

## Maple

### 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.
- ❖ Look at different serving techniques
- ❖ Independent play and peer/group activities.
- ❖ Gameplay including rules
- ❖ Discussion of tactics.

## Term 5

### PE: Tennis at East Grinstead Tennis Club



### 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 take part in peer/group activities, beginning to consider rules and tactics.
- ❖ **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 demonstrate understanding of rules and tactics in gameplay.

### 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.