

This is an example of a unit of work for PE. Detailed lesson plans are available through the Get Set 4 PE subscription that Mount Carmel has purchased. The lesson plans are reviewed and adapted as necessary.



YEAR 6- Tennis Scheme of Work

Introduction

Tennis is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work co-operatively with others as well as independently, they are able to lead and officiate showing honesty and fair play whilst abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent when playing individually and with a partner.

This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills

Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying

Social: support and encourage others, co-operation, collaboration, respect

Emotional: honesty, perseverance

Thinking: comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of

strength and areas for development

Learning Objective

LESSON 1 To develop placement of the ball using a forehand.

LESSON 2 To develop placement of the ball using a backhand groundstroke.

LESSON 3 To develop the volley and understand when to use it.

LESSON 4 To employ tactics when playing with a partner.

LESSON 5 To develop accuracy and consistency using the underarm serve.

LESSON 6 To apply rules, skills and principles to play against an opponent.

Assessment Criteria

YEAR 6

- I can select the appropriate action for the situation and make this decision quickly.

- I can use a wider range of skills with increasing control under pressure.
- I can use feedback provided to improve the quality of my work.
- I can use the rules of the game consistently to play honestly and fairly.
- I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.
- I can work in collaboration with others so that games run smoothly.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I understand that there are different areas of fitness and how this helps me in different activities.
- Links to the National Curriculum

ENGLISH

Learning of key vocabulary: see 'Knowledge Organiser' and 'Vocabulary Pyramid'

Understand and follow instructions

Communication skills

MATHS

Estimating distances

Use of angles

Healthy Participation

Ensure any unused equipment is stored in a safe place. Ensure pupils stay a safe distance from one another when using the racket.

This unit will develop agility, balance, co-ordination, speed, stamina and strength.

If pupils enjoy this activity, signpost them to local opportunities.

Encourage pupils to find home learning relevant to this unit on the Knowledge Organiser