

What prior knowledge should students have?

- Throwing a ball towards an intended target.
- Sending and receiving a ball in different ways with control and increased accuracy.
- Being able to move and stop confidently.
- Begin to use a range of equipment safely.
- The basic technique for overarm and underarm throws.

What skills will students learn? (Disciplinary Knowledge)

- To dribble a ball towards a target with control.
- To hit and bounce a ball on a racket with control and send it towards a target.
- To understand the correct technique to hold a racket to perform a forehand shot.
- To understand different ways to send and receive a variety of pieces of equipment.
- To develop different skills including throwing, catching and football passing.

What key knowledge will be taught? (Substantive Knowledge)

- To know that rules are important when creating a game and if they are followed it will allow children to have fun and develop their skills.
- To understand that evaluating their performance can lead to progression and improving on certain skills.
- To know that working collaboratively with others can lead to a successful game.

Key Vocabulary	Definition
Forehand	A type of tennis stroke in which the palm of the hand faces forward when the ball is hit.
Send	To pass a ball or other object to someone.
Receive	To catch a ball or other object that is being thrown or passed.
Physical exercise	Any bodily activity that enhances or maintains physical fitness and overall health and wellness.
Drill	A series of exercises or activities that are practiced repeatedly in order to improve a skill.

Key principles



Curl your fingers around the grip near the base so your thumb and forefinger form a 'V' along the top right edge of the handle.

This grip places the palm of the hand directly behind the handle.

As you stroke the racquet through on the forehand side, it should feel almost as if your hand is hitting the ball.