

**Topic: PE – Tennis****Year: 5****NC Strand: analysing performance' and 'competitive sports.'****What should I already know?**

What I should already know.

I should know the basic rules of the game tennis.

I should know how to roughly hold a tennis racket, making sure I hold the racket in my dominant hand.

I might know some of the key terms of tennis like forehand and back hand shots.

I should know how to hit a tennis ball safely.

I should know how to rally with a partner to develop my hand eye co-ordination.

**What will I know by the end of the unit?**

By the end of this unit, pupils should know:

The key terms of tennis, such as, Volley, drop shot, backhand and forehand etc.

I will know how to grip the racket correctly and understand how a rally situation is conducted.

I will know the rules of tennis and start to understand the scoring system of tennis.

I will the difference between a forehand and backhand stroke and know when it is best to use each stroke.

I will start to understand how agility will aid my performance in both rally and game play situations.



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| Vocabulary   |   |
|--------------|---|
| Backhand     | a way to swing the tennis racquet where the player hits the ball with a swing that comes across the body.                   |
| Racket       | A piece of striking equipment used in tennis  |
| Agility      | Being able to move at different levels of speed while changing different directions.  |
| Drop shot    | a strategy where the tennis player hits the ball just go over the net. It is used when the opponent is far from the net.    |
| Volley       | Hitting the ball back to an opponent without the ball bouncing on your side of the court                                    |
| Serve        | A type of hitting action to get the ball over the net to start a game off.  |
| Forehand     | a tennis swing where the player hits the tennis ball from behind their body. Often the forehand is the players best stroke. |
| Groundstroke | a forehand or backhand shot made after the tennis ball bounces once on the court  |
| Rally        | when players hit the ball back and forth to each other while the ball is landing in play.                                   |
| Doubles      | Playing with a partner on your side of the net  |

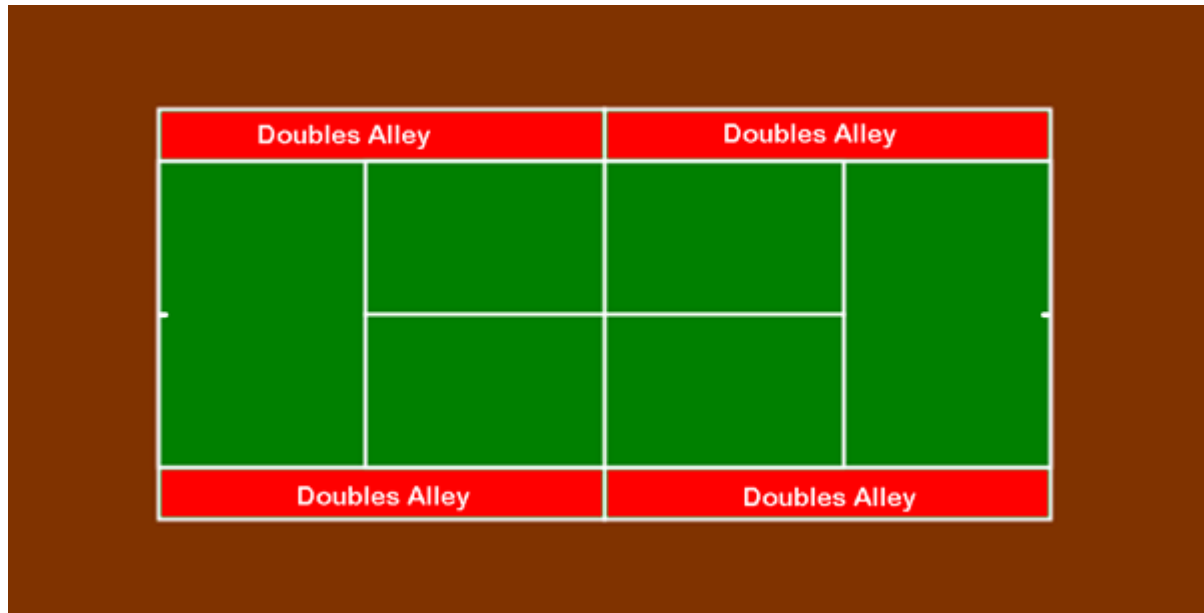




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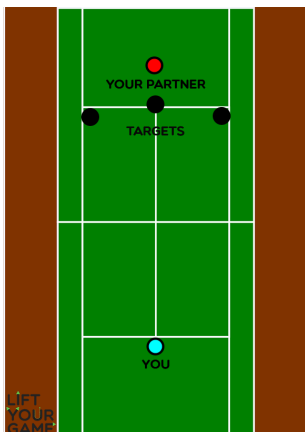
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Singles lines compared to doubles lines.

### Teacher Led drills



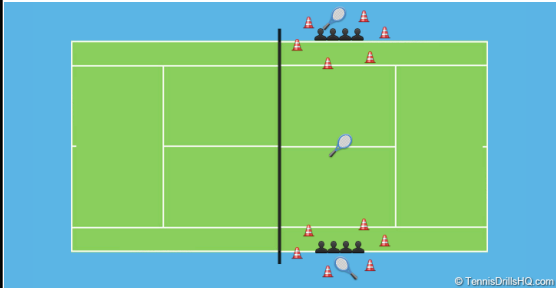
#### Target practice:

Hitting the ball towards your partner so your partner can catch the ball with hardly any movement left or right. Differentiation: Add the net as an extra difficulty level as well as move your partner to different areas of the court.

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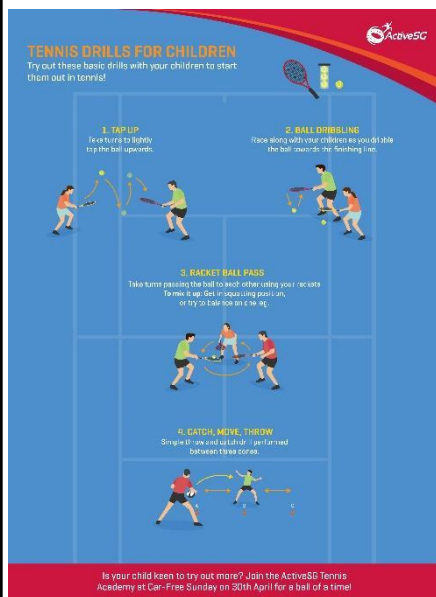
### Rob the Nest.

the coach places a hoop with 40 red balls on the service box.

2. Player place their racquet on the ground (evenly spaced) and approximately 3 metres from the nest of balls.

3. On GO the player run to the hoop, squat down low to retrieve a ball then return to their racquet where they place the balls.

4. Continue until all the balls are gone from hoop in the middle. The player who has gathered the most number of red balls on their racquet is the winner



Basic teacher drills to improve hand – eye co-ordination.

Pupils can do these drills on their own or in pairs/groups.

Keep up – being able to control a tennis ball on a racket without it falling off the racket.

Ball dribbling – being able to control the ball like a basketball dribble but instead of using your hand, you are using your racket.

Short rally – Being able to pass the ball from partner to partner in a limited space setting.