

# Tennis KS1

## Overview

### Week one:

- Racket basics
- Ready position
- Mass lesson

### Week two:

- Advanced racket basics
- Mass lesson

### Week three:

- Rallying with a partner with or without rackets
- Mass lesson

### Week four:

- Ground stroke basics without rackets
- Station based lesson

### Week five:

- Ground stroke basics with rackets
- Station based lesson

### Week Six:

- Hitting a ground stroke with greater accuracy





# Tennis KS2

## Overview

### **Week 1:**

- Working on the correct body position for tennis.
- The set position.
- The return position.

### **Week 2:**

- How to hold the racket.
- How to swing the racket to return the ball.

### **Week 3:**

- How to play a forehand cross court shot.
- How to play a forehand volley.

### **Week 4:**

- How to play a backhand cross court shot.
- How to play a backhand volley.

### **Week 5:**

- How to pop serve to stay a rally.

### **Week 6:**

- Rallying with a partner.
- How to score a game of tennis.

### **Week 7:**

- Games

