



Y3/4



## Area of PE: Tennis

### New Tennis Vocabulary

<b>Serving</b>	The first shot which will start the point.
<b>Rallying</b>	When a number of shots are played in succession.
<b>Forehand</b>	- A stroke played with the palm of the hand facing in the direction of the stroke

### New Knowledge – Sociology

**Bicep** has two muscles. **Triceps** has three muscles. Shoulder – **Deltoid**, Chest – **Pectoral**

**Prior Knowledge** – Two main arm muscles are bicep and triceps.

#### New Knowledge – Sociology

When playing a game against another person in a competitive game, you need to follow the set rules of the game and can't deviate from them.

### Prior Knowledge about tennis / racket skills

#### Y1/2 Practical

To keep a ball volleying, it shouldn't hit the floor.

You can volley to yourself when practising or to another player in a game.

When you hit the ball, it needs to hit the middle of the racket and your racket needs to face the direction you want the ball to go in.

#### Top tip when playing:

Move your feet towards the ball, don't stand and wait for it.

### New Knowledge – Game Rules

#### Rules of serving:

The ball must bounce over the net and before their partner's base station. If the ball bounces out of the court area or does not go over the net, pupils have a second serve

#### Scoring

A point is scored if your opponent misses the ball once it has gone over their side of the net or they hit it out of court.

#### Game

A sequence of points with the same player serving. To win a game a player must win at least 4 points but at this point have 2 more points than the opponent.

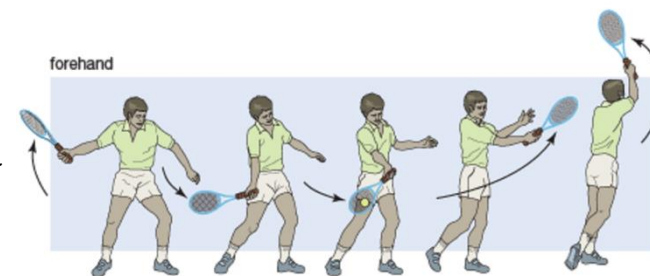
### New Knowledge - Practical

#### Forehand Stroke:

- Move from the ready position to slightly sideways on to the feeder.
- Swing the racket from low with one hand over to the other shoulder high.
- Contact the ball when the racket face is facing your partner, brushing over the top of the ball, turning the strings to face downwards to the floor.

#### Rally:

When a number of shots are played in succession back and forth over the net.



By the end of Y5/6, the children will know the following knowledge about football.