



TENNIS



LEVEL 3

- I can select and use a single basic shot appropriately, playing the shot with control and coordination.
- I can understand tactics and am starting to vary how I respond to my opponent's shot.
- I can give reasons why warming up before an activity is important.
- I can see how I play my shots is similar to and different from my opponent, and I can use this understanding to improve my own performance.
- I am able to take the lead in pairs and small groups when carrying out tennis practices.

LEVEL 4

- I am able to play a rally using more than one shot, playing my shots accurately, appropriately and with control.
- I can understand the tactics to win a rally.
- I can explain and apply basic safety principles when preparing for exercise.
- I can compare and comment on my own shots and others' techniques, and use this understanding to improve my game.
- I can work with others to plan and lead simple tennis practices.

LEVEL 5

- I can select and combine different shots in a rally playing them accurately and appropriately. When performing in tennis my shots consistently show precision, control and fluency.
- I can draw on what I know about strategy and tactics to produce effective outcomes. I can adapt my actions in response to changing circumstances.
- I can explain how my body reacts during tennis.
- I can analyse and comment on skills and techniques and how these are applied in my own and others' work.
- I can plan, organise and lead tennis practices and activities safely.

LEVEL 6

- I can select and combine a range of shots on the forehand and backhand performing them with consistent precision, control and fluency.
- I use imaginative ways to outwit my opponent and entertain audiences.
- I understand how the different components of fitness affect performance.
- I can analyse and comment on how skills and techniques have been used in my own and others' games.
- I can describe my involvement in regular, safe physical activity for the benefit of my health and wellbeing. When leading practices and activities, I am able to apply basic rules consistently.

LEVEL 7

- I can select and combine advanced skills and techniques, adapting them accurately and appropriately to meet the demands of increasingly demanding rallies.
- I can apply the principles of advanced strategies, and tactics in games, and modify them in response to my opponent's performance.
- I can explain the principles of practice and training, and apply them effectively in tennis.
- I can analyse and comment on my own and others' game plans, showing that I understand how skills, tactics, and fitness relate to the quality of the performance. I can plan ways to improve.
- I can take on different roles within tennis, showing an ability to organize and communicate effectively, and applying rules fairly and consistently.

LEVEL 8

- I can consistently distinguish between and apply advanced skills and techniques, always showing high standards of precision, control, fluency and originality.
- Drawing on what I know of the principles of advanced strategies and tactics, I can apply them with proficiency, flair and originality in my own and others' play.
- I use my knowledge of health, fitness and social wellbeing to plan and evaluate my own and others' exercise and physical activity programmes.
- I can critically evaluate my own and others' work, showing that I understand the impact of skills, strategy, tactics and fitness on the quality and effectiveness of my performance.
- I can take on different roles within tennis and plan pathways into performance, leadership or officiating.

EXCEPTIONAL PERFORMANCE

- I can consistently use advanced skills and techniques with precision, control, fluency and originality.
- Drawing on what I know of the principles of advanced strategies and tactics, I can consistently apply these principles with originality, proficiency and flair in my own and others' work. I am increasingly independent in finding imaginative, novel and different solutions to outwit my opponents.
- I can consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work.
- I can critically analyse and judge my own and others' game plan, showing that I understand how skills, strategy, tactics and fitness relate to and affect the quality and originality of performance in tennis. I can reach judgements independently about how my own and others' performance could be improved, prioritizing aspects for further development.
- I understand the contribution physical activity makes to my physical, mental and social wellbeing and participate regularly in tennis both in and out of school for the benefit of my health and wellbeing.