

Year 4 - PE Curriculum



Striking and Fielding - Tennis

National Curriculum	Vocabulary
<ul style="list-style-type: none">• Play in competitive games developing stamina and endurance• Practice and use running, sprinting and dynamic balance in games• Work collaboratively to use basic tactics and strategies for batting and fielding	<p>Stance, position, forehand, backhand, serve, defensive, offensive, rally, love, deuce, advantage, swing, send, direction, in line, racket</p> <p>Cooperation, heart rate, blood flow</p>
Thematic progression	Equipment
<p>This topic builds on:</p> <ul style="list-style-type: none">• Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action (Year 3, Tennis).• Throw/ Send a ball using a variety of techniques (Year 2 and 3, Tennis).• Take up space/ positions that make it difficult for opponents (Year 3, Tennis).• Keep a rally going (Year 2 and 3, Tennis).• Compete with others – Keeping and following the rules of the game (PE).• Identify what you do well and what you find difficult (PE).• Understand the link between heart rate and breathing when exercising (PE).	<p>Tennis Rackets, tennis balls, net</p>
Aim	
<p>Children to maintain a rally and play a game that follows the scoring system of tennis.</p>	
SK	
<ul style="list-style-type: none">• Recognise and explain good performances and learn how to recognise and evaluate your own success.• Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	

DK

- Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy.
- Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.
- Begin to apply basic movements in a range of activities and in combination.
- Apply basic principles for attacking including finding and using space in game situations.
- Keep a rally going using a range of shots.

Core Aims:	Objectives	By the End:
Tennis	<ul style="list-style-type: none">• Use throwing and catching in isolation and in combination• play competitive games <p><i>Warm ups help athletes to prepare, in order to help them perform at the highest level they can and it reduces the risk of injury. Warm ups help to increase the blood flow throughout the body by increasing the heart rate. This means the essential nutrients for exercising are pumped around your body.</i></p>	Children can play a game that follows the scoring system of tennis.

	<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance • Develop co-ordination to strike a ball. 	<ul style="list-style-type: none"> • Strike the ball using a forehand strike and return it with more consistency <i>Turn side on and hold the racket so that the face is facing the opponent, keep eyes on the ball, pull the racket back (keeping it in straight) and striking the ball so that the ball hits the centre of the racket's face.</i> • Serve underarm with accuracy <i>Turn side on, drop the ball towards the racket and strike the ball with the centre of the face of the racket, end with the racket aiming where you want the ball to go.</i> • Strike the ball using a backhand <i>Turn your body, turn the racket around, keep your eyes on the ball and hit the ball with the centre of the racket.</i> • Maintain a rally within a competitive game • Apply the basic scoring rules of tennis <i>Scores increase by 15 (15, 30 and 40). If the score reaches 40 – 40, then the opponent has to be beaten by 2 clear points to win.</i> • Reflect and evaluate my own performance. <i>Evaluate the successes of their team's performance, whilst also recognising the areas they need to improve on and explaining how this can be achieved.</i> 	
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