

**Prior Learning:** In year 4, children continued to master their throwing and catching skills. They continued with their racket skills and moving with the ball at different speeds. They practiced bouncing and then hitting the ball up on their own with the racket. They practiced feeding the ball to each other (hitting forehand and backhand.) They recapped hitting a ball to a target (area on floor/players hands) to help them with control. They continued to play 1v1 rallies.

## Physical Me

**Throw & Catch** - Underarm/overarm

**Running/Agility** - Footwork, moving in different directions

**Speed** - Moving across the court, speed of shot

**Co-ordination** - Hand-eye, footwork

**Balance** - Moving with a ball on racket

**Power** - of shot

**Accuracy, Control and precision**

## Key Skills

### Thinking Me

- To react quickly
- How to pace yourself

### Value Me

- Responsibility
- Integrity (being honest)

### Social Me

- Co-operate with others
- Collaborate with others

## Tennis Rules

- **Serve diagonally. From a serve the ball must NOT be hit before it touches the ground on the opposite side of the court**

- **Ball does not have to bounce (unless on serve)**

- **Ball cannot bounce more than once when returning the shot- otherwise it is your opponents point!**

## Key Vocabulary

Collaborate

Serve

Forehand

Backhand

Shots

Grip

Overarm

Integrity

Serve

## Key Knowledge

**Forehand** - A stroke in which the inner side of the palm of the dominant hand that is holding the racket, faces forward

- the tennis forehand is made by swinging the racket across your body in the direction of where you want to land the ball.

**Backhand** - A backhand is when you hit a ball with a racket or paddle with your arm across your body and the back of your hand facing the ball

**Serve** - Players normally serve overhead; however serving underhand is allowed.

## Inspirational Athletes

### Novak Djokovic

He was the 3rd player after Nadal and Federer to win 20 grand slams

He has won a record 9 Australian open championships  
Djokovic has been ranked the number 1 tennis player for a record 368 weeks

- Djokovic is from Serbia

