









Year 10/11 Topic Overview – Tennis

Know it!

	Knowledge	Date
	I am developing more advanced skills with topspin and slice.	
	I attempt approach shots in practices and sometimes games.	
	I can demonstrate lob technique.	
	I can demonstrate smash technique.	
	I understand tactics and can explain good tactics when they are played against me.	
	I can implement game plans, and suggest tactical ideas to others.	
	When playing competitively I try to compete at the highest level I can.	
	I am confident organising myself and my peers when playing socially.	
	I can construct a tennis fitness session.	
	I am confident to be part of the organisation of a tournament.	

Prove it!

Head Feedback	I can identify problems with technique and can apply teaching points to correct these mistakes.	
Heart Resilience	I often inspire others to participate and progress in sporting activity.	
Hands Technique	I can demonstrate with consistency accuracy and success a range of appropriate skills, techniques and tactics in challenging activities.	

Link it!

I can transfer skills and understanding from Tennis to other net/wall activities.
I can transfer aspects of Feedback, Resilience and Technique development from one activity to another.
Resilience is a Pilton School Value.
I am aware of further opportunities to be physically involved in tennis outside of lessons.

Say it!

Vocabulary	
Top spin	I use top spin to make it more difficult for my opponent to return the ball.
Slice	I would slice my shot to slow the ball down.
Approach	I approach the net when I start to attack.
Lob	If my opponent is near the net I might choose to play a lob .
Smash	If the ball is high above my head I could smash to win the point.
Appreciate	I need to appreciate when my opponent is playing well.
Implement	I try to implement new skills I have learnt.
Construct	In order to improve I might construct a training schedule.
Tournament	We play tournaments when we want to play competitively.
Feedback	I help my partner improve by watching and giving feedback .
Resilience	When I am struggling to learn a new skill I must be resilient and not give up.
Technique	When I am about to hit the ball, I think about the technique I am going to use.