



Be the best that we can be.



EBJ Knowledge Organiser PE

Net Games Year 3, 4, 5 and 6



Why do we include net games in our curriculum?

Progression in Key Skills

Develop Fundamental Movement Skills 🏸

Tennis helps improve:

- Hand-eye coordination
- Agility
- Balance
- Reaction time
- Footwork

These skills transfer easily to many other sports and physical activities.

Builds Physical Fitness 🏆

Tennis keeps pupils active in a fun, engaging way:

- Improves cardiovascular fitness
- Builds muscular strength and endurance
- Encourages regular movement and participation

Enhances Cognitive and Tactical Thinking 🧠

Children learn:

- How to anticipate play
- Make quick decisions
- Understand basic game strategies
- Plan and adapt tactics

This supports problem-solving and critical-thinking skills.

Encourages Social and Emotional Development 🤝

Tennis teaches:

- Turn-taking
- Respect for opponents
- Communication and teamwork (through doubles)
- Handling winning and losing positively

It also boosts confidence through individual skill improvement.

It's Fun and Motivating 🎉

Tennis is fast-moving, varied, and enjoyable, helping:

- Increase pupil engagement
- Foster long-term interest in physical activity

In Year 3 we:

- Return a ball to a partner. Use basic racket skills.
- Play a range of basic shots.
- Move quickly around the court using a variety of movement patterns

In Year 4 we focus on:

- To play a continuous game with appropriate control.
- Use a range of basic racket skills and a variety of shots in different areas of the court, considering opponent position.
- Demonstrate good footwork on the court.
- Return to the ready position to defend my own court

In Year 5 we:

- Develop a wider range of skills and begin to use these under some pressure.
- Select and apply preferred skills with increasing consistency.
- Understand the need for tactics and make decisions about when best to use them.
- Play cooperatively with a partner.
- Demonstrate good footwork to cover a court space in a game situation.

In Year 6 we:

- Use a wider range of skills in game situations.
- Play cooperatively with a partner / in a team.
- Demonstrate good decision making when making shots within a game.
- Identify and use a variety of tactics.

| Non-Physical Skill Focus | Enjoying tennis? What career could you take this enjoyment into? |
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| <p>In our tennis unit we raise the importance of developing non-physical skills. In particular, the focus is on managing emotions.</p> <p>In Year 3 our targets we develop are:</p> <ul style="list-style-type: none"> • I can empathise and support others • I enjoy competing against others at the same time • I am getting better at coping with winning and losing <p>In Year 4 our targets we develop are:</p> <ul style="list-style-type: none"> • I can empathise and support others • I enjoy competing with others in a shared space • I can win and lose gracefully <p>In Year 5 our targets we develop are:</p> <ul style="list-style-type: none"> • I involve others • I enjoy competing within different formats, e.g. round robin, ladders etc. • I show respect for others when competing <p>In Year 6 our targets we develop are:</p> <ul style="list-style-type: none"> • I motivate others • I enjoy competing within a number of different formats, e.g. knockouts, group-stage etc. • I always celebrate others success | <p><u>PE Teacher or Sports Coach:</u></p> <ul style="list-style-type: none"> • Teaching sports in school or leading tennis clubs for children and community groups. <p><u>Tennis Coach:</u></p> <ul style="list-style-type: none"> • From beginner coaching to elite performance pathways, coaches help players develop skills and confidence. <p><u>Sports Physiotherapist:</u></p> <ul style="list-style-type: none"> • Helping athletes prevent and recover from injuries. Great for pupils interested in science + sport. <p><u>Strength & Conditioning Coach:</u></p> <ul style="list-style-type: none"> • Working with players to build fitness, agility, and power. <p><u>Sports Scientist:</u></p> <ul style="list-style-type: none"> • Using biomechanics, nutrition, and psychology to improve athlete performance. <p><u>Sports Commentator or Journalist:</u></p> <ul style="list-style-type: none"> • Reporting on matches, interviewing players, or writing articles about sporting events. <p><u>Sports Photographer or Videographer:</u></p> <ul style="list-style-type: none"> • Capturing key moments in matches and events. <p><u>Sports Psychologist:</u></p> <ul style="list-style-type: none"> • Helping players develop focus, confidence, and a strong mindset. <p><u>Event Manager or Tournament Organiser:</u></p> <ul style="list-style-type: none"> • Planning and running tennis competitions, school tournaments, or community sports festivals. <p><u>Community Sports Development Officer:</u></p> <ul style="list-style-type: none"> • Creating programmes to help more young people access tennis and physical activity. <p><u>Tennis Facility Manager:</u></p> <ul style="list-style-type: none"> • Running tennis centres, clubs, or leisure facilities. <p><u>Sports Technology Developer:</u></p> <ul style="list-style-type: none"> • Designing apps, sensors, or wearables that help players track performance |

Key Vocabulary

In Years 3 and 4 we develop understanding of: court, target, net, striking and hitting, defending, making it difficult for the opponent, tactics, scoring points, forehand, backhand, volley, overhead.

In Years 5 and 6 we develop understanding of: rally, singles, doubles, using width, using depth, changing direction, changing speed, defending court, covering court and partner.

KEY SKILLS IN KS2 FOR TENNIS

FOREHAND



Swing low to high

BACKHAND



Keep racquet steady

SERVE



Toss ball in front

OVERHEAD



Hit from above