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| **Physical Education Medium Term Plan- Spring 2**  This term students will learn and understand the rules of Tennis, practice the requisite skills, and demonstrate their abilities to perform various physical movements in a competitive game. | |
| **Year Group:** 3 **Topic- Tennis** | |
| **National Curricular Focus** | |
| * Play in competitive games developing simple tactics * Master basic movements including hitting, returning, moving to return * Work collaboratively to use basic tactics | |
| **Lesson Objectives for weeks1-6** | |
| * I understand how to hold a tennis racket using the ‘Shake the hand grip’ * I can control a tennis ball moving around my racket * Pupils to be able to serve using the ‘pop, drop, strike’ technique * to be able to strike a ball using a forehand and backhand technique * I can stand in a ready position * Pupils to be able to return a ball * Play in a game against an opponent * I can hit a target * Pupils to be able to throw a ball to a partner high/low * I can move towards a ball to attempt to return the ball * I can take part in a rally with someone else * I can score a tennis game and know the difference between in and out in a game situation | |
| **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 roll a ball around my racket while on the move in a set area 2. I can volley a ball on a racket while moving around and avoiding others 3. I can sustain a rally for more than 10 strikes over a net   **6. Achieving my Personal Best and Healthy, Active Lifestyles**   1. I can identify an area of PE that I need to improve in 2. I can show that I have improved in this area (timed event/jump distance/throw length) | |
| **Vocabulary** | |
| Hit  Return  Court  Forehand  Backhand  Boundary  Points | Score  Net  Racket  Strings  Frame  Tactics  Underarm  Overarm |