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PROGRESSION OF KEY SKILLS

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

Reception - (through intro first PE unit)



- > 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







Vear

- > 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

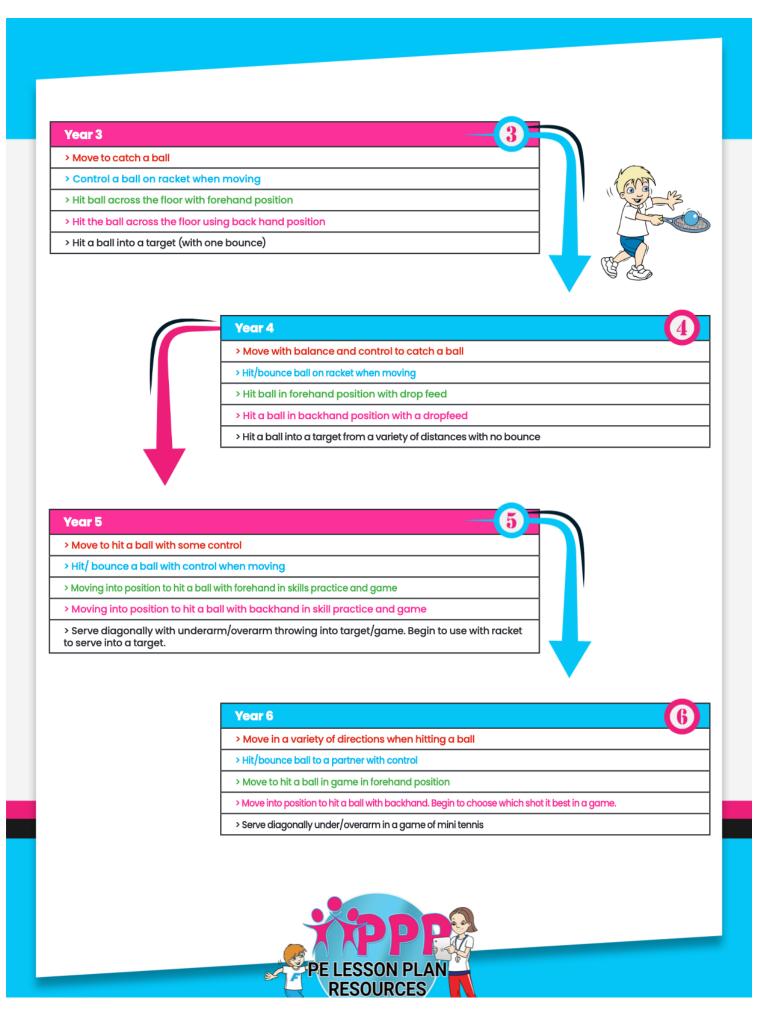
Year 2



- > 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



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