

S SCHEME OF WORK

Tennis – KS2

Learning Intention:

Lesson 1	How can you move when catching a ball?
Lesson 2	How can you control a ball with a racket when moving?
Lesson 3	How can you hit the ball using a forehand?
Lesson 4	How can you hit the ball using a backhand?
Lesson 5	How can you hit a ball with accuracy?
Lesson 6	How can you play a 1v1 game of tennis?



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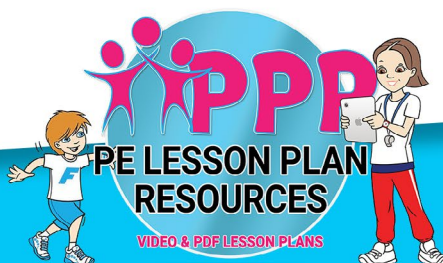
Success Criteria:

Year 3

- Can move to catch a ball
- Can sometimes control a ball on their racket when moving
- Can hit a ball using a forehand with some control
- Can hit a ball using a backhand with some control
- Can hit a ball into a target (one bounce)
- Can sometimes rally when playing 1v1

Year 4

- Can move with balance and control when catching a ball
- Can sometimes hit/bounce a ball when moving
- Can hit a ball using a forehand with control
- Can hit a ball using a backhand with control
- Can hit a ball into a target with no bounces before hit
- Can rally when playing 1v1



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Scheme Of Work

Key Skills:

PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- PACING – SLOW / FAST (WALKING / JOGGING / RUNNING)
- DODGING
- ACCURACY
- PRECISION
- CONTROL

SOCIAL ME

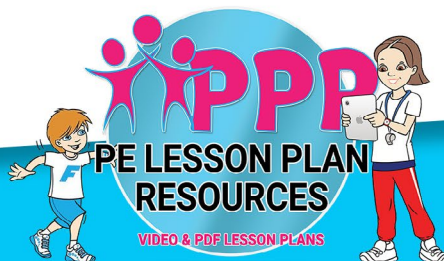
- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE CLASS

THINKING ME

- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING NEW GAME RULES
- UNDERSTANDING HOW TO CONTROL MY BODY AND EQUIPMENT SAFELY (RACKET)
- REMEMBERING THE POSITION OF MY BODY TO BE IN THE READY POSITION / ON TOES / STRONG WRIST

HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- KEEP HYDRATED DURING PHYSICAL ACTIVITY
- WARM DOWN AFTER ACTIVITY



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End of Key Stage Attainments:

Year 3

Can use running, jumping, throwing and catching in isolation
Can begin to use skills in different ways and to link them to make actions and sequences of movement
Has begun to develop flexibility, control and balance
Is beginning to communicate with others during physical activities
Has begun to play competitive/modified games, and apply some basic principles suitable for attacking
Is beginning to compare their performances with previous ones
Can begin to recognise their own success

Year 4

Can begin to use running, jumping, throwing and catching in isolation and in combination
Can use skills in different ways and to link them to make actions and sequences of movement
Has developed flexibility, control and balance
Can communicate with others during physical activities
Has begun to play competitive/modified games, and apply basic principles suitable for defending
Can compare their performances with previous ones
Can recognise their own success



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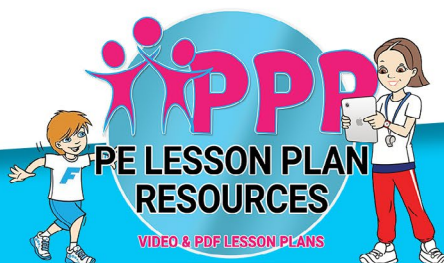
SCHEME OF WORK

Links to National Curriculum:

Numeracy	<ul style="list-style-type: none">• Distance – standing 1m apart for the rules of the game• Length of time – 1min challenge, how many points per activity• Counting – adding up passes & subtraction
PSHE	<ul style="list-style-type: none">• Patience / turn taking / fairness• Working and being part of a team• Communication, working in pairs / teams• Perseverance, to improve on skills and scores• Supporting their peers and showing good communication skills

Health and Safety

- It is advised that all equipment is appropriately cleaned in line with government guidelines for the corona virus, before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson



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