



P.E	Year 4
Focus: Tennis	
Age related vocabulary	
forehand	A stroke made with the palm of the hand turned in the direction in which the hand is moving



Key Knowledge

- Forehand key points:**
 - ⇒ Move your feet to get in line with the ball.
 - ⇒ Turn side on to the net.
 - ⇒ Racket moves from low to high, finishing over the opposite shoulder.
 - ⇒ Make contact with the ball when the racket face faces your target.
- When the ball is on your non-dominant side, you may need to play a **backhand**.
- Scoring: 'I score if....'**
 - ⇒ My opponent hits the ball in the net
 - ⇒ My opponent hits the ball out of the court area
 - ⇒ My opponent misses the ball
 - ⇒ The ball bounces twice on my opponents side
 - ⇒ My opponent does a double fault (meaning if they serve the ball (start the point) and it hits the net or does not land on the opposite side of the net, they can have another go. If they miss again it is a double fault.)

Success Criteria	Pupil Reflection		Teacher Assessment
I can develop hitting the ball using a forehand	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop returning the ball using a forehand	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can develop the backhand and understand when to use it	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can work co-operatively with a partner to keep a continuous rally going	Before <input type="checkbox"/>	After <input type="checkbox"/>	
I can use simple tactics in a game to outwit an opponent	Before <input type="checkbox"/>	After <input type="checkbox"/>	