

Tennis

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Hit a forehand from self feed against a fence

Hit a forehand from self feed to a partner

Hit a forehand from peer feed to a partner over a net

Keep a rally going with a partner using the forehand

Play a competitive game adding power and accuracy to your forehand

Add direction and topspin to your forehand to win the point

Forehand

Hit a backhad from self feed against a fence

Hit a backhand from self feed to a partner

Hit a backhand from peer feed to a partner over a net

Keep a rally going with a partner using the backhand

Play a competitive game, adding power and accuracy to your backhand

Add direction and backspin to your backhand to win the point

Backhand

Serve underarm from the service line

Serve underarm from the baseline

Serve overarm from the baseline with little power and accuracy

Serve overarm crosscourt with some power and accuracy

Consistently serve with power and into the service box

Serve with power and accuracy, hitting the back corners of the service box consistently

Serve

Volley without a net with little control and accuracy

Volley over the net with little control and accuracy

Approach the net quickly and volley with some control and accuracy

Approach the net at the right time and volley with good control and accuracy

Forcing the opponent to the back of the court, volley into space with power and accuracy

Consistently utilise the volley with power, direction and accuracy to win the point

Volley

Perform a smash shot at the fence

Perform a smash over the net from a self-feed

Perform a smash shot with little power and accuracy from a peer feed

Demonstrate the smash shot in competitive game play

Apply power and accuracy to the smash shot in competitive game play

Consitently and at the right time, perform the smash shot to win the point

Smash shot

Tennis

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<p><u>Grip stance and alignment</u></p> <ul style="list-style-type: none"> - What are the court markings in tennis? - What is the ready position? - What is a rally? - What height should the ball be when we make contact with it? - What area of the racket do we make contact with the ball? - How do we hold the racket 	<p><u>Forehand Shot</u></p> <ul style="list-style-type: none"> - What is the forehand grip? - At what point should you connect with the ball? - Where should our racket be on the approach to hitting a forehand? - What is the contact point? - What is the correct technique for a forehand? - When should a forehand shot be played? 	<p><u>Backhand Shot</u></p> <ul style="list-style-type: none"> - What is a backhand shot? - How should you grip the racket? - Why should you use the two handed backhand? - What side of the body should the ball be when we hit it? - What is the difference between forehand and backhand shot? 	<p><u>Serving</u></p> <ul style="list-style-type: none"> - What is a 'good' serve? - How many serves can you have? - What is the correct stance? - Where should the serve land? - What is the correct serving technique?
<p><u>Volley</u></p> <ul style="list-style-type: none"> - What is a volley? - At what part of the court do we hit a volley? - When should you approach the net? - What direction should our racket be facing when hitting a volley? - How can timing affect accuracy of the shot? 	<p><u>Smash shot</u></p> <ul style="list-style-type: none"> - What is a smash shot? - When do we play a smash shot? - Where should we stand when performing a smash shot? - When do we make contact with the ball? - What position should our racket face 	<p><u>The Four R's of tennis</u></p> <ul style="list-style-type: none"> - What are the 4 R's in tennis? - Why is it important we recover to the same spot? - Why is it important we react as early as possible to our opponents shot? - How can we implement the four R's to maximise success in tennis 	<p><u>Key terminology</u></p> <ul style="list-style-type: none"> - Baseline - Service - Tramlane - Advantage - Love - Deuce - Net - Racket - Backhand - Forehand