

Prior Learning: In year 3, children recapped their ball skills (throwing and catching). They developed their racket skills and moving with the ball at different speeds. They learned to bounce and then hit the ball up on their own with the racket. They were also introduced to feeding the ball to each other (hitting forehand and backhand). They were introduced to hitting a ball to a target (area on floor/players hands) to help them with control. They played in 1v1 rallies.

Physical Me

Throw - Underarm

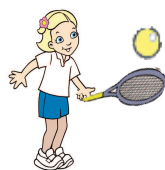
Catch - Bounce, catch
- Throw, catch

Running - With a racket in their hand

Co-ordination - Hand-eye

Balance - Moving with a ball on racket

Key Skills



Power

Speed

Flexibility

Agility

Thinking Me

- Recalling information
- Decision making

Value Me

- Perseverance
- Self-belief

Social Me

- Encourage others
- Communication



Key Vocabulary

Consecutive

Drop feed

Hand Feed

Accuracy

Rally

Position

Compete

Grip

Communicate

Key Knowledge

Drop-feed - Feeding the ball to a partner to allow them to practice a shot

Hand-feed: (Dropped) - the partner drops the ball next to the player, who hits it after one bounce.

Drop feed (Thrown) - the partner throws the ball to a specific area for the player to move to and hit, either before or after the bounce.

Rally - Hitting the ball back and forth to your partner.
- You need accuracy and control

Consecutive - following each other continuously e.g. Hitting the ball to each other continuously

Inspirational Athletes

Roger Federer

Roger Federer is from Switzerland
He won 20 grand slams - a record 8 Wimbledon titles - He won The junior Wimbledon title in 1998, before winning the Men's Singles title at Wimbledon in 2003

