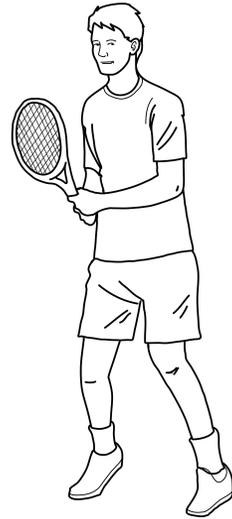


Prior Learning:

To identify and describe some rules of tennis.
To serve to begin a game.
To explore forehand hitting.

Equipment needed: Tennis racquets, nets, sponge balls, tennis balls, cones, hoops, bench.



Unit Focus:

Explore different shots (forehand, backhand).
Work to return the serve.
Positions in gameplay.

Key Vocabulary/Skills

Return the ball from around the court.	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready.
Forehand to targets.	
Introduction to backhand shots.	
Return balls to different places on the court.	
Use tennis skills to play in doubles games.	

Head: Use defensive tactics to defend the court.

Hand: Attempt to self-feed backhand shots

Heart: Play competitively with others and against others in modified games.

Key Questions:

1. Which side is your backhand if you are right-handed? Left-handed?
2. Where should you try to return to on your court after hitting shots and why?
3. How can you communicate with your partner to be effective in games?

Rules:

Play 2 v 2 on a court. Begin the game by trying to play cooperatively to keep the ball moving over the net. Players need to communicate with each other to decide who is going to hit the ball. Players can hit the ball as many times as required on their side to get the ball back over the net.



Knowledge Organiser: Swimming Beginners

Prior Learning:

Swim short distances, between 5 & 10 metres and propelling themselves forward using swimming aids. Move around the pool with feet touching the ground. Play games including putting face in the water, splashing and attempting to float.

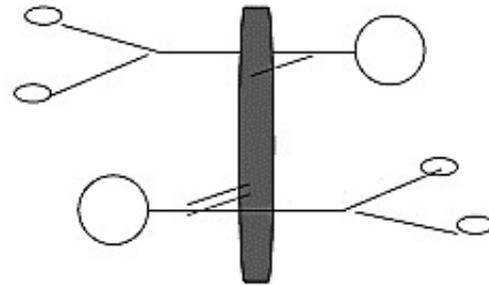
Unit Focus: Swim short distances unaided between 5 & 20 metres using one consistent stroke. Propel themselves over longer distances with the assistance of swimming aids. Move with more confidence in the water including submerging themselves fully. Enter and exit the water independently.

Head: Move with more confidence in water including submerging themselves fully.

Hand: Apply basic arm and leg action to 'doggy paddle'.

Heart: Aware of other children around them in the pool.

Equipment needed: Floats, noodles, armbands, floating toys such as spinning eggs, whiteboard and pen.



Key Vocabulary/Skills

Pulling and pushing.

Stabilising - feet upright off the ground.

Submerging.

Prone float.

Supine float.

Leg action on back.

Push, glide, turn.

Doggy paddle.

Transition from glide to stroke.

Swim, kick, front, back, arms, legs, lie on front back, breath, splash, sculling, doggy paddle, prone, supine, glide, stroke, float, pace.

Key Questions:

1. How long could you glide for when your partner counted?
2. Did they improve their distance and with which stroke?
3. What will help you to move faster when you are sculling on your back?

