

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

Year: 6

Summer Term

Extended learning opportunity

This unit will develop the following skills:

Social: collaboration, negotiation, respect, communication, supporting others

Emotional: empathy, perseverance, confidence, determination

Thinking: observe and provide feedback, selecting and applying, comprehension

Tennis

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.

Scoring in tennis is very strange!

The first point won is '15,' the second point won is '30,' the third point won is '40,' and then

'game.' E.g. if the server has won three points and the non-server has won one point, the score is 40-15.

If both players have won the same amount of points, the score is called '15-all,' '30-all,' however, if the score is 40-all it is referred to as 'deuce.'

To win the game when the score is at deuce, one player must get two points in a row to win.

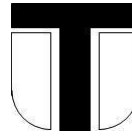
The player who wins the point after deuce then has 'advantage.' If they win the next point, they the win the game. However, if they lose the next point, the score goes back to deuce. If a player has no points it is called 'love'.

Key Vocabulary

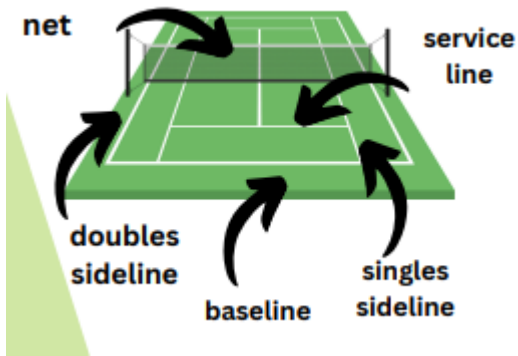
Explosive	Produce force in a short space of time
Fling	Technique used for throwing
Dominant	Preferred side
Drive	A forceful and controlled movement to help move you forward
Force	Create power
Officiate	To be in charge of the rules
Momentum	The direction created by weight and power
Stamina	The ability to move for sustained periods of time
Release	The point of which you let go of an object
Technique	The action used correctly
Stance	The body position taken
Strategy	A plan of action to complete a set task or challenge
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

Athletics

All events within athletics are forms of running, walking, jumping or throwing. Elite athletics competitions take place all over the world. The most famous is the Olympic Games, held every four years. Other competitions include The World Athletics Championships and The World Indoor Championships.



Topics: Athletics (Running, Jumping and Throwing), Tennis	Year: 6	Summer Term
---	---------	-------------



Running:	Jumping:	Throwing:
The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps). You need to prepare these muscles before running.	A run up builds speed and power and will enable you to jump further.	The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps). You need to prepare these muscles before throwing.

