



## Racket sports Medium Term Plan

Subject	Concept -	Subject knowledge	Procedural	Declarative	Declarative broken down.	Experiential
Year 3/ 4 PE Year A Tennis	Movement Hitting Throwing	NC: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	I can serve the ball over the net I can return the ball over the net I can return a ball to a partner I can move around the court quickly.	I know that tennis can be played as singles or doubles. I know the names of the equipment: racket, net, ball. I know that the ball must be served diagonally over the net. I know the names of successful tennis players: Emma Raducanu Andy & Jamie Murray Roger Federer	Serving to begin with bouncing ball in-front to hit, then with a partner throwing ball up to hit, then full serve. Moving on balls of feet will be quicker Forehand, backhand grip	
Year 5/ 6 PE Year A Tennis	Movement Hitting Throwing Decision making Match play	NC: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	I can serve the ball over the net I can return the ball over the net I can return a ball to a partner I can move around the court quickly. I can participate in a rally	I know that tennis can be played as singles or doubles. I know that a match is divided into sets. I know that a set is won when a player reaches 6 games. I know that a match is won when a player has won 2 sets. I know how scoring works. 0-0 'love all', first point: 15, second point: 30, third point: 40 fourth point: game, 40-40 known as deuce I know the names of the equipment: racket, net, ball. I know that the ball must be served diagonally over the net. I know the names of successful tennis players: Emma Raducanu Andy & Jamie Murray Roger Federer Serena & Venus Williams	Serving to begin with bouncing ball in-front to hit, then with a partner throwing ball up to hit, then full serve. Moving on balls of feet will be quicker Forehand, backhand grip Volley, lob and overhead shots.	



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<p>Year 3/ 4 PE Year B <b>Badminton</b></p>	<p>Serving Footwork Grips - forehand / backhand Returning the shuttlecock</p>	<p>NC: use running, jumping, throwing and catching in isolation and in combination NC: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, Rounders and tennis], and apply basic principles suitable for attacking and defending.</p>	<p>I can serve over the net. I can perform a forehand and backhand shot over the net. I can return a shuttlecock to my partner.</p>	<p>I know the names of the equipment: Net, racquet, shuttlecock, court. I know there are two grips: forehand / backhand. I know that to serve you must hit the shuttlecock diagonally across the court. I know that moving on the balls of your feet will allow quicker movement around the court. I know that badminton can be played as singles or doubles. I know the names of successful badminton players: Chris Adcock (British) Kirsty Gilmour (Scottish) Lin Dan (Chinese greatest singles player in history).</p>	<p>Game starts by serving from right side to right side. Play to 21 points - but must be won by 2 clear points. Grip - shake hands with the racket, wrap fingers around the tape. Backhand serve - should land close to opponent's service line, racket must start from below the waist.</p>	
<p>Year 5/ 6 PE Year B <b>Badminton</b></p>	<p>Serving Footwork Grips - forehand / backhand Returning the shuttlecock</p>	<p>NC: use running, jumping, throwing and catching in isolation and in combination NC: play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, Rounders and tennis], and apply basic principles suitable for attacking and defending.</p>	<p>I can serve over the net. I can perform a forehand and backhand shot over the net. I can return a shuttlecock to my partner. I can participate in a rally.</p>	<p>I know the names of the equipment: Net, racquet, shuttlecock, court. I know there are two grips: forehand / backhand. I know that to serve you must hit the shuttlecock diagonally across the court. I know that moving on the balls of your feet will allow quicker movement around the court. I know that badminton can be played as singles or doubles. I know the names of successful badminton players: Chris Adcock (British) Kirsty Gilmour (Scottish) Lin Dan (Chinese greatest singles player in history).</p>	<p>Play to 21 points - but must be won by 2 clear points. Game starts by serving from right side to right side. When serving: even score serve from right, odd score serve from the left. Grip - shake hands with the racket, wrap fingers around the tape. Backhand serve - should land close to opponents service line, racket must start from below the waist.</p>	