

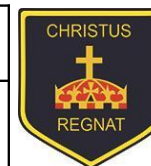
Year 3 PE Tennis

Golden Thread: Freedom

Objectives and Sticky Knowledge

Previous Knowledge Recap:

Show control in your movements
Plan and show a sequence of movements, showing contrast
Work on your own and with a partner to create a sequence in different ways, following a set of 'rules'



Land Objectives and Sticky Knowledge:

To be able to hit the ball with a racket.	To know how to return a ball in tennis.	To be able to serve in tennis.
To hit a ball accurately with a racket along the floor to another child.	*To return a ball with a racket along the floor to another child.	*To serve a ball with a racket accurately along the floor to another child.

Links with 'Communication' Golden Thread:

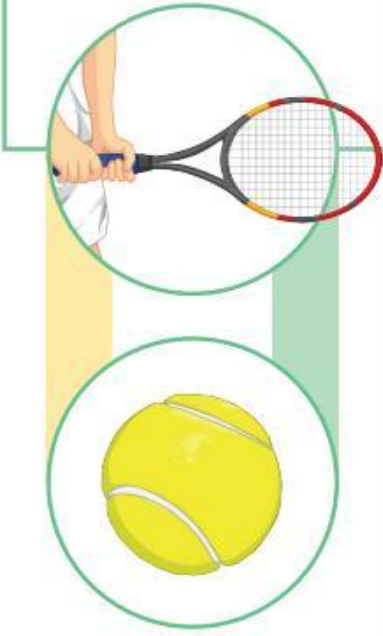
Links with CST and CKA Values Crown:

Year 3 PE Tennis

Sky Objectives

1. Can describe the ABC's relating to sporting movement.
- 2.Can encourage other children during an activity.
- 3.Can describe what happens to our heart rate when exercising.

Skill	Description
stroke technique	A method used to hit the ball including forehand, backhand, volley, lob and overhead.
movement on court	The ability to move to around the court so that the player is in the best position to hit the ball.
decision making	The ability to choose the correct shot to use.
ready position	A skill and a starting position to get the body ready to return the serve and hit a stroke.
match play	A technique used to understand the basics of the game, the rules, scoring and the court.

Equipment	Tactical Skills
<p>Each player has a tennis racket which is used to hit the ball.</p> <p>The tennis ball must be a certain size (2.5-2.7in) and mass (56-59g).</p>	<p>changing speed and direction</p> <p>awareness of others</p> <p>timing</p> <p>decision making</p>
	Physical Fitness
	<p>coordination</p> <p>agility</p> <p>reaction time</p> <p>power</p> <p>stamina</p> <p>balance</p> <p>flexibility</p>

