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| **Physical Education Medium Term Plan- Spring 2**  This term students will learn and understand the rules of Tennis/Send and Return, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game. | |
| **Year Group:** 1 **Topic- Tennis/Send and Return** | |
| **National Curricular Focus** | |
| * Extend co-ordination for hitting and striking * Participate in simple sending and receiving games * Score points through sending balls using hitting skills to correct areas. | |
| **Lesson Objectives for weeks1-6** | |
| * I can slide beanbags/balls to a partner * I can balance a beanbag on my racket * I can balance a ball on my racket most of the time * I can travel with an item (ball/beanbag) on my racket * I can attempt to hit a ball * I can push a ball along the follow towards a target (pin/can). * I can practice sending a ball in a range of ways to a partner * I can move in position to get in line with a ball * I know the basic rules of tennis (balls to bounce once only) * I can describe how to work with a partner to receive and return successfully. * I can hold a racket using the handshake grip | |
| **Assessment covered in term** | |
| **Assessment statements from Progress in PE**  **4. Games – Attacking and Defending, Striking and Fielding (Tennis, Football, Cricket, Rounders)**   1. I can hold a racket using the handshake grasp 2. I can balance a ball on a flat racket whilst stationary   9. I can volley a ball/balloon on a racket | |
| **Vocabulary** | |
| Hit  Send  Collect  Stop  Net  Throw  Roll  Strike | Feed  Pick up  Strike  Court  Lines  Spots  Balls   Catch  Bowl |