**Scheme of Work: Tennis Key Stage 1 – Duke of Bedford**

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| **Objectives Within the Schemes of Work:**  Throughout this unit of work the children will develop and understand a basic range and variety of moving, footwork, co-ordination and basic principles and rules of the game. The children should increase the success they have in the different elements needed to play the game.  Refining and repeating these skills will help the children make and apply decisions within the modified games. Through different situations the children will need to make decisions based on their skills to complete the correct technique / shot. This will allow the children to overcome a variety of situations they face.  All the children throughout the unit of work will continue to develop and focus heavily on their motor skills which enable them to play all sports to the best of their ability. Through a variety of warm up and adapted games the children will develop agility, balance, co-ordination and speed. The children will also refine more tennis specific controls such as strength, speed, stamina and flexibility.  When in a variety of decision making situations the children will start evaluating and improving their own performance by understanding how different skills can be used in different situations. They will be able to compare good and bad skills and explain the basic points needed to refine their performance.  The children will also begin to understand the importance of general practices such as warm ups and cool downs and how they impact on sport and performance. Children should start to understand how sporting activity can have an impact on a healthy lifestyle. |

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| NCPE  P.O.S. | Weekly Topic | Wk | Learning Objective | Learning Outcomes | Equipment / Resources |
| 1a, 1b, 2b, 3a, 3b, 4a, 4b, 7b, 7c | * Footwork, shots and basic rally | 1 | Children should learn to:   * Correct balance * Names and positions of tennis shots * Basic rally * Bouncing hand to eye coordination | * All children will understand tennis shot names * All children will understand what a rally is * Most children will be able to rally a ball along the ground * Most children will be able to stand in the correct shot position * Some children will be able to rally with a racket along the ground | - Soft Tennis Balls  - Tennis Balls  - Tennis Rackets  - Hoops and cones  - Bibs  - Tag rugby Tags |
| 1a, 1b, 2a, 2b, 3a, 3b, 4a, 4b, 7a, 7b, 7c | * Re-Cap Previous Week * Rally, Correct standing position, Hand co-ordination | 2 | Children should learn to:   * Names and positions of tennis shots * Basic rally * Bouncing hand to eye coordination * Footwork to get feet ready to strike the ball | * All children will understand what a rally is * All children will understand how to bounce the ball * Most children will be able to rally a ball along the ground * Most children will be able to stand in the correct shot position * Some children will be able to rally with a racket along the ground |
| 1a, 2a, 2b, 3a, 3b, 4a, 4b, 7a, 7b, 7c | * Re-Cap Previous Week * Holding the tennis racket forehand grip * rally bouncing ball | 3 | Children should learn to:   * Hold the tennis racket correctly forehand * Bounce a ball in a hoop * Rally between two bouncing in a hoop | * All children will understand how to hold a tennis racket correctly for the forehand. * All children will understand how to rally a ball in a hoop * Most children will be able to correctly hold a forehand grip * Most children will be able to bounce a ball in a hoop * Some children will be able to use a tennis racket to rally a ball in a hoop |
| 1a, 1b, 2b, 2c, 3a, 7c | * Re-Cap Previous Week * Competition | 4 | Children should learn to:   * Be part of a competition * To play fairly within the rules | * All children will understand how the competition works * All children will understand how to play fairly * Most children will be able to input their own results onto the completion sheets * Most children will complete successful rallies * Some children will be able to referee |