

# BLACKROD PRIMARY SCHOOL

## Project Reflections – Autumn 2: PE

### Fundamental Movement Skills – Hand-Eye Coordination through Tennis



In the key stage one years it is vital that children develop their fundamental movement skills in a fun, engaging manner. This helps children when moving onto applying these in sports specific situations when they are older.



In Autumn 2 the children have been focusing on developing their hand-eye coordination skills through tennis. During each session we explain to the children why we are doing certain skills and how they can help them in other skills.



The children developed an understanding through sequential, progressive activities of how to successfully use a tennis racket to take part in a small rally with a partner.

The children were taught to understand that hand-eye coordination is an important skill that can be transferred into a variety of different sports.

Here is a link to look at that include some useful tennis activities:

[LTA Youth Home Tennis Training For Kids | LTA](#)



#### Key Vocabulary

Reaction time - is the ability to respond quickly to a stimulus.