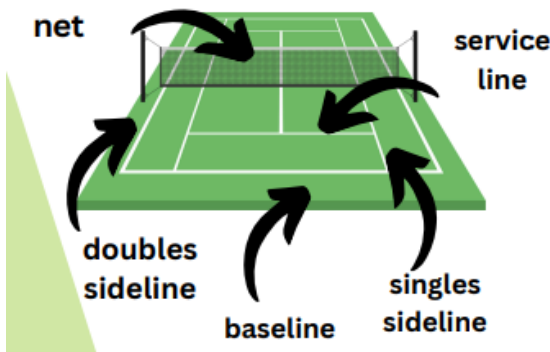


Topics: Athletics (Running, Jumping and Throwing), Tennis	Year: 4/5	Summer Term
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Extended learning opportunity
<p>This unit will develop the following skills:</p> <p>Social: collaboration, negotiation, communication, supporting others</p> <p>Emotional: perseverance, confidence, concentration, determination</p> <p>Thinking: observe and provide feedback, selecting and applying, comprehension</p>

Key Vocabulary	
Approach	A way of dealing with a situation
Changeover	What happens when the relay baton is passed from one runner to another
Dominant	Preferred side
Drive	A forceful and controlled movement to help move you forward
Force	Create power
Momentum	The direction created by weight and power
Stamina	The ability to move for sustained periods of time
Stride	The length of the step
Technique	The action used correctly
Backhand	Played on the non-dominant side of the body
Forehand	Played on the dominant side of the body
Feeder	Someone who throws the ball to you
Receiver	The person who the ball is being hit to
Rally	When a point is played back and forth

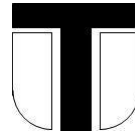
Tennis
<p>Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition. The area on a court is different if you play singles or doubles. In doubles, the court is wider.</p> <p>Tennis has four major competitions a year called the 'Grand Slam'. They are Wimbledon (played on a grass court), the French Open (played on clay) and the US and Australian Opens (played on hard court).</p>



Athletics
<p>Athletics is made up of events that are classified as either track or field. Running events are classified as track and throwing and jumping events are classified as field events.</p>

Rules

- Win a point if:
- Opponent hits the ball in the net
 - Opponent hits the ball out of the court area
 - Opponent misses the ball or it bounces twice
 - Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)



Topics: Athletics (Running, Jumping and Throwing), Tennis

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JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Running:

Taking big consistent strides will help you to create a rhythm that allows you to run faster. Keeping a steady breath will help you when running longer distances.

Jumping:

Drive your knees high and fast to build power so that you can jump further.

Throwing:

Transfer your weight to increase the distance. The transfer of weight will be different depending on the throw. Think back body to front body.