

BLUE STAGE

Fundamental Perceptual Motor Skills (FPMS)

Typical age	3 - 5+ years	Court size	Variable
Racquet size	17 – 19 inch	Ball	Foam ball, large soft balls, balloons, red ball

Player		Competencies progress report key
Club		1 = working on it 2 = making progress 3 = consistently performs this task / activity competently
Coach		
Date		

Essential FPMS	Application to tennis	Description	Progress report
Movement	Movement around court	- Move sideways and forwards - Walk backwards looking over shoulder - Jump over line and small obstacles and land with balance	1 2 3
Catch after the bounce	Ground strokes	- Move a short distance to the ball and catch it after bounce on either side of body - Catch ball with one or two hands, in a cone or bucket, block ball with a racquet	1 2 3
Under arm throw	Forehand/ Backhand	- Put the ball in play using an under arm throw - Throw ball with both left and right hands - Throw ball with varying depth and to different locations on court	1 2 3
Double- hand throw	Forehand/ Backhand	- Put a large ball in play using a double hand side-arm throw - Throw a large ball off right and left sides using two hands - Throw a large ball with varying depth and to different locations on court	1 2 3
Over arm throw	Serve/ Smash	- Put ball in play using an over arm throw - Throw ball with varying depths and to different locations on court	1 2 3

One-handed strike	Forehand	- Roll the ball along the ground to different locations on court using hand or racquet - Strike a ball using one-hand off a cone into different locations on the court - Self rally with a bounce and hit in designated area - Control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball with body sides of the racquet and on both sides of the body	
Double handed strike	Backhand	- Roll the ball along the ground using a racquet to different locations on court - Strike a ball using two-hands off a cone into different locations on court	1 2 3
During game play can		- Throw or strike a ball cooperatively to a partner who catches the ball in bucket, cone or in one or two hands - Control the ball during a rolling rally with a partner e.g. stopping, controlling and sending the ball on both sides of the body using either hand or racquet	1 2 3
Score		- Count the number of times a task is performed and number of shots in a rally - Demonstrate an over arm and under arm throw (serve) and a one (forehand) and two handed (backhand) strike - Differentiate between the first and second bounce	1 2 3
Be a good sport		- Working with others - Trying your best - Communication - Listening - Managing emotions	1 2 3
Love the game		- Players are actively involved, having fun and motivated to participate in all activities - Practice skills with family or friends outside session times	1 2 3