

KS1- Tennis

In this unit, children will learn how to hold a tennis racquet, perform a forehand and back hand stroke and return a ball with one of these strokes. Children will learn some basic rules of the game, including a serve, a rally and doubles.

In this unit children will:

- Learn basic rules of tennis
- Perform a forehand stroke with some accuracy
- Perform a back hand stroke with some accuracy
- Return a served ball
- Serve a ball
- Practice a rally
- See tennis as a transferrable skill and apply it to table tennis
- Begin to have small doubles games, becoming familiar with some of the key rules.

Prior Learning

KS1: mastering basic movements

Cross Curricular Links

Science- The Human Body

PSHE- Healthy Active Lifestyles

Maths - Counting

Key Vocabulary

Rally – the exchange of shots between players. A rally starts when the receiver returns serve and ends when the point is won

Serve – a point begins with a player serving the ball. This means one player hits the ball towards the other player.

Forehand - a tennis swing where the player hits the tennis ball from behind their body. Often the forehand is the players best stroke.

Backhand - a way to swing the tennis racquet where the player hits the ball with a swing that comes across the body.

Court - the area where a tennis game is played.

Tennis Racquet - the main piece of equipment in tennis. It has a long handle and a oval shaped head with a string mesh stretched across it. It is used by the tennis player to hit the ball.

Rally - when players hit the ball back and forth to each other while the ball is landing in play.

Doubles - a tennis game played by four players, two per side of the court.

Health and Safety

- 1) Children will work to their own limits and not push themselves to the point of exhaustion.
- 2) Children will inform the teacher of any injuries at the beginning of lessons.
- 3) Children will either be bare foot for dance, long hair will be tied back and earrings will be taken out or taped.



In year 2 this will be developed by:

- Children having mini rallies
- Children alternating between strokes during rallies
- Children thinking about where to place a ball.
- Children transferring their skills into table tennis games, noting the similarities between the two.
- Serve with accuracy

Equipment Needed:

- Tennis Rackets
- Tennis Balls
- Cones
- Nets
- Targets
- Table Tennis bats and balls
- Table Tennis Tables

Key Questions

What are the different types of shot in tennis?

How is it different to table tennis and badminton?

What are the basic rules of tennis?