



Links to the PE National Curriculum

- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Forehand
- Backhand
- Throwing
- Catching
- Ready position

Key Skills: S.E.T

- Social: Collaboration
- Social: Respect
- Social: Supporting others
- Emotional: Honesty
- Emotional: Perseverance
- Thinking: Decision making
- Thinking: Understanding rules
- Thinking: Using tactics



How to win a point

A player wins a point when :

- Opponent hits the ball in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.
- Ball bounces twice.
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault.)

Key Vocabulary:

Encourage pupils to use this language in your lessons.

- Ready position
- Racket
- Track
- Rally
- Control
- Return
- Opponent
- Accurately

Teacher Glossary

Forehand: A stroke where the player hits the ball with their palm facing forward.

Backhand: A stroke where the player hits the ball with a swing that comes across their body.

Ace: A serve that is a winner without the receiving player being able to return the ball.

Baseline: The line indicating the back of the court.

Face: The top part of the racket that has the strings and is meant to hit the ball.

Where this unit sits



Assessment Criteria

Year 2

- I can defend space on my court using the ready position.
- I can describe how my body feels during exercise.
- I can hit a ball over the net and into the court area.
- I can throw accurately to a partner.
- I can use simple tactics to make it difficult for an opponent.
- I know how to score points and can remember the score.
- I show good sportsmanship when playing against an opponent.

Year 3

- I am learning the rules of the game and I am beginning to use them to play fairly.
- I can provide feedback using key words.
- I can return a ball to a partner.
- I can use basic racket skills.
- I understand the aim of the game.
- I understand the benefits of exercise.
- I work cooperatively with my group to self-manage games.

Year 4

- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can communicate with my teammates to apply simple tactics.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can return to the ready position to defend my own court.
- I can sometimes play a continuous game.
- I can use a range of basic racket skills.
- I share ideas and work with others to manage our game.

Progression of Skills Ladder

Other units that progress into this activity are:

- Games**
- Net and Wall Games**
- Ball Skills**
- Fundamentals**
- Sending and Receiving**

| | Year 4 | | Year 3 | | Year 2 | |
|--|--|---|---|--|---|---|
| | Shots | Serving | Rallying | Footwork | Rallying | Footwork |
| | Demonstrate increased technique when using shots both cooperatively and competitively. | Develop technique in serving underarm with increased consistency. | Develop rallying using both forehand and backhand with increased technique. | Begin to use appropriate footwork patterns to move around the court. | Explore rallying with a forehand. | Consistently use and return to the ready position in between shots. |
| | Shots | Serving | Rallying | Footwork | Rallying | Footwork |
| | Explore returning a ball using focus shots such as the forehand and backhand. | Explore serving from an underarm serve. | Explore rallying with a partner catching after one bounce. | Consistently use the ready position to move towards a ball. | Explore underarm rallying with a partner catching after one bounce. | Consistently use the ready position to move towards a ball. |
| | Hitting | Feeding | Rallying | Footwork | Rallying | Footwork |
| | Develop hitting a dropped ball over a net. | Accurately underarm throw over a net to a partner. | Explore underarm rallying with a partner catching after one bounce. | Consistently use the ready position to move towards a ball. | Explore underarm rallying with a partner catching after one bounce. | Consistently use the ready position to move towards a ball. |