

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

