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| **Physical Development** **Gross Motor Skills ELG**   * Negotiate space and obstacles safely, with consideration for themselves and others Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | | | **National Curriculum – In KS1 pupils should be taught to:**   * Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities Participate in team games, developing simple tactics for attacking and defending | |
|  | **EYFS (**Ball Skills Unit 1 & 2 Games Unit 1 & 2) | **YEAR 1** (Tennis) | | **YEAR 2** (Tennis) |
| **KNOWLEDGE** | **Hitting:** know to point my hand/object at my target when hitting a ball. **Feeding and rallying:** know to look at the target when sending a ball and watch the ball to receive it. **Footwork:** know to use big steps to run and small steps to stop. **Tactics**: make simple decisions in response to a task. **Rules:** know that rules help us to stay safe. . | **Hitting:** know to use the centre of the racket for control. **Feeding:** know to use an underarm throw to feed to a partner**. Rallying:** know that throwing/hitting to my partner with not too much power will help them to return the ball. **Footwork:** know that using a ready position will help me to move in any direction. **Tactics:** know that tactics can help us to be successful when playing games. **Rules:** know that rules help us to play fairly | | **Hitting:** know to watch the ball as it comes towards me to help me to prepare to hit it. **Feeding:** know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it. **Rallying:** know that sending the ball towards my partner will help me to keep a rally going. **Footwork:** know that using a ready position helps me to react quickly and return/catch a ball. **Tactics:** understand that applying simple tactics makes it difficult for my opponent. **Rules:** know how to score points and follow simple rules |
| **SKILLS** | **Hitting:** explore hitting a ball with hands and pushing with a racket. **Feeding and rallying:** explore sending and tracking a ball with a partner. **Footwork:** explore changing direction, running and stopping. | **Hitting:** explore hitting a dropped ball with a racket. **Feeding:** throw a ball over a net to land into the court area. **Rallying:** explore sending a ball with hands and a racket. **Footwork:** use the ready position to move towards a ball. | | **Hitting:** develop hitting a dropped ball over a net. Feeding: accurately underarm throw over a net to a partner. **Rallying:** explore underarm rallying with a partner catching after one bounce. **Footwork:** consistently use the ready position to move towards a ball. |
| **VOCAB** | team space catch throw forward backward safely bounce | ready position partner net underarm score points | | Receive quickly trap defend return collect defense |

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|  | **National Curriculum – In KS2 pupils should be taught to:**   * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best | | | |
|  | **YEAR 3** (Tennis) | **YEAR 4** (Tennis) | **YEAR 5** (Tennis) | **YEAR 6** (Tennis) |
| **KNOWLEDGE** | **Shots:** know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately. **Rallying:** know that hitting towards my partner will help them to return the ball easier and keep the rally going. **Footwork:** know that moving to the middle of my court will enable me to cover the most space. **Tactics:** know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space. **Rules:** know the rules of the game and begin to apply them | **Shots:** understand when to play a forehand and a backhand and why. **Rallying:** know that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot. **Footwork:** know that getting my feet in the right position will help me to balance before playing a shot.  **Tactics:** know that applying attacking tactics will help me to score points and create space. Know that applying defending tactics will help me to deny space, return a ball and limit points. **Rules:** know and understand the rules to be able to manage our own game. | **Shots:** know which skill to choose for the situation e.g. a volley if the ball is close to the net. **Serving:** know that serving is how to start a game or rally and use the rules applied to the activity for serving. **Rallying:** know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going. **Footwork:** know that using small, quick steps will allow me to adjust my stance to play a shot. **Tactics:** understand the need for tactics and identify when to use them in different situations. **Rules:** understand and apply rules in a variety of net and wall games whilst playing and officiating. | **Shots:** understand the appropriate skill for the situation under pressure eg. choosing to play the ball short over the net if I have just moved my opponent to the back of the court. **Serving:** begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point. **Rallying:** understand how to play different shots depending on if a rally is co-operative or competitive. **Footwork:** know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot. **Tactics:** understand when to apply some tactics for attacking and/or defending. **Rules:** understand, apply and use rules consistently in a variety of net and wall games whilst playing and officiating |
| **SKILLS** | **Shots:** explore returning a ball using shots such as the forehand and backhand. **Rallying:** explore rallying using a forehand. **Footwork:** consistently use and return to the ready position in between shots | **Shots:** demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. **Rallying:** develop rallying using both forehand and backhand with increased technique. **Footwork**: begin to use appropriate footwork patterns to move around the court. | **Shots:** develop the range of shots used in a variety of games. **Serving:** develop the range of serving techniques appropriate to the game. **Rallying**: use a variety of shots to keep a continuous rally. **Footwork:** demonstrate effective footwork patterns to move around the court. | **Shots:** demonstrate increased success and technique in a variety of shots. **Serving:** serve accurately and consistently. **Rallying:** successfully apply a variety of shots to keep a continuous rally. **Footwork:** demonstrate a variety of footwork patterns relevant to the game I am playing. |
| **VOCAB** | serve accurately track racket control rally opponent | receiver outwit court backhand forehand | volley footwork set tactics cooperatively continuously dig | deep forecourt defensive consecutive consistently back court attacking |