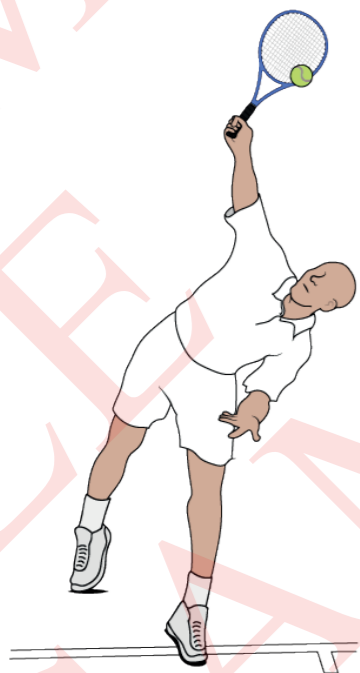


Tennis

3

Y A N

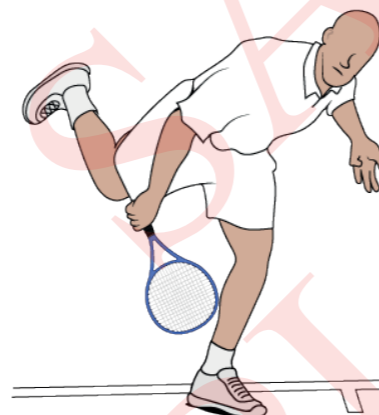
- Occasionally show lack confidence when serving. ○○○○
- Understand that each point starts with a serve. ○○○○
- Suggest a reason how it might be possible to outwit a partner on court when serving. ○○○○
- Start a rally by an under arm serve. ○○○○
- Sometimes miss the ball when attempting a serve. ○○○○
- Seem to lack confidence when serving. ○○○○
- Recognise when you do not perform a serve correctly. ○○○○
- Occasionally play a serve using your racket. ○○○○
- Not understand whose turn it is to start a point (serve). ○○○○
- Display confidence to serve in small conditioned games. ○○○○
- Demonstrate the correct grip on a racket some of the time when serving. ○○○○
- Co-ordinate body parts in an attempt to serve against an opponent in a bid to outwit them. ○○○○
- Change body position in an attempt to serve against an opponents. ○○○○
- Be stationary or side-on when playing a serve. ○○○○
- Ask how you can improve your serve. ○○○○
- Attempt to maintain a rally over a low net. ○○○○



4

Y A N

- Think of ways to be successful when outwitting an opponent using a serve during matches or conditioned games. ○○○○
- Recognise and state your own and others strengths and weaknesses when serving to outwit opponents in conditioned and/or full court games. ○○○○
- Play basic shots with appropriate choosing appropriate techniques and link basic ball skills together with some accuracy, control and fluency (including serve, forehand, backhand). ○○○○
- Play basic rallies by choosing appropriate techniques and link basic ball skills together with some accuracy. ○○○○
- Observe your own and others action/technique when serving to enable you to comment on how this can improve the overall performances (e.g. Unsuccessful shot, inaccurate serve, poor body positioning, poor court positioning). ○○○○
- Hit the ball over the net on a regular basis when serving. ○○○○
- Exhibit serves with some control and fluency. ○○○○
- Exhibit basic shots including volleys with some control and fluency ○○○○
- Demonstrate a basic serve with some control and fluency. ○○○○
- Comment on my own and others' serving skills and action to enable me to comment on how these can improve the overall performances (e.g. unsuccessful shot, inaccurate serve, poor body positioning, poor court positioning). ○○○○



Serve

5

Y A N

- Show good serving technique and use to good effect. ○○○○
- Show good lob techniques and use to good effect. ○○○○
- Show a range of physical attributes in combination with a logical thought process and determination to outwit your opponent(s) and improve your performance when serving. ○○○○
- Position the ball effectively when serving during games, with few errors. ○○○○
- Play the ball into space using a serve during a game situation. ○○○○
- Plan to serve to an opponent exploiting their weaknesses (e.g. to their backhand, long or short). ○○○○
- Modify and refine serving skills/techniques. ○○○○
- Lead serving specific practices safely and explain how the body reacts during activity. ○○○○
- Know how to maintain and develop strength, speed, flexibility, endurance, cardiovascular fitness to dominate when performing a serve in tennis. ○○○○
- Identify and comment on what you need to do to improve your serve and carry out ideas and practices given by your coach. ○○○○
- Identify and comment on what I need to do to improve my serve in tennis and carry out ideas and practices given to me by my coach. ○○○○
- Display high motivational attributes which have a positive impact upon my own and others' serving performance. ○○○○
- Critically analyse your own and others serve suggesting ways of how this skill, as well as, tactics, strategies and fitness can affect the overall performance in a game (e.g. Lack of power in serve, accuracy of shot). ○○○○
- Show good technique when performing a serve and use to good effect. ○○○○
- Demonstrate a competent serve. ○○○○

6

Y A N

- Show good technique on all of the serves played. ○○○○
- Outwit opponents consistently using serving skills with fluency and control, showing more precision when time and space allow (e.g. Successful serving, hitting into the space, angle of shot, disguising of shot, and with some pace). ○○○○
- Make very few unforced errors when serving. ○○○○
- Lead serving specific practises, applying court rules consistently. ○○○○
- Analyse how serving skills/techniques have been used to outwit opponent(s) in an activity describing the impact of each. ○○○○

Notes:

Tennis

Serve

7

Y A N

- Take into consideration your own strengths, weaknesses when serving and set targets, and show a mental ability to solve immediate problems in order to achieve success for yourself and others. ○○○
- Serve with much more control, power and accuracy that includes long/short, and spin. ○○○
- Select and use advanced serving skills and techniques, along with hand/eye coordination, when outwitting opponent(s). ○○○
- Make very few unforced errors when serving. ○○○
- Evaluate the quality of your own and others serving techniques to outwit opponents, planning ways to improve while understanding how this skill, as well as, tactics and fitness relate to the quality of performance in attack and/or defence. ○○○

9

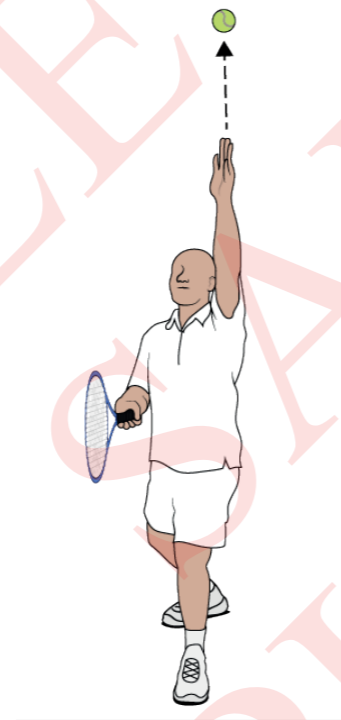
Y A N

- Reach judgements independently about how your own and others serving performance could be improved, prioritising aspects for further development when outwitting opponents. ○○○
- Plan a detailed training programme for a performer that relates to their needs when serving, taking into consideration their strengths, weaknesses, show a technical understanding of the activity, building up in preparation for a competitive match followed by comprehensive feedback. ○○○
- Consistently demonstrate complex service skills and successfully adapt these to changing situations within game play to gain ascendancy over opponents when playing out points. ○○○
- Consistently analyse your own and others serving performances and give detailed feedback using technical and tactical advice as to how changes of strategies, tactics, techniques and fitness can affect the quality and outcome of the performance. ○○○
- Be thoroughly critical of serving performance, training, exercises and programmes performed within tennis that take place inside and outside of school. ○○○

8

Y A N

- Plan a detailed training programme for a performer that relates to their needs to improve serving performance, taking into consideration their overall strengths, weaknesses and show a technical understanding of how to overcome problems faced in tennis. ○○○
- Demonstrate a successful serving performance whilst changing and adapting it to the changing circumstances of your opponent or weather conditions. ○○○
- Critically evaluate the quality of your own and others serving performance, showing that you understand the impact this skill, as well as, strategy and tactics on the quality of overall performance. ○○○



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