

 PE- Tennis Experiment Express Inspire 							
Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge	Year Group	End Points Substantive Knowledge
3	• Tap the ball off racket (tapping it to the ground, tapping it up off the racket, tapping up with one bounce etc.) • Tap the ball back and forth to partner • Stand in a ready position holding the racket correctly • Change from the ready position before tapping the ball back to partner • Begin to know what forehand and backhand positions mean • Begin to attempt to serve the ball	4	• Tap the ball back and forth to a partner over a small space • Begin to tap a ball over a net allowing for a bounce • Quickly move from ready position to a forehand/ backhand position • Bring the racket to meet the ball for a forehand and backhand hit • Know to use two hands for an effective backhand • Serve the ball making sure it lands	5	• Tap the ball using either a forehand or backhand motion • Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is • Set racket back in its ready position quickly upon recovery • Demonstrate correct swing technique when hitting the ball over a net • Serve the ball with increasing accuracy	6	• Turn and run to the ball getting into a forehand or backhand position enroute • Use 'move-hit-recover' approach within a game facing forward on recovery • Show a range of grips when demonstrating a backhand (continental, chopper, hammer grip) • Use the correct swing technique and control with smooth swings keeping the path of the racket the same • Serve accurately