

# Tennis

This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through dance. In addition, we evaluate and recognise our own successes.

Tennis:

We will learn to use running, jumping, throwing and catching in isolation and in combination, whilst playing tennis. We will learn to apply basic principles suitable for attacking and defending and compare our performances with previous ones and demonstrate improvement to achieve our personal best.

| Key Vocabulary  |        |          |             |
|-----------------|--------|----------|-------------|
| ball            | bat    | underarm | accuracy    |
| hit             | throw  | overarm  | score       |
| run             | net    | serve    | move        |
| decision making | hand   | travel   | competition |
| tactics         | umpire | pass     |             |



| Rate your dancing skills out of 5 stars           |           |
|---|-----------|
| I can pass the ball by throwing underarm/overarm. | ★ ★ ★ ★ ★ |
| I can hold a racket correctly.                    | ★ ★ ★ ★ ★ |
| I can hit a ball with a racket.                   | ★ ★ ★ ★ ★ |
| I can pass a ball with a racket.                  | ★ ★ ★ ★ ★ |
| I can follow the rules of a game.                 | ★ ★ ★ ★ ★ |

# Circuit Training

*This term we will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. We will communicate, collaborate and learn how to improve our skills through circuit training. In addition, we evaluate and recognise our own successes.*

Circuit Training:

We will learn to develop flexibility, strength, technique, control and balance.

| Key Vocabulary |            |          |      |
|----------------|------------|----------|------|
| jump           | strength   | bend     | run  |
| hop            | breathing  | squat    | pace |
| bounce         | sweat      | balance  | time |
| control        | heart rate | movement | rep  |



| Station       | How many did you do?<br>(Reps) | Time at each station |
|---------------|--------------------------------|----------------------|
| Hopping       |                                |                      |
| Star jumps    |                                |                      |
| Bunny jumps   |                                |                      |
| Burpees       |                                |                      |
| Leap Frogs    |                                |                      |
| Bounce a ball |                                |                      |

My greatest achievement this term was: \_\_\_\_\_

Next time I would like to improve: \_\_\_\_\_