

Year 4 Tennis

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Demonstrate the ready position and react to ball direction, including correct position to attempt shot
- Play a simple forehand and backhand shot
- Simulate the throw of a serve
- Move and catch the ball correctly applied to the layout of a court
- Throw the ball with accuracy when on a court

Equipment

- Rackets
- Cones
- Defined playing area
- Tennis Balls
- Throw down lines

Key Vocabulary

Backhand: When the player strikes the ball with the back of the racket from across the opposite side of the body to the racket hand.

Catch: To grab or capture the ball in your hand.

Forehand: When the player strikes the ball forward using the front of the racket.

Hit: To strike the ball with the racket.

Move: To go in a specified direction or manner across the playing field and to change position.

Position: Where you are in the playing field.

Ready position: The stance and position that you want to be in before your opponent hits the ball. It helps you get ready for the next shot.

Return: To hit a shot back to the opponent

Serve: The shot that begins each point - the server hits the ball after tossing it into the air.

Smash: When the player strikes the ball downwards with the racket in a hard overarm shot.

Throw: To move the ball through the air by a movement of the arm and hand.

Key Questions

What are you thinking about and where are you looking when you get ready?

What does the forehand grip look like?

What does the backhand grip look like?

What does the ready position look like?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down