



	Year 5	Year 6	Year 7	Year 8
Service	Perform a basic forehand service with correct grip and stance. Introduce a simple backhand service . Demonstrate a legal service with correct ball toss . Serve with basic placement and control.	Perform accurate forehand and backhand serves with improved placement. Introduce basic spin variation on serve. Demonstrate consistency in legal service action .	Deliver purposeful forehand and backhand serves with controlled spin variation . Use placement to exploit opponent weakness. Demonstrate disguise within legal service rules.	Execute advanced forehand and backhand serves with varied spin and placement . Demonstrate tactical intent behind serve selection. Apply disguise and spin manipulation effectively.
Drives	Execute a controlled forehand drive using correct technique. Introduce backhand drive with basic consistency. Maintain a correct ready position between shots. Demonstrate controlled rallying over short sequences.	Execute forehand drive with increased consistency. Develop controlled backhand drive in rally situations. Introduce basic topspin technique. Sustain longer rallies with improved timing.	Execute consistent forehand topspin drive . Develop reliable backhand drive under moderate pressure. Apply topspin to control rally tempo.	Perform consistent forehand and backhand topspin drives at game speed. Control rally through variation of spin and placement. Demonstrate strong shot selection under pressure.
Push	Perform a basic backhand push with controlled contact. Introduce forehand push technique. Keep the ball low over the net	Perform controlled forehand and backhand push under light pressure. Introduce basic backspin . Maintain low ball trajectory.	Apply controlled backspin push in game situations. Use push tactically to force weak returns. Demonstrate control when receiving spin. Maintain consistency under pressure.	Execute controlled backspin push with precision. Vary depth and spin tactically. Neutralise opponent topspin effectively. Transition from defensive push to attacking play.
Smash	Demonstrate correct technique for a basic forehand smash . Recognise when to use a smash in a rally. Apply controlled power when attacking a high ball.	Execute forehand smash with improved timing. Recognise attacking opportunities more consistently. Demonstrate controlled follow-through and recovery.	Execute powerful forehand smash with accuracy. Apply spin when appropriate. Recover quickly to ready position after attacking shot. Recognise tactical timing of attack.	Deliver decisive forehand smash with power and accuracy. Apply spin variation where appropriate. Use smash strategically to finish points. Maintain composure in high
Game specific	Participate in structured singles matches. Demonstrate understanding of basic scoring system . Apply rules of legal service in games. Show respect and sportsmanship during competition.	Apply spin and placement in singles matches . Demonstrate tactical awareness during rallies. Keep accurate score independently. Show resilience during competitive play.	Participate in structured doubles matches . Demonstrate effective rotation with partner. Communicate clearly during rallies. Apply tactics collaboratively.	Apply advanced tactics in doubles competition . Demonstrate coordinated movement and communication. Adapt strategy based on opposition strengths and weaknesses. Sustain performance throughout competitive matches. .