

Summer 1 - PE – Tennis

Year Five and Six

By the end of this unit, you will be able to play competitive games of tennis that require rallies and a range of shots.



tennis court

centre line

cones

racquet/racket

tennis ball

rally

net

bounce

swing

target

partner

aim

free space

co-operation

tactics

tournament

Important information



This sequence of learning builds on the skills that you learnt in Year 3 and 4.



Tennis can be played in pairs or fours. It uses racquets and balls.

Tennis can benefit you in so many ways, by providing physical, mental and social skills for life. As well as the obvious fitness training, you may also:

- Find your passion and motivation
- Learn resilience through friendly competition
- Understand and practise emotional control (no frustrated racquet smashes here)
- Develop respect, communication and teamwork
- Focus on personal best, not just winning
- Improve balance, agility and co-ordination
- Release endorphins and destress
- Improve focus and reaction times
- Meet new people and make friends

On your PE lesson days, please make sure that you have taken out any earrings and left these at home. Long hair should be tied back and you should also remove watches.

The PE kit you need is a white t-shirt and black shorts only.

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Skills	Lesson Objective	Lesson	What you will learn	Learning Review
Skill1	To know and describe the correct grip and stance whilst holding a racquet.	1	After a warm up, we will discuss the correct grip and stance whilst holding a racquet. You will practise a 5 shot rally in pairs. After that, you will apply this to a short competitive game with your partner. Cool down. Skills 1, 2 and 6	What is a rally in tennis? Were you able to complete a 5 shot rally with your partner?
Skill 2	To adopt a good ready position	2	After a warm up, you will practise your rallying skills. You will discuss a good ready position and take part in a group rallying task. Cool down. Skills 1, 2 and 6	What does a good ready position in tennis look like?
Skill 3	To play shots on the forehand and backhand side of the body	3	After a warm up, you will practise the skills of hitting the ball using your forehand and backhand. Cool down. Skills 1, 2, 3, 4 and 6	Do you need to practise the forehand or backhand? Explain your answer.
Skill 4	To use a variety of different shots and serves hitting with increased consistency	4	Warm up. You will learn about and practise the underarm serve. You will learn how scoring works in a game of tennis. Cool down. Skills 1, 2, 3, 4, 5 and 6	Can you name the different shots and serves you have tried in this lesson?
Skill 5	To employ tactics in games	5	Warm up. You will practise aiming for a certain part of the court. You will take part in a class tournament based where one person will be crowned the class tennis champ. Cool down. Skills 1, 2, 3, 4, 5 and 6	Is there anything that you - or your partner did - that made it easier to win?
Skill 6	To participate in games following the rules and scoring correctly	6	Warm up. You will take part in a game where you copy your partner. You will practise the rallying skills you have learnt in previous lessons. You will take part in a game following a given set of rules. Skills 1, 2, 3, 4, 5 and 6	What tactics did you use to help you score points in the game?

Please see the attached planning sheets for more detail.