

Pine, Hazel and Willows

Tennis activities

- ❖ Accuracy in throwing or target throwing- underarm, overarm
- ❖ Ball control skills
- ❖ Differentiated size and weight of equipment e.g. balls/beanbags, rackets.
- ❖ Hitting skills towards a target or against the wall.
- ❖ Hitting with peers, over the net, returning a hit, and rally.
- ❖ Independent play and peer/group activities.

Term 4 PE: Tennis



Main Learning Intention

- ❖ **For all learners** to engage in a range of tennis activities to develop hand-eye coordination, strength, technique, control and balance.
- ❖ To engage in social skills including turn taking, passing resources, and interactions with their peers.

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 tennis activities.

- ❖ To take part in peer/group activities, beginning to consider rules and tactics.

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.