

## KS2 TENNIS– SKILLS PROGRESSIONS

	Tennis Skills	Fundamental Movement Skills (FMS)	PE Concepts	OTHER SKILLS
<b>Year 3</b> Exploring movement and fundamental skills	<ul style="list-style-type: none"> <li>• Explore tennis specific movements</li> <li>• The ready position</li> <li>• Basic V-Grip</li> <li>• Explore basic ball control with a racket</li> <li>• Explore the basic forehand shot</li> <li>• Striking a ball towards a target</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Striking</li> <li>• Running</li> <li>• Dodging</li> <li>• Stretching</li> <li>• Turning</li> <li>• Rotation</li> </ul>	<ul style="list-style-type: none"> <li>• Working with a partner</li> <li>• Taking turns</li> <li>• Self and Peer Assessment</li> <li>• Exploring competition</li> <li>• Rally</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborating with others</li> <li>• Social Skills</li> <li>• Health and Fitness</li> <li>• Vocabulary</li> </ul>
<b>Year 4</b> Developing movement and fundamental skills	<ul style="list-style-type: none"> <li>• Developing tennis specific movements</li> <li>• Developing racket control</li> <li>• Underhand serve</li> <li>• Developing the forehand drive</li> <li>• Exploring the two-handed backhand</li> <li>• Forehand Volley</li> </ul>	<ul style="list-style-type: none"> <li>• Twisting</li> <li>• Extending</li> <li>• Rotation</li> <li>• Flexing</li> <li>• Sliding</li> <li>• Striking</li> <li>• Dodging</li> </ul>	<ul style="list-style-type: none"> <li>• Anticipating</li> <li>• Tracking</li> <li>• Distances and angles</li> <li>• Serving and feeding</li> <li>• Exploring competition</li> <li>• Self and Peer Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborating with others</li> <li>• Social Skills</li> <li>• Health and Fitness</li> <li>• Vocabulary</li> <li>• Developing Resilience</li> </ul>
<b>Year 5</b> Refining and applying skill	<ul style="list-style-type: none"> <li>• Developing reaction speed</li> <li>• Developing footwork and movement for tennis</li> <li>• Developing the forehand drive</li> <li>• Developing the backhand drive</li> <li>• Exploring forehand and backhand volley</li> <li>• Understanding points scoring in tennis</li> </ul>	<ul style="list-style-type: none"> <li>• Balancing</li> <li>• Turning</li> <li>• Rotation</li> <li>• Dodging</li> <li>• Leaping</li> <li>• Sliding</li> <li>• Striking</li> </ul>	<ul style="list-style-type: none"> <li>• Reactions</li> <li>• Sport specific rules</li> <li>• Applying techniques in a game</li> <li>• Tactics and Strategy</li> <li>• Self and Peer Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Collaborating with others</li> <li>• Decision making</li> <li>• Social Skills</li> <li>• Health and Fitness</li> <li>• Keeping Score</li> <li>• Vocabulary</li> </ul>
<b>Year 6</b> Developing game understanding	<ul style="list-style-type: none"> <li>• Refining tennis specific movement</li> <li>• Applying the forehand in game scenarios</li> <li>• Court positioning and recovery</li> <li>• Developing forehand variations</li> <li>• Backhand variations</li> <li>• Understanding various ways to win a point</li> <li>• Competitive activities</li> </ul>	<ul style="list-style-type: none"> <li>• Striking</li> <li>• Throwing</li> <li>• Extending</li> <li>• Bending</li> <li>• Flexing</li> <li>• Rotation</li> <li>• Dodging</li> <li>• Running</li> </ul>	<ul style="list-style-type: none"> <li>• Role of the umpire</li> <li>• Game understanding</li> <li>• Tactics and Strategy</li> <li>• Competing in a tournament</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Competition</li> <li>• Roles and responsibilities</li> <li>• Social Skills</li> <li>• Respect</li> <li>• Vocabulary</li> </ul>