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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:** 4 **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
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| **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
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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 perform backhand and forehand shots while moving
2. I can serve the ball over a net
3. I can make a range of tennis shots to win a point

**6. Achieving my Personal Best and Healthy, Active Lifestyles**3-I can explain how my body changes during PE1. I can explain the benefits of being healthy and active
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| **Vocabulary** |
| Hit Return Court Forehand Backhand BoundaryPoints  | Score Net Racket Strings Frame TacticsUnderarmOverarm  |