

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: Phase 1 - Year A – Pickleball

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking, and action.

POS aims from NC:

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.
- Perform dances using simple movement patterns.

Prior Learning (what pupils already know and can do)

- Pupils will be able send and receive a ball with some degree of accuracy.
- Pupils will be able to catch and track the flight of the ball with eyes.
- Pupils will be able to strike a ball with some degree of accuracy.
- Pupil will know how to communicate effectively with a partner and others.
- Pupils will know how to hold a racket and strike with some consistency on the forehand.

Long-term Learning (what pupils MUST know and remember) End Goals

- To know how to hold the paddle correctly and how to balance and roll the pickleball around using the paddle
- To know how to and when to strike the pickleball and how to hit a pickleball using a forehand or backhand drive confidently
- To know the importance of keeping eyes on the ball.
- To know how to serve, strike and return the ball confidently
- To know how to play a game of pickleball and how to score points.

Key Vocabulary

Grip, strike, balance, control, forehand, backhand, serve, return, coordination, drive, power, technique, teamwork, target, sportsmanship, tactics

Recommended Resources:

- Lightweight pickleball paddles (suitable for small hands)
- Pickleballs or similar soft plastic balls
- Portable or improvised net (string, cones)
- Cones for marking serve zones and boundaries
- Access to a Kyle Yates video highlight for inspiration

Curriculum Connections:

- **Literacy** – Use of sport-specific imperative verbs: strike, serve, return
- **PSHE/Citizenship** – Teamwork, resilience, cooperation, sportsmanship
- **Science** – Body parts, movement, health and exercise
- **Maths** – Scoring, estimating serve distances, comparing rallies or serves

Career Opportunities:

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1. Professional Pickleball or Tennis Player
2. Youth Sports Coach or PE Teacher
3. Community Sports Coordinator
4. Match Official / Referee
5. Physiotherapist (with racket sport specialism)
6. Sports Broadcaster / Commentator
7. Equipment Designer (rackets and balls)
8. Performance Analyst

Role Model: Kyle Yates

- American professional pickleball player
- Known for speed, precision, and positive sportsmanship
- Advocate for growing youth participation in pickleball
- Inspires children to enjoy active play and strive for improvement

Session 1 – Movement and Coordination for Pickleball

LO: To be able to move around the space showing control and coordination.

Objectives:

- To move safely around the space, avoiding others and obstacles.
- To travel in different directions at different speeds.
- To maintain control of my body during changes of speed or direction.
- To show coordination in my movement.

Teaching Content:

- **Warm-up:** *Traffic Lights* – Pupils walk, jog, and change direction on teacher cues (red = stop, yellow = slow, green = go).
- **Skill Practice:** Move through a cone circuit using side steps, hopping, and walking backwards. Focus on body control.
- **Game Scenario:** *Pickleball Pathways* – Navigate a mini court space while keeping balance and avoiding collisions.
- **Plenary:** What helped you stay in control? When did you find it tricky?

Vocabulary: control, movement, speed, coordination, space

Healthy Participation: Understand how warming up prepares the body for physical activity and prevents injury.

Session 2 – Tracking and Catching the Ball

LO: To be able to track and catch a moving ball.

Objectives:

- To track the ball visually from different directions.
- To use two hands or one hand to catch the ball consistently.
- To react quickly to a moving ball.
- To position my body correctly to receive the ball.

Teaching Content:

- **Warm-up:** *Ball Watch* – Pupils toss and clap before catching; then follow a rolling ball and stop it with hands.
- **Skill Practice:** Work in pairs: roll, bounce and throw the ball for a partner to catch. Practise catching with both hands.
- **Game Scenario:** *Catch and React* – Partner throws from different angles and speeds. Pupils track and respond.
- **Plenary:** What helped you catch the ball better? Did your eyes or hands move first?

Vocabulary: track, catch, react, ball, hands

Healthy Participation: Recognise how catching and coordination support focus and agility in games.

Session 3 – Grip and Basic Striking Technique

LO: To be able to grip and strike the ball using a forehand action.

Objectives:

- To hold the paddle correctly using a basic grip.
- To strike a stationary ball with the forehand.
- To develop control over direction and height.
- To strike consistently towards a target.

Teaching Content:

- **Warm-up:** *Paddle Balance* – Walk while balancing a ball on the paddle. Try starting and stopping smoothly.
- **Skill Practice:** Pupils strike a ball off a cone or tee toward a cone target. Refine grip and paddle angle.
- **Game Scenario:** *Target Strike* – Hit three forehand shots in a row into a scoring zone.
- **Plenary:** What helped your strike go where you wanted? What did you change during practice?

Vocabulary: grip, strike, forehand, paddle, direction

Healthy Participation: Understand how racket sports help build coordination, strength, and quick reactions.

Session 4 – Serving the Ball

LO: To be able to serve the ball under control and aim for a target.

Objectives:

- To understand the underarm serve technique.
- To serve the ball into a target area.
- To improve accuracy and consistency.
- To follow basic rules for serving.

Teaching Content:

- **Warm-up:** *Tennis Ball Toss* – Underarm toss at targets to practise direction and force.
- **Skill Practice:** Use cones as targets and practise underarm serve into a mini court or net zone.
- **Game Scenario:** *Serve and Score* – Earn points for accurate serves into designated zones.
- **Plenary:** What part of the serve was easiest? What helped your aim?

Vocabulary: serve, underarm, target, aim, accuracy

Healthy Participation: Explain how practising a skill like serving improves confidence and performance over time.

Session 5 – Rallying and Simple Game Play

LO: To be able to strike and return the ball in a simple rally.

Objectives:

- To strike and return the ball using forehand technique.
- To maintain a simple rally with a partner.
- To move into position to return the ball.
- To work cooperatively with a partner.

Teaching Content:

- **Warm-up:** *Ball Bump* – Pupils work in pairs tapping a ball in the air as many times as they can.
- **Skill Practice:** Practise forehand returns after one bounce. Focus on consistency.
- **Game Scenario:** *Mini Rally* – Partners rally across cones or a net, counting the longest rally together.
- **Plenary:** What made your rally last longer? How did you help your partner?

Vocabulary: rally, return, partner, position, forehand

Healthy Participation: Understand the benefits of teamwork and communication in doubles games.

Session 6 – Applying Skills in a Mini Match

LO: To be able to use all the skills learned in a small game of pickleball.

Objectives:

- To serve, strike, and return the ball in game situations.
- To apply basic rules and scoring in a mini game.
- To show control and fairness when playing.
- To reflect on what I have learned and how I have improved.

Teaching Content:

- **Warm-up:** *Pickleball Circuit* – Review previous skills in small stations (e.g. serving, striking, catching).
- **Skill Practice:** Review key rules, scoring, and positioning.
- **Game Scenario:** *Mini Matches* – 1v1 or 2v2 with simple scoring and rotation of opponents.
- **Plenary:** What skills did you use most? What are you most proud of?

Vocabulary: game, serve, score, control, fairness

Healthy Participation: Reflect on how sport supports confidence, resilience, and a healthy lifestyle.

Future learning this content supports:

This unit supports transition to phase 2 **tennis and other racket sports** by helping pupils:

- Strike with consistency using forehand and backhand
- Play against an opponent, score, and apply rules
- Move fluently around a court space
- Serve and return with purpose
- Begin using **tactics, teamwork and resilience**