

Medium Term Learning Plan

Year/Group: KS3/ 4

 Course: **Short Tennis**

About the unit	Assessment Focus
<p>During the half term, the pupils will be introduced to the basic skills of tennis. They will be able to access it with different sized racquets and different by types (speed of flight) in order to achieve success. They will learn to serve, complete forehand and backhand drives and perform a serve/volley. Once the skills are complete they will then learn the correct scoring system.</p>	<p>NC levels/ Exam specification Beginners levels: 1-3 Skill Builders levels: 3-5 Advanced levels: 5-8</p>
Key Content to be covered	Expected Learning Outcomes
<ul style="list-style-type: none"> • To be able to warm up using cooperative play and stretches. • To be taught the basic forehand and backhand strokes for success when returning the ball. • Overhead service leading to Serve and Volley skills for attacking play. • Court markings and how they differ for singles and doubles. • The scoring system and key terms related to scoring. • Play a full set of singles and keep score during game play. • Play a full set of doubles, keep score during game play and know whose serve is next. • Umpiring – to be able to umpire a full set using the correct terminology without bias. 	<p>By the end of this scheme students will be able to:</p> <ul style="list-style-type: none"> • play the following basic strokes (a) forehand (b) backhand (c) volley (d) serve, using the correct racket grip • appropriate court markings for short tennis • the scoring systems used in short tennis • playing according to the rules of the game • playing a match of one set duration • umpiring a match of one set duration
Key Skills to be developed	Key Assessment Points (evidence)
<ul style="list-style-type: none"> • To develop the overarm serve and know where to place the ball whilst serving, to make the return difficult. 	<p>Assessment Grids completed by both pupils and staff. Teacher completed check sheet.</p>

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<ul style="list-style-type: none"> • Change the grip between forehand and backhand. Choose which shot to make the opponent work harder. • Know the court lines for both singles and doubles and know that it is shorter for the doubles serve. • Know the scoring system for tennis including the terms used and how to rotate for doubles. • Know the rules to be able to umpire correctly. • Keep score for a full set and know whose serve is next. • Know all of the rules and scoring system to be able to umpire a set on their own. 	<p>Level 3 - Holds the racquet correctly. Can make contact with the ball and return it to their partner cooperatively. Has difficulty doing the service correctly. May have to play an underarm serve.</p> <p>Level 5 - Grip is correct. Is starting to play a variety of shots to make it considerably more difficult for their opponent to return the ball. Is beginning to return to the 'T' at the back of the court.</p> <p>Level 8 - Can play all shots mostly with the correct technique and is able to use a variety of tactics. Is beginning to try and 'mask' which shot he/she is going to play – deceptively. Is beginning to cover the court during doubles play. Is secure in his/her knowledge of doubles scoring.</p>
Language for Learning	Links to EBD/ personal, social and emotional needs
<p>Names of court lines The different types of serving and the related laws Correct shot names Basic umpiring laws – e.g. net touch, foot fault and who and where to serve from next. Scoring system.</p>	<p>L1 - Is attentive and has an interest in school work. L4 - Works efficiently in a group/team. C3 - Only interrupts and seeks attention appropriately. C4 - Is physically and verbally peaceable. C5 - Respects property/equipment. E5 - Is emotionally stable and shows self-control.</p>

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Session	Learning Objectives	Content to be covered	Suggested Pedagogy/Teaching Activities	Learning Outcomes (Assessment/ Level descriptors for this lesson)
1	To begin to understand basic rules related to tennis and to learn to serve overarm.	Serving and basic rules.	<p>Warm Up: Stuck in the mud. One pupil will be 'it' who chases the others around the room. If caught the pupil will stand in a star shape. They can only be released if another pupil goes through their legs. 'It' will win if there are no pupil left moving.</p> <p>Stretches: Related to arms, shoulders and thighs. During the year the pupils will learn muscle groups and the relevant stretches.</p> <p>Skill: Introduction to the racket and how to hold it correctly. Pupils will then be taught how to serve correctly. Demonstration given of</p>	<p>Overarm serve technique.</p> <p>Cooperative play during games when serving.</p> <p>To 'put their name on the ball' in order to play safely.</p> <p>Knowledge of court lines and serving rules.</p> <p>Teacher completed check sheet.</p>

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			<p>the windmill style technique followed by pupils practising in pairs the length of the hall. One ball between two. Aim to get the ball to their partner in a straight line.</p> <p>Rules: Having used chalk to draw the outside lines of the box, the pupils will be asked if any other lines will be needed during game play. They should say the service line which will be drawn on the court. The pupils will also be asked how to score. (If a board has been put up in the hall this will be used to keep score).</p> <p>Game Play 1: Runaround. 1 pupil serves over the net. A player on the other side returns it. After hitting the ball the pupil runs to right and around to the back of the queue on the other side. Each pupil has 3</p>	
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			<p>lives. Once these are lost, they then sit out. When two pupils are remaining they will play against each other. The first to win a game is the winner.</p> <p>Game Play 2: Volleyball/Tennis. As with volleyball the pupils will split into two teams. They will play a game of tennis where one person serves and the pupil who is nearest to the ball returns it over the net (effectively getting everyone involved at the same time). Pupils are encouraged to shout 'mine' or their name so that they don't collide with another pupil.</p> <p>Warm down and net away. Recap on the skills learned and the rules so far with the pupils answering questions.</p>	
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<p>2</p>	<p>To be able to demonstrate the grip for a forehand shot and play the drive.</p>	<p>Forehand Drive</p>	<p>Recap serving and court lines. Pupils will serve to warm up after the net has been put up.</p> <p>Forehand drive – Key points – hit the ball at the top of the bounce; step forward with opposite leg; contact the ball with arm at full stretch; follow through with opposite leg.</p> <p>Skill – One pupil serves to their opponent (half court) who uses the forehand to return it to them.</p> <p>Cooperative rally.</p> <p>Game Play – Half court games, alternated serving whether they have won the point or not. First to five points. Next pair to come on court keep score and umpire. Low scoring ensures quick rotation of games. Pupils will get extra points if</p>	<p>Playing the forehand drive correctly and directing the ball over the net.</p> <p>Playing cooperatively during practice.</p> <p>Use of overarm serve to begin each point.</p> <p>Teacher completed check sheet.</p>
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			<p>they use the forehand to return the service.</p> <p>Non does to keep a tally of winners on the board.</p>	
3	<p>Introduction to the backhand drive and the appropriate grip(s).</p>	<p>Backhand drive</p>	<p>Recap serving, court lines and forehand drive. Pupils will serve to warm up after the net has been put up.</p> <p>Backhand drive – Key points – hit the ball at the top of the bounce; step forward with opposite leg to the ball; contact the ball with arm at full stretch; follow through with leg on the same side at the racket. They may, if they wish use two hands to hold the racket. Also, they may have to move their feet to place the ball on the correct side.</p>	<p>Correct leg and arm position. Hitting the ball at the top of the bounce. Follow through with racket and leg.</p> <p>Directly the ball successfully over the net.</p> <p>Cooperative rally during practice.</p> <p>Using overarm service.</p> <p>Pupils umpiring and keeping score during game play.</p>

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			<p>Skill – One pupil serves to their opponent (half court) who uses the backhand to return it to them.</p> <p>Cooperative rally.</p> <p>Game Play – Full court games, alternating serve whether they have won the point or not. First to five points. Next pupil to come on court keep score and umpire. Low scoring ensures quick rotation of games. Pupils will get extra points if they use the backhand to return the service.</p> <p>Non does to keep a tally of winners on the board.</p>	<p>Teacher completed check sheet.</p>
4	<p>Pupils will be able to demonstrate a volley during practice, with</p>	<p>Serve and Volley</p>	<p>Recap serving, court lines and fore/backhand drive. Pupils will serve to warm up after the net has been put up.</p>	<p>Knowledge of court lines and rules for umpiring.</p> <p>Serving overarm cooperatively to a partner.</p>

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	<p>some using it during the game.</p>		<p>Volley</p> <p>Skill – Demonstration of the punch action for the volley and the angle of the racket head.</p> <p>Practice – Pupils will practice serving and then running to the net for the return. Because of the punch action, it makes the volley quite a difficult shot to return. It may be necessary for some pupils to ‘feed’ the ball from the opposite side of the net in order for their partner to be successful with the skill. They will work in pairs until each player has successfully returned the serve as a volley on five occasions.</p> <p>Game Play – Half court 1 v 1. Player who wins stays on. Class split in half for each side of the court. Behaviour</p>	<p>Running to the net where the ball is being returned.</p> <p>Using the ‘punch’ action to perform the volley.</p> <p>Teacher completed check sheet.</p>
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5	To learn how to score correctly, including 'love' and 'advantage'.	Game Play	<p>points for using the volley in the game.</p> <p>Warm down and net away.</p>	
			<p>Recap serving, court lines and fore/backhand drive. Pupils will serve to warm up after the net has been put up.</p> <p>The pupils will demonstrate the volley from last lesson and then stretch the relevant muscle groups.</p> <p>Over the last few weeks the pupils have only learned to score by 1,2,3... This weeks they will play half court singles but will learn to score correctly. They will both serve for a whole game with a third game if there is a draw. The winner staying on. The class will be divided into two halves so that there are small numbers on each side of the court.</p>	<p>Demonstrating the skills learned during previous sessions.</p> <p>Knowledge of rules and court lines for umpiring.</p> <p>Showing knowledge of correct scoring system terminology whilst umpiring/keeping score.</p> <p>Teacher completed check sheet.</p>

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			<p>The next player to be on will umpire and if there is a fourth player, they will keep score.</p> <p>Warm down and court put away.</p>	
6	<p>To be able to umpire, keep score and learn how to play a Ladder competition.</p>	<p>Game Play – to understand how a Ladder works in racquet sports.</p>	<p>LADDER</p> <p>Last lesson the pupils learned to score correctly. This will be recapped at the beginning of the lesson.</p> <p>Then the pupils will play half court singles and score correctly. They will both serve for a whole game. The pupils will either win or draw with the winner staying on by using an additional game if necessary. The class will be divided into two halves so that there are small numbers on each side of the court. The next player to be on will umpire and if</p>	<p>Using correct shot techniques during game play.</p> <p>Showing knowledge of court lines, rules and scoring system whilst umpiring.</p> <p>Understanding how to play a 'ladder' system competition.</p> <p>Assessment Tracker completed.</p> <p>Teacher completed check sheet.</p>

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			<p>there is a fourth player, they will keep score.</p> <p>All of the pupils will be on a list (ladder) they will be able to challenge the pupils who are above by, no more than one or two places. If they win they then go above them on the ladder.</p> <p>We will play this for the next couple of weeks with the first three pupils receiving extra points each week.</p>	
7	Repeat week 6 until the end of the half term.			<p>Using correct shot techniques during game play.</p> <p>Showing knowledge of court lines, rules and scoring system whilst umpiring.</p>

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				Understanding how to play a 'ladder' system competition. Teacher completed check sheet.
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9				
10				
11				