











Year 7 Topic Overview - Tennis

Know it!

	Knowledge	Date
	I can throw and catch demonstrating low to high action.	
	I know how to grip the racket.	
	I demonstrate the ready position.	
	I can play forehand and backhand shots from a hand feed.	
	I am able to underarm serve.	
	I can rally in half a court, and try to beat previous high score.	
	I enjoy playing a game against my partner.	
	I understand how to play a half court game obeying court lines.	
	I know and can implement the second serve rule.	
	I can observe my partners performance and suggest improvements to their technique or help improve their understanding.	

Prove it!

Head Feedback	I can apply my knowledge of skills and techniques and this improves my own and others performance.	
Heart Resilience	I am hard working, resilient and eagerly accept challenges.	
Hands Technique	I can demonstrate with some accuracy and success skills, techniques and tactics across a variety of competitive 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	
Grip	It is important that I grip my racket correctly.
Racket	I should choose the correct size racket for my ability.
Forehand	I play forehand shots on the side I hold my racket.
Backhand	I play a backhand shot when the back of my hand is facing my opponent.
Feed	I feed the ball for my partner to practice.
Underarm	An underarm serve is a good way to feed the ball to your opponent.
Court	I play my matches on a court .
Rally	My partner and I can rally to 20.
Serve	I start a game using a serve .
Feedback	I help my partner improve by watching and giving feedback .
Resilient	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.