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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.
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| **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
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| **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 CollectStop NetThrowRollStrike  | FeedPick upStrikeCourt LinesSpotsBalls  CatchBowl |