

Oak

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 and responding to novel coaches
- ❖ Independent play and group activities.

Terms 3 & 4 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.

