

### What should I already be able to achieve?

- Develop skills in batting and fielding & Choose fielding techniques
- Run between the wickets & Run, throw and catch.
- Develop a safe and effective overarm throw & Learn batting control.
- Use all the skills learned by playing in a mini tournament.

### Tennis

- Identify and apply techniques for hitting a tennis ball.
- Develop the techniques for ground strokes and volleys.
- Develop a backhand technique and use it in a game.
- Practise techniques for all strokes.
- Introduce Sports Leadership to develop the understanding of the scoring system and court for singles tennis.
- Play a tennis game using an overhead serve and the correct selections of shots.
- Understand and use doubles scoring in a tennis game.

### Skill set required:

- Listening & attention
- Safety knowledge
- Teamwork & cooperation
- Respect
- Balance
- Coordination
- Agility
- Control
- Hand-eye coordination
- Sending and receiving techniques

### Vocabulary:

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| Striking  |
| Catching  |
| Own space   |
| Team  |
| Speed   |
| Direction / Passing / Shooting  |
| Controlling / Accuracy  |
| Scoring   |
| <b>Rounders</b> – strike, bowl, pitch, base, fielder  |
| <b>Cricket</b> – bowl, bat, wicket, stump, runs   |
| <b>Tennis</b> – Ball, Bounce, strike, net, court, timing, serve, volley, smash, judge, swing, balance, shot, backhand, forehand, lob, net, grip, racket |

### What will I be able to achieve at the end of the unit?

- Understand the rules and the best fielding strategies.
- Be able to throw and catch under pressure.
- Use fielding skills to stop the ball effectively.
- Learn batting control as well as the role of backstop.
- Play in a tournament and work as team, using tactics in order to beat another team.
- Develop sports leadership skills through umpiring and scoring accurately.



- 1) Stand sideway on.
- 2) Hand nearest to bowler is at the top of the bat.
- 3) Bat flat and facing the bowler.
- 4) Step into shot.
- 5) Follow through on contact.



**Throwing Coaching Points** - Stand sideways to the target.  
The throwing arm is taken back behind the body.  
Throwing arm swings forward keeping the speed the same.

**Stopping the ball** - Judge the ball speed and direction.  
Keep eye on ball. Move body into a position to stop it.