

SCHEME OF WORK: **TENNIS**: YEAR 1

LESSON	OUTLINE OF LESSON
1	Practice rolling and throwing the ball underarm gradually linking that technique to the forehand shot.
2	Continue to develop the forehand shot in tennis linking similarities between throwing a ball and playing the forehand shot.
3	Understand what a volley shot is and when this shot can be used in tennis.
4	Understand how to perform the volley shot. Students start to move their feet, ensure their bodies are in the correct position and make contact with the ball before it bounces to perform a volley.
5	Understand how to start a game using an underarm serve. Students learn how to start a rally in tennis and the correct techniques required to perform an underarm serve.
6	Students are asked to demonstrate all the skills they have learnt over the previous weeks to enable the teacher to assess.