

Games: Net and Wall (Tennis)

Physical competence, healthy active lifestyles, physical activity

Uses running, jumping throwing and catching in isolation and in combination Demonstrates accuracy and technique in a range of jumping actions Passes and catches under pressure with consistent accuracy Catches and returns a ball from different heights and speeds mostly accuracy Adapts their techniques to different challenges/equipment Suggests how they can replicate a movement/technique with more accuracy/control Demonstrates flexibility, strength, technique, control and balance, e.g. within athletics and gymnastics Remembers a routine of 24+ counts Performs dances using a range of movement patterns Demonstrates perseverance Runs at an even pace over longer distances Responds to more complex challenges in new environments Improves and sustains running technique at different speeds Demonstrates good control, strength, speed and stamina in a variety of athletic events Undertakes directed physical activity for 20 minutes Initiates physical activity for 20 minutes Demonstrates all round safe practice Accepts responsibility for their own safety Leads own warm up Lists equipment they need, explaining safety considerations of its use Identifies potential hazards, risks and dangers

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| technique | A way of carrying out a particular task |
| backhand | A stroke played with the back of the had facing the direction of the stroke |
| strokes | Hitting or striking something |
| overhead | Above the level of the head |
| rally | A sequence of back-and-forth shots between players |
| accuracy | Being correct or precise |
| possession | Something belonging to you |
| tactics | An action which has been carefully planning to achieve a specific end goal |

What is the ready position?

Use the racket (handshake) grip, placing your other hand above your dominant hand so that both hands are on the racket.

Keep your feet slightly wider than shoulder width apart in order to maintain a strong balance.

Maintain a low body position by bending your knees and hips.

Stay light on your feet, head up and eyes forward

Types of stroke:

Backhand groundstroke

Forehand groundstroke

Double handed backhand