

**Oak and TG**  
**Tennis at East Grinstead Tennis Club**

**Run through Bright Ideas Charity**

- ❖ Accuracy in throwing- underarm, overarm
- ❖ Differentiated size and weight of equipment e.g. balls/beanbags, rackets.
- ❖ Hitting skills extension over the net, returning a hit, and rally.
- ❖ Accuracy in throwing
- ❖ Using tennis courts
- ❖ Listening to novel coaches
- ❖ Independent play and group activities.

**Term 1**  
**PE: Net Games**



**Optional Home activities:**

- ❖ Throwing and catching different sized balls.
- ❖ Throwing/hitting at targets
- ❖ Playing tennis, badminton, volleyball.
- ❖ Watching tennis, badminton, volleyball matches- YouTube, BBC iPlayer.

**Main Learning Intention**

- ❖ **For all learners** to engage in different activities to develop hand-eye coordination, strength, technique, control and balance.  
To generalise mastered skills in group environments.
- ❖ **For some learners** to consolidate 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.  
To become independent when responding to novel coaches and engaging in tennis activities.

