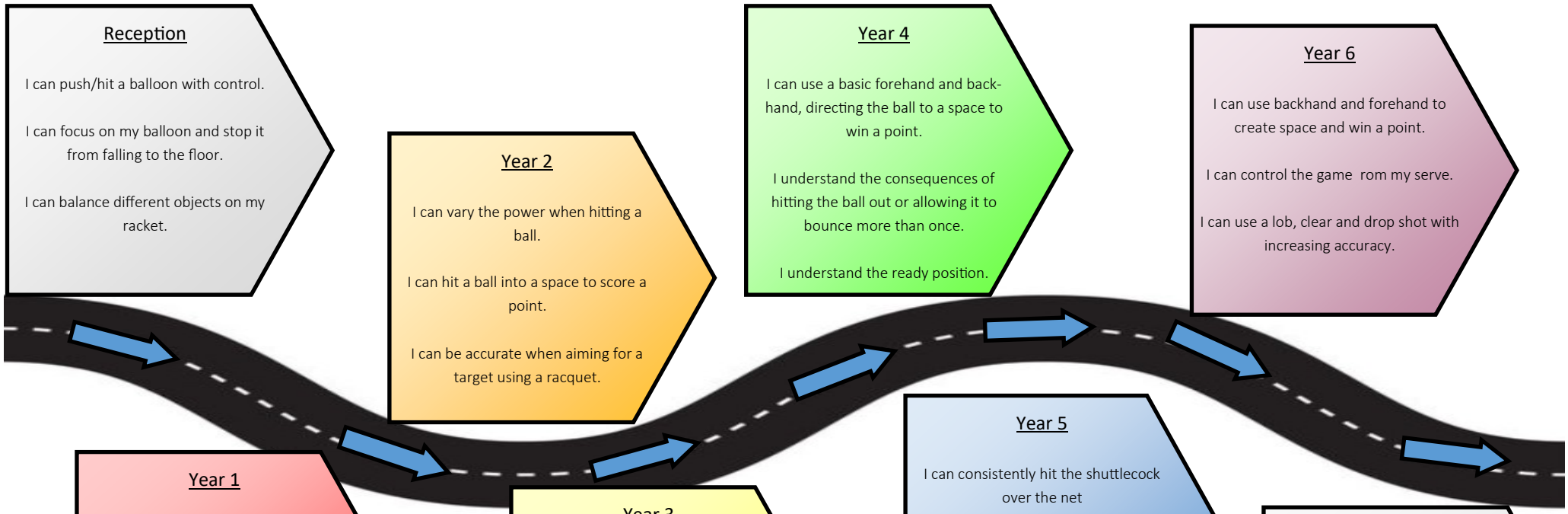
PE Curriculum Journey

Rackets, bats and balls (KS1) - Tennis and Badminton (KS2)



Reception

I can push/hit a balloon with control.

I can focus on my balloon and stop it from falling to the floor.

I can balance different objects on my racket.

Year 1

I can aim at a target when hitting or pushing a ball.

I can keep a ball close to my racquet and under control.

I can change the power I use depending on the distance of the target.

Year 2

I can vary the power when hitting a ball.

I can hit a ball into a space to score a point.

I can be accurate when aiming for a target using a racquet.

Year 3

I can hit a ball over a net and land the ball in consistently.

I can control the ball when playing a shot and use a basic forehand.

I can return to the middle of the court once I have hit the ball.

Year 4

I can use a basic forehand and back-hand, directing the ball to a space to win a point.

I understand the consequences of hitting the ball out or allowing it to bounce more than once.

I understand the ready position.

Year 5

I can consistently hit the shuttlecock over the net

I can use forehand and backhand shots.

I can return to the correct position once I have served.

Year 6

I can use backhand and forehand to create space and win a point.

I can control the game rom my serve.

I can use a lob, clear and drop shot with increasing accuracy.

Year 7

Develop technique and improve per-formance using a range of tactics and strategies to overcome opponents.

Start to analyse own performance and demonstrate improvement to achieve a personal best.