

Year 4 Red Kites

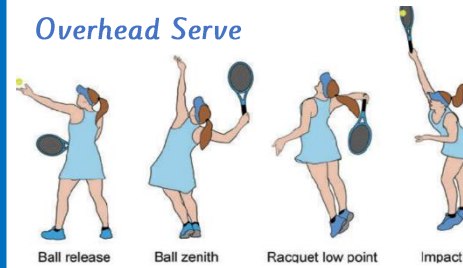
PE

Summer 2

Tennis and OAA



Overhead Serve



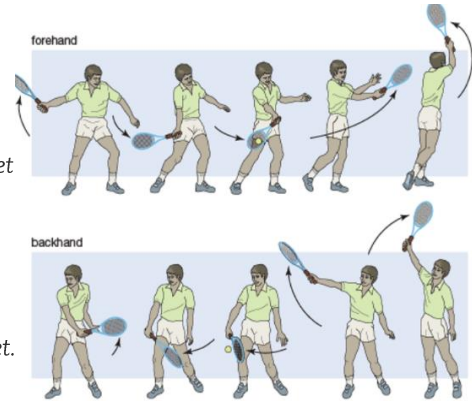
Throw the ball up straight above the head, lean back to get power into the serve, hit the ball as high as you can and follow through looking at the direction you want the ball to go in.

Forehand and Backhand Swing

Both the forehand and backhand strokes are hit in smooth, continuous loops.

Forehand: Left side to the net. The racket is pulled away from the body.

Backhand: Right side to the net. The racket is pulled across the body. As the swing begins, the player's weight is transferred in the direction of the target.



Tennis Scoring: It takes 4 points to win a game, and the tennis scoring goes like this: "Love – 15 – 30 – 40 - Game". Each player begins with a score of 0, (Love.) The first point is 15. The second point is 30. The third point, the score is 40. On the next point, the game is won. There is an exception, though. A player must win by 2 points to win the game. If both players have earned 3 points, the score is 40-40 (Deuce). The player who wins the next point has "advantage." If the player with "advantage" wins the next point, they win the game. If they loses the next point, the game goes back to Deuce. Play continues until someone wins 2 points in a row to gain a 2-point lead. The Server's score is always given first.

	Key Vocabulary	Definition
OAA	cardinal directions	North, East, South, West.
	communication	Giving, receiving, and sharing information. Can be verbal (spoken) or non-verbal.
	leadership	Taking action to inspire or motivate a group to meet a goal.
	ordinal directions	North-East, South-East, North-West, South-West.
	orienteeing	Challenging outdoor adventure sport that exercises both the mind and the body.
	problem solving	Identify problems, create and test solutions.
	tactical	Thinking and planning strategically to achieve a goal.
Tennis	teamwork	Effective and efficient work within a group to achieve a goal.
	ace	When you serve the ball and your partner does not return it back, the server wins the point.
	backhand	The technique used to hit the ball on the opposite side as your racket hand.
	deuce	When the score is 40/40.
	forehand	The technique used to hit the ball on the same side as your racket hand.
	love	When scoring we do not say 0, we say love: e.g. 15 - love
	overarm throw	To throw the ball using an over arm technique, this has more power.
	ready position	The position we get our bodies in to so we are prepared to return the ball.
	serve	The first hit of the ball to start the game.
	technique	The method or style when practising a skill in sport.

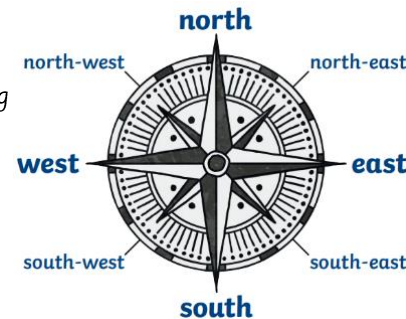
OAA: Outdoor Adventurous Activities

This involves physical activity, adventure and challenge, problem-solving activities and teamwork.

- Work with others to solve problems.
- Describe their work and use different strategies to solve problems.
- Lead others and be led.
- Differentiate between when a task is competitive and when it is collaborative.

Orienteering

This is an outdoor adventure sport that involves map reading and running. In orienteering, competitors must navigate between control points marked on a special map, knowing which direction to go in, using compass points.



Teamwork, Communication and Problem Solving

Effective teamwork involves:

- communicating clearly and listening to other team members;
- using individuals' strengths and skills to help achieve the goal;
- cooperating and working together;
- staying positive and encouraging each other.

Problem-solving involves

- effective communication;
- teamwork and thinking logically.

