



PE- Tennis

Cooperate Compete Commit



Year Group	End Point Substantive Knowledge	Year Group	End Point Substantive Knowledge
1	• To introduce the basic racket grip and hand eye coordination, balancing the ball whilst stationary • To focus on hitting the ball using basic forehand strokes • To focus on hitting the ball using basic backhand strokes. • To introduce an under hand serve and focus on the technique. • To improve the tracking of the ball, attempting to return the ball thrown from a partner. • To introduce basic tennis rules and scoring using the nets. • To consolidate skills and reinforce teamwork.	2	• To introduce the basic racket grip and hand eye coordination, balancing the ball whilst moving • To focus on hitting targets using basic forehand strokes with increased precision. • To focus on hitting targets using basic backhand strokes with increased precision. • To introduce an under hand serve, focusing on the technique and accuracy hitting targets. • To improve the tracking of the ball and working on power, attempting to maintain rallies with a partner. • To practice basic tennis rules and scoring in a simple match using the nets. • To consolidate skills and reinforce teamwork in simple tennis games