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Phase 1	Objective	Activities	Testing / Competition
<b>Intermediate fore / backhand lob</b>	<p>To be able to play the lob with increased accuracy aiming to hit crosscourt to an opponent's backhand.</p> <p>To understand the importance of following a well-executed lob to the net and know why this puts pressure on the opposing teams return.</p> <p>To select and use skills, tactics and compositional ideas effectively when lobbing</p> <p>To confidently perform with accuracy, the lobs, skills, returns and shots at maximum levels in relation to speed, height, distance, strength and accuracy.</p>	<p>Lob to target. Partner hand feeds ball over net into workers forecourt area. Worker moves from midcourt to the ball and aims to lob into a coned target in the backhand corner of the opponents court.</p> <p>As above, this time the feeder can use their racket to block the lob and return it with a smash.</p> <p>Feed and lob in targets</p> <p>Feed, lob, feed lob, x 5 times</p>	<p>In pairs: How many shots to lobs can they perform in 2 minutes</p> <p>Play a one point game with an opponent. The first to win a point using a lob wins. They then play another person.</p>
	Assessment	Theoretical PE	Resilience
	<p>● Use the backhand lob evaluation sheets to work together to analyses the strengths and weaknesses in the shot.</p> <p>☒ Assess the mistakes made when lobbing</p> <p>Q &amp; A : Are they performing the drives and techniques at speed with power to clear the opponent for lob</p>	<p>Students review all aspects covered on the commercialisation of physical activity and sport and the Socio-cultural issues in sport.</p>	<p>How do you recover from hitting the ball out when returning the lob</p> <p>How do you pick up from a poor judgement to allow the ball to bounce in?</p> <p>Why is practice important in Tennis</p>

Maths	Index Notation
English	Research, reading and writing. Understanding and appreciation of issues. Write a newspaper article about chosen aspect of the fashion trade.
Science	Light waves

Equipment	Bats, Hard Tennis Balls, Slow bounce balls and Nets
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