



PE (Group 1)			
Tennis and Badminton		Time allocation: 7 Lessons	
Differentiation: See weekly plans for detailed personalisation	Content		Key words
	See weekly plans for each part of the lesson		Warm up, Cool down, Stretch, Muscles, Ball control, Team work, pass, shoot, dribble
Learning objectives		Assess	Resources:
Lesson 1 Tennis	1. I can demonstrate throwing and catch a ball with a partner 2. I can demonstrate travelling around the yard throwing and catching the ball 3. I can dribble around the yard with a tennis racket and ball under control.	AQA	Tennis racquets, balls, tennis net, cones
Lesson 2 Tennis	1. I Have a knowledge of different tennis actions 2. I can dribble around the yard with a tennis racket and ball 3. I can return a ball with a partner	AQA	Tennis racquets, balls, tennis net, cones
Lesson 3 Tennis	1. I understand the rules of tennis 2. I can return a tennis ball correctly 3. I understand and can execute different shots in tennis	AQA	Tennis racquets, balls, tennis net, cones
Lesson 4 Gym	1. I can demonstrate an effective warm up 2. I can demonstrate and effective cool down 3. I can explain the different ways that different pieces of equipment work on the body	AQA	The Gym
Lesson 5 Badminton	1. All students will be able to hit the shuttle towards a partner 2 2. Will be able to rally using both underarm and over head shots 3. Will use correct grip and stance when hitting both underarm and overhead shots	AQA	Badminton racquets, shuttlecock, Badminton net, cones
Lesson 6 Badminton	1. All students will be able to serve the shuttle over the net using underarm or flick serve 2. Will be able to hit the shuttle high and to the middle of the court 3. Will use correct technique effectively flicking the wrist and following through to enable them to get the shuttle to the back tram lines	AQA	Badminton racquets, shuttlecock, Badminton net, cones

Lesson 7 Gym	<ol style="list-style-type: none">1. I can demonstrate an effective warm up2. I can demonstrate and effective cool down3. I can explain the different ways that different pieces of equipment work on the body	AQA	The Gym
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