

# Ball Skills through Tennis - LESSON 6 - Early Years

Learning Intention: *How can you balance an object on the racket?*

## EQUIPMENT:

Throw down spots, strips, cones, tennis balls, sponge balls, hoops, tennis rackets.

### Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

## WARM UP: Simon Says

 Negotiate Space

All children to have a ball. Simon says:

Skip around = children skip

Crab run = children side-step

Hop = children hop

Throw catch = children throw and catch the ball

Bounce catch = children bounce and catch the ball

## ACTIVITY 1: Balancing Fun

 Demonstrate balance

 Demonstrate co-ordination

All children to have a ball in one hand - keeping their hand out flat. Can they balance the ball in their hand?

Ask them to experiment different ways of moving with the ball and balancing it in their hand e.g. Sit down and stand up

Walk

Run

Turn around

Hop

Skip



Can they swap over hands?

## ACTIVITY 2: Racket Fun

Children to have a racket each.

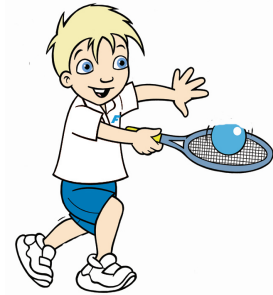
Teacher to put out a variety of objects that the children can balance on their racket e.g. cones, balls, beanbags, throw down spots, strips etc

Can they find different objects and experiment different ways of moving with them.

Can children show the class how they can balance an object?

TP: Keep your head up and look forward

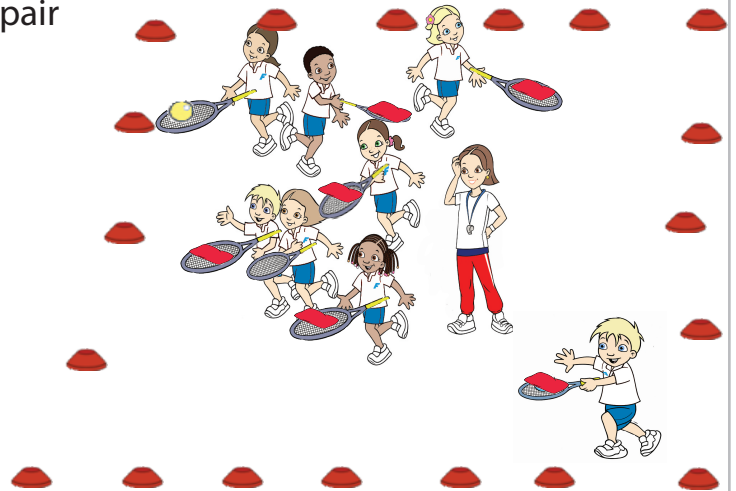
- Demonstrate co-ordination
- Demonstrate balance
- Demonstrate strength



## ACTIVITY 3: Keep inside the magic square

Children to have a racket each (or work in a pair if not enough rackets).

Game 1 – Balance a bean bag/ball on the racket; keep inside the magic square.



Game 2 – Flip a pancake – children to move around with a bean bag, balancing it on their racket. Can they flip it over and keep it on their racket? How do they keep control?

Game 3 – Balance a ball on the racket; keep inside the laser beams.

Game 4 – Try bouncing using the ball on the racket.

- Demonstrate strength
- Demonstrate balance
- Demonstrate co-ordination

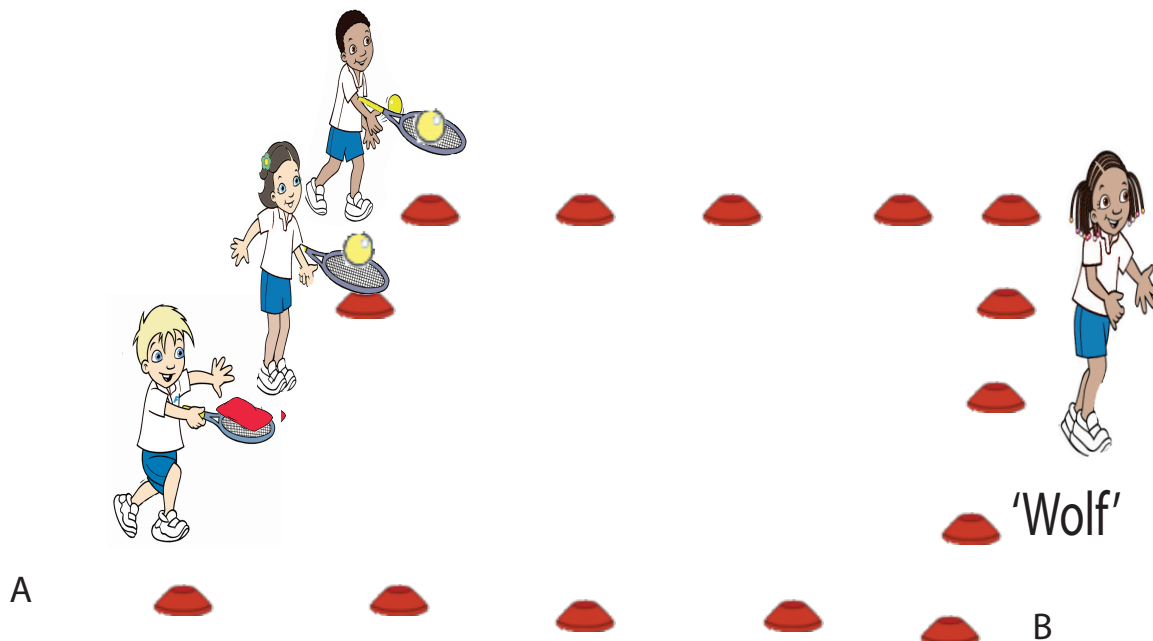
## ACTIVITY 4: Wolf Creek

- Demonstrate strength
- Demonstrate balance
- Demonstrate co-ordination

1. All children start with a racket and ball/bean bag each.
2. Children line up along line A
3. Children must keep their ball/bean bag balanced on their racket at all times.
4. The teacher is the "wolf" and starts standing in the middle of the area.
5. When the wolf is facing the children they must be perfectly still – if the wolf is facing the other way children walk forward, keeping their ball/bean bag balanced.
6. If the wolf sees a child moving or a child drops their ball/bean bag they go back to the start.
7. The aim of the game is to get past the wolf to line B

TP – move with control and balance.

**Make it easier:** Use a bean bag.



### COOL DOWN

Play Simon Says – finish with walking slowly.

### PLENARY

How did you move with an object on your racket? What did you enjoy most.