

PE Focus:

Tennis

Year 4

Term: 3a

Physical Me

Throw - Underarm

Catch - bounce catch



Running - with a racket in their hand

Co-ordination - hand-eye

Balance - Moving with ball on racket

Key Skills

Power - Underarm

Speed - Underarm

Flexibility - Underarm

Agility - Underarm

Key Knowledge

Control - How hard or how soft you hit the ball - Keeping the ball under control!

Ready Stance - Knees bent, feet hip width apart, on your toes, hands out in front of you.

Forehand - Hold the racket, fingers face forward

Backhand - Hold the racket, back on hand face forward.

Rally - Hitting the ball back and forth to your partner.

Key Vocabulary

Rules Focus Ready Stance

Control Balance Forehand

Backhand Points Rally

