

Learning intentions	Success criteria
How to correctly hold the racket for both fore and backhand shots.	To demonstrate the correct grip whilst performing shots
Introduction to forehand shot	To be able to name 3 key coaching points associated to a forehand shot
Introduction to backhand shot	To be able to name 3 key coaching points associated to a back hand shot
Skills	
Forehand shot	<ul style="list-style-type: none"> o C-Shape o Follow through o Split leg stance o One hand on racket
Backhand shot	<ul style="list-style-type: none"> o Two hands on racket o Swing behind body o Low to high
Serving	<ul style="list-style-type: none"> o Underarm hit o Ball bounce once on floor o Create C shape

RULES:

Under arm serves only
 1 Bounce allowed
 Must serve into opposite serving square
 Boundaries: Doubles, outside white line and for singles the nearest white line.
 No contact with net
 If serve hits net a let is allowed
 If serve is out, a second serve is allowed

Kit

St Ivo Polo Shirt
 Black shorts
 Indoor Trainers

STRETCH AND CHALLENGE

Students to be taught how to apply different types of spin to their shots (Top spin or Back spin)

LINKS TO WIDER CURRICULUM

Links to tennis club which is held at lunchtime to further upskill students performance.

KEY WORDS

Forehand - shot made by swinging the racket across one's body with the hand moving palm-first

Backhand - shot in which one swings the racquet around one's body with the back of the hand preceding the palm

Serve – Hitting the ball to start play

