



Y5/6



Area of PE: Tennis

New Tennis Vocabulary

Volley	Striking the ball before it bounces.
Service box	A box marked onto the court into which the server aims to land the tennis ball when completing their service motion.
Baseline	The horizontal lines at either end of the court.

Prior Knowledge about tennis / racket skills

Y3/4 Practical and Game

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. **Rally** is when a number of shots are played in succession back and forth over the net.

Forehand Stroke: 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.

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.

New Knowledge – Biomechanics

Primary muscle groups used for racket sports: Trapezius (top of back muscles in-between shoulder blades) **Prior Knowledge** – Front of upper arm – **Bicep** (two muscles). Back of upper arm – **Triceps** (three muscles). Shoulder – **Deltoid**, Chest – **Pectoral**

New Knowledge – Psychology

Importance of a warm up/ cool down Produce blood cells. Blood carries oxygen around your body – pulse quickens to allow for increased circulation / more oxygen to be dispersed. Link back to biomechanics to understand and know the correct names for muscles being used. **Prior Knowledge** – To get your body ready for exercise. Warm up the body. Prevent injuries/ pulled muscles. Increase flexibility.

New Knowledge – Sociology

Competitive games have rules and regulations that children must adhere to in physical education. Social values (sportsmanship) and the expectations of behaviour are important when competing competitively.

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

New Knowledge - Practical

Backhand Stroke:

- From the ready position, grip the racket with two hands, placing the dominant hand at the bottom of the racket and the non-dominant hand above.
 - Turn sideways to the ball and move the racket backwards.
 - The racket is swung forwards from a low position to finish high with both arms over the opposite shoulder.
 - Hit the ball with the racket face facing your partner and brush your racket over the top of the ball so that the strings face downwards to the floor.
- by moving slowly back in the direction they are going (getting in their way).

Underarm Serve

Throw the ball upwards to head height with a straight arm. Hit the ball with the racket underarm so that the ball goes over the net and into the court area. Hit using the centre of the face of the racket. Do not allow the ball to bounce before hitting it.

New Knowledge – Game Rules

Rules of serving:

- The ball must bounce over the net and before their partner's base station (placed five steps from the net)
- If the ball bounces out of the court area or does not go over the net, pupils have a second serve
- If the ball hits the net and then bounces in, it is called a 'let' and they have their serve again
- If a pupil fails to hit their serve 'in' after their second serve, the point is awarded to their opponent

Scoring

In scoring, a game is won by winning points, a set is won by winning games, and a match is won by winning sets.

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.

Set: A player must win at least six games to win a set.

Match: Usually a best of 3 sets win a match. In Grand Slams, men play best of 5 sets, all other formats are best of 3.

Point	
0	Love
1	15
2	30
3	40
4	Game
40-40	Deuce