



ROGRESSION OF KEY SKILLS

Tennis

Early Years

Throw and catch to self with a soft ball and to bounce catch to self

Balance an object e.g. beanbag on racket

Hand eye co-ordination passing ball to a partner

Move the ball on floor with hand in a variety of ways

Push ball with throw down strips to develop hand eye co-ordination





Vear 1

Throwing and catching a small, ball improving control- bounce catch to self/ partner

Balance a ball on racket

Hand eye co-ordination -tap ups (using a racket) watching the ball, knees bent

Racket familiarisation- moving ball with racket in forehand/backhand position

Introduce modified games - eg hand tennis

Small-sided adapted games. Begin to develop tactics in the adapted games

Year 2

Throw and catch from one hand to the other and bounce catch into a target with a partner

Balance a ball on racket with control

Increasing the control tapping ball to a partner (who is catching the ball)

Racket familiarisation—moving ball with racket in forehand and backhand position whilst moving

Play a modified game

Develop tactics for beating an opponent





Year 3

love body position to catch a ba

Control a ball on racket when moving - varying speed

Hit a ball into a target (with one bounce)

Hit ball across the floor with forehand/backhand position

Play a modified game using skills e.g forehand

Adapted games, with variations of rules, begin to apply some basic principles

Year 4

Move with balance and control to catch a ball

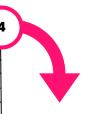
Hit/bounce ball on racket when moving

Hit a ball into a target from a variety of distances/ angles with no bounce

Hit ball in forehand/ backhand position with drop feed

Play a game communicating as a team

Play adapted games, Children encouraged to think of tactics



6



Year

Move to hit a ball with some contro

Hit/ bounce a ball with control when moving at different speeds

Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target

Moving into position to hit a ball with forehand/backhand in skills practice and game

Communicate and collaborate as a pair to beat opponents

Developing tactics e.g working as a team, supporting each other, communicating

Year 6

Move in a variety of directions (using footwork) when hitting a ball

Hit/bounce ball to a partner with control

Serve diagonally under/overarm in a game of mini tennis

Keep on toes using quick feet to hit a ball in game in forehand/backhand position

Use techniques learned and apply in a game situation.

In Pairs, discuss tactics of attacking and defending in tennis (communicate and collaborate)

