategy development during rallies.	Warm up – Student led. Agility run with cones. Pairs- time course completion. Intro lob & smash shot. Discuss when used? Type of shot? Smash-attacking, lob-recovery. Pairs; start with feed + lob to target area. Swap roles. T.P.'s; angled loop. aim deep or into space on opponents side. Smash- hand as target, eye on ball. Progress to lob & smash drill. Doubles games. 5 minute. King of the court.
5	<b>Drop shot</b> To accurately replicate the technique for a drop shot. To develop disguise on shot execution to outwit opposition. To understand when to use the drop shot in a competitive rally and how it makes your play less predictable. To be able to incorporate the drop shot to a competitive game.	Warm up – Student led. Pairs; ½ court rally. Score points for winning shots. Discuss disguise on drop shot. Advantages/disadvantages? Pairs; ½ court each. Practice drop shots. Start from backcourt rallies. 1 partner to throw in drop shot. How to recover from drop shot. Doubles/singles games. Recap scoring; 15, 30, 40, game. Use over arm serve on 1 <sup>st</sup> serve. Underarm 2 <sup>nd</sup> serve optional. Pupils to umpire correctly.
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 for doubles and singles. Highlight assessment criteria. Pairs to rally forehand, backhand + demo service ability. Higher levels-apply advanced shots during a rally. <i>i.e. drop shots, lob &amp; smash.</i> Doubles/singles games (court depending) 5 minute games. 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 a variety of shots
	Demonstrate a variety of shots
	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 with success
	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 successfully 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