

PROGRESSION OF KEY SKILLS

Tennis- Progression of Key Skills (Net/Wall Games)

Reception –(through intro first PE unit)

EY

- > Throw and catch to self with a soft ball and attempt to bounce catch to self
- > Balance an object e.g. beanbag on racket
- > Hand eye co-ordination passing ball to a partner
- > Move on the floor ball with hand in a variety of ways
- > Push the ball with throw down strips to develop hand eye co-ordination



Year 1

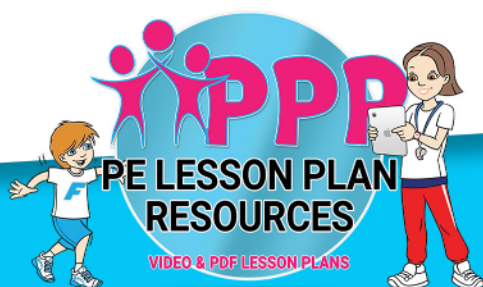
1

- > Throwing and catching a small ball with control and bounce catch to self and partner
- > Balance a ball on racket
- > Racket familiarisation- moving ball with racket in forehand position
- > Racket Familiarisation – moving a ball in backhand position
- > Tap up tennis to self keeping control

Year 2

2

- > Throw and catch from one hand to the other and bounce catch into a target with a partner
- > Balance a ball on racket with control
- > Racket familiarisation- moving ball with racket in forehand and backhand position whilst moving
- > Racket Familiarisation – moving a ball in backhand position whilst moving
- > Tap up tennis with a partner to keep control of the ball



Year 3

3

- > Move to catch a ball
- > Control a ball on racket when moving
- > Hit ball across the floor with forehand position
- > Hit the ball across the floor using back hand position
- > Hit a ball into a target (with one bounce)



Year 4

4

- > Move with balance and control to catch a ball
- > Hit/bounce ball on racket when moving
- > Hit ball in forehand position with drop feed
- > Hit a ball in backhand position with a dropfeed
- > Hit a ball into a target from a variety of distances with no bounce

Year 5

5

- > Move to hit a ball with some control
- > Hit/ bounce a ball with control when moving
- > Moving into position to hit a ball with forehand in skills practice and game
- > Moving into position to hit a ball with backhand in skill practice and game
- > Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target.

Year 6

6

- > Move in a variety of directions when hitting a ball
- > Hit/bounce ball to a partner with control
- > Move to hit a ball in game in forehand position
- > Move into position to hit a ball with backhand. Begin to choose which shot it best in a game.
- > Serve diagonally under/overarm in a game of mini tennis

