



# Forest Town Primary School

## Physical Education

### Net and Wall - Tennis

Be Kind  
Be Adventurous  
Persevere  
Be Responsible  
Be Independent  
Be Together

## KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Pupils should be taught to:**

- Master basic movements including running, jumping, throwing and catching, as well as developing agility, balance and coordination and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

## KS2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. 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 combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventure activity challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Net and Wall: Tennis - Ball Skills - Feeding

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know that a ball can be sent to a partner.</p> <p>Know how to roll, track and stop a ball.</p> <p>Know how to throw bounce catch alone.</p> <p>Know how to throw bounce catch with a partner.</p>	<p>Know how to roll a ball towards a target.</p> <p>Know how to throw and catch alone.</p> <p>Know how to throw and catch with a partner.</p> <p>Know how to throw towards a target.</p>	<p>Know to how to throw a ball over a net to land in a court area.</p>	<p>Know how to throw a ball underarm over a net to a partner.</p> <p>Know the motion needed to serve underarm.</p>	<p>Know how to serve underarm with increased consistency.</p>	<p>Know the motion needed to serve overarm.</p> <p>Know a range of serving techniques</p> <p>Know which serve is appropriate to the game they are playing.</p>	<p>Know the motion needed to serve accurately and consistently.</p> <p>Know how to serve tactically.</p>

### Net and Wall: Tennis - Racket skills

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to move a ball on the floor with a racket.</p> <p>Know how to dribble and stop a ball.</p> <p>Know how to push a ball towards a target.</p> <p>Know how to push the ball to a space.</p>	<p>Know that a forward push can be used to move a ball towards a target.</p> <p>Know that a forehand shot can be used to push a ball towards a space.</p>	<p>Know that a ball can be hit with their hands.</p> <p>Know that a dropped ball can be hit with a racket.</p>	<p>Know how to use basic racket skills.</p> <p>Know that a dropped ball can be hit over a net.</p>	<p>Know how to use forehand and backhand shots to return a ball.</p>	<p>Know the importance of being accurate and having control when suing a racket.</p> <p>Know that both cooperative and competitive shots need to be technically accurate.</p>	<p>Know the purpose of a volley.</p> <p>Know how to use a range of shots when playing games.</p> <p>Know which shot is the most appropriate when playing a competitive game.</p>

### Net and Wall: Tennis - Rallying

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Know different ways of sending a ball to a partner.	Know how to return a floor rally from a roll.	Know how to keep floor rallies going with a partner. Know how a forehand shot can be used to hit the ball into a space.	Know different ways to return a ball: Feeder - throw to Snapper. Feeder - throw to Forehand. Feeder - forehand to forehand.	Know different ways to return a ball: Feeder - throw to backhand. Feeder - forehand to backhand. Know how to use the forehand and backhand technique to create a rally	Know how to use a variety of shots to keep a rally continuous.	Know a variety of shots and use these to keep a continuous rally.

### Net and Wall: Tennis - Movement - Footwork

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Know different ways of changing direction, running and stopping.	Know that they can move around freely whilst holding a tennis racket. Know the ready position and use this to move towards a ball.	Know that a sideways move is needed in a floor rally situation.	Know to return to ready position and consistently use this in between shots. Know what the split step is.	Know how to use the most appropriate footwork patterns to move around a court. Know what a chasse is.	Know and use the most effective footwork patterns to move around a court. Know the importance of prepare and recovery prior to and after every shot.	Know and use confidently a variety of footwork patterns relevant to the game they are playing.