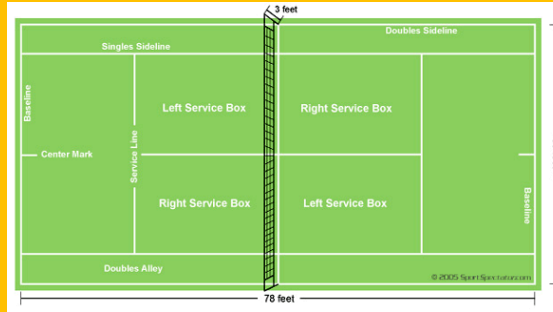


Learning intentions	Success criteria
Understand the Ready Position	Can effectively apply the ready position during games
Introduction to Forehand	Can name 3 different coaching points associated with forehand
Introduction to Backhand	Can demonstrate a backhand shot in a isolated drill

Skills	
Ready position	<ul style="list-style-type: none"> o Knees bent o Two hands on racket o Racket in middle of body o On balls of feet
Forehand	<ul style="list-style-type: none"> o C-Shape o Follow through o Split leg stance o Two hands on racket
Backhand	<ul style="list-style-type: none"> o Two hands on racket o Swing behind body o Low to high

RULES & BOUNDARIES



No contact with net
2nd serve allowed
1 Bounce
Serve must take place on service line
Serve must enter correct opposition service box

Kit

St Ivo Polo Shirt
Black Shorts
Trainers

STRETCH AND CHALLENGE

To learn how to put spin on shots (back and top spin)

LINKS TO WIDER CURRICULUM

Encouraged to participate in lunchtime extra curricular clubs

Students asked to score within a umpiring capacity in lessons

KEY WORDS

Ready position –The position adopted when ready to return a shot back to opponent

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

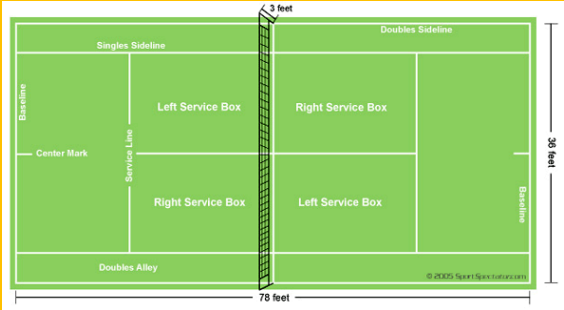
Backhand - shot in which one swings the racquet around one's body with the back of the hand preceding the palm



Learning intentions	Success criteria
Introduction to volley shots	To be able to hit a volley over the net during a isolated drill
To explore linking and playing multiple shots together	To create and continue a rally during a game
Introduction to serving	To name 3 coaching points associated with serving

Skills	
Volley	<ul style="list-style-type: none"> Hitting the ball without it bouncing
Rallying	<ul style="list-style-type: none"> Returning a shot back to a opponents half of court
Serving	<ul style="list-style-type: none"> Stance Grip Scratch your back Backswing Hit over head Throw ball up straight Hit ball above head Following through

RULES & BOUNDARIES



No contact with net
2nd serve allowed
1 Bounce
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Serve must enter correct opposition service box

Kit
St Ivo Polo Shirt
Black Shorts
Trainers

STRETCH AND CHALLENGE
To analyse peers performance, naming strengths and weaknesses

LINKS TO WIDER CURRICULUM
Links to the definitions of components of fitness in GCSE OCR specification that are used in a game of Tennis (speed, Power, Balance and coordination)

KEY WORDS

Rallying – a sequence of back and forth shots between players within a point

Volleying – when the ball is struck before it bounces on the ground

Serving – the shot that is used to start a point.

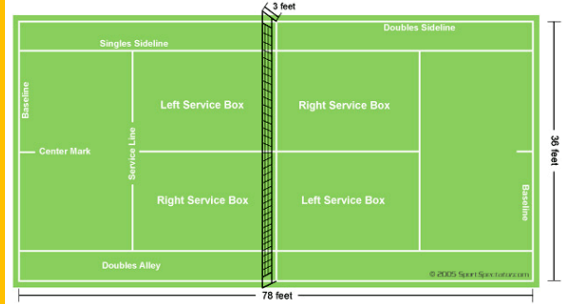


Learning intentions	Success criteria
To explore decision making during a game	To be able to link shots during games
To understand what net shots are and when to apply them in games	To justify when you should play a net shot during a game
To understand what a drop shot is	To name 3 characteristics and teaching points relating to drop shot

Skills

Net shots	<ul style="list-style-type: none"> o Attack the area close to net o Adopt ready position o Prepare to return shot on volley
Drop shot	<ul style="list-style-type: none"> o Shortened back swing o Head over ball o Follow through o Hit softly
Linking shots	<ul style="list-style-type: none"> o Decision making: using the correct shot to return the ball to opponent o Identifying space

RULES & BOUNDARIES



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2nd serve allowed
1 Bounce
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Serve must enter correct opposition service box

Kit
St Ivo Polo Shirt
Black Shorts
Trainers

STRETCH AND CHALLENGE
To analyse own performance listing strengths and weaknesses. Prepare a plan how to improve over a 3 week period

LINKS TO WIDER CURRICULUM
GCSE anatomy and physiology, links to types of movement used when performing shots. (Rotation, abduction and adduction)

KEY WORDS

Base line – runs parallel to the net and defines the farthest boundary or back of court.

Drop shot – When a ball is hit softly so it falls to the surface closest to the net

Net Shot - when a shot is played close to the net in the middle of the court.

