

Ball Skills through Tennis - LESSON 2 - Early Years

Learning Intention: *How can you bounce and catch a ball?*

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

EQUIPMENT:

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

WARM UP: Sea Fun

☑ Negotiate Space

Children to listen to the command.

Crab run – children to side-step with hands out like crabs.

Go for a swim – children pretend to swim.

Octopus – children stand on a spot, reaching arms out like an octopus.

ACTIVITY 1: Snake Run – recap of prior learning

- ☑ Negotiate Obstacles
- ☑ Move energetically- Running
- ☑ Demonstrate balance
- ☑ Demonstrate co-ordination

Teacher to set up cones as shown in diagram. (x 6)

Children to run in and out of the cones (practicing agility).

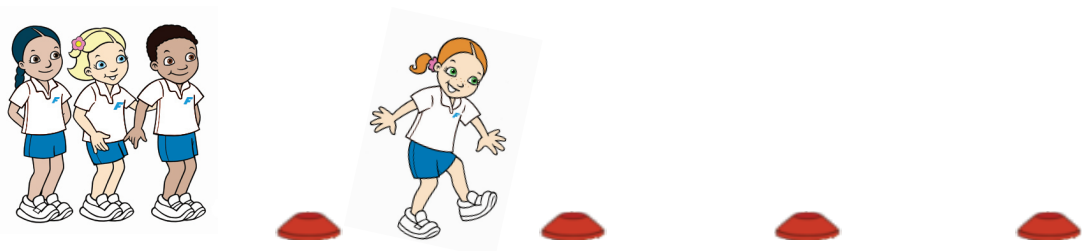
TP – Good control when turning.



ACTIVITY 2: Crab Run (agility side-stepping)

- ☑ Negotiate Obstacles
- ☑ Move energetically- Running
- ☑ Demonstrate balance
- ☑ Demonstrate co-ordination

Children to run in and out of the cones (snake run); when they get to the end can they side-step back?



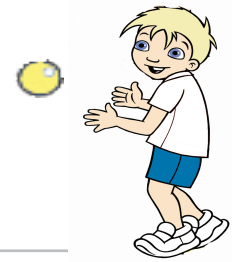
ACTIVITY 3: Throw and Catch – recap

 Demonstrate co-ordination

1. Watch the ball.
2. Throw it up into the air.
3. Cradle ball with both hands – make a basket with your hands.
4. Children to call out “throw catch” when they catch it.

TP – watch the ball.

More able: To throw the ball up at different heights.



ACTIVITY 4: Bounce Catch

 Demonstrate co-ordination

Children to find a space in given area.
Start with a medium-sized ball and progress to a tennis ball.

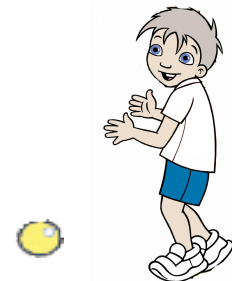
1. Watch the ball .
2. Let it drop to the floor.
3. Cradle ball with both hands.

TP – watch the ball.





Make it harder: To encourage children to move with the ball.

Children to call out “bounce catch” when they bounce and catch it.

Make it easier: Use a large ball.



ACTIVITY 5: Throw and Catch Playground

 Negotiate Obstacles
 Move energetically- Running
 Demonstrate balance
 Demonstrate co-ordination

Teacher to set up area as shown in diagram:

Children to choose which ball they would like to use (tennis/medium-sized ball). Children to move around the given area:

Spots = stand on it and throw and catch

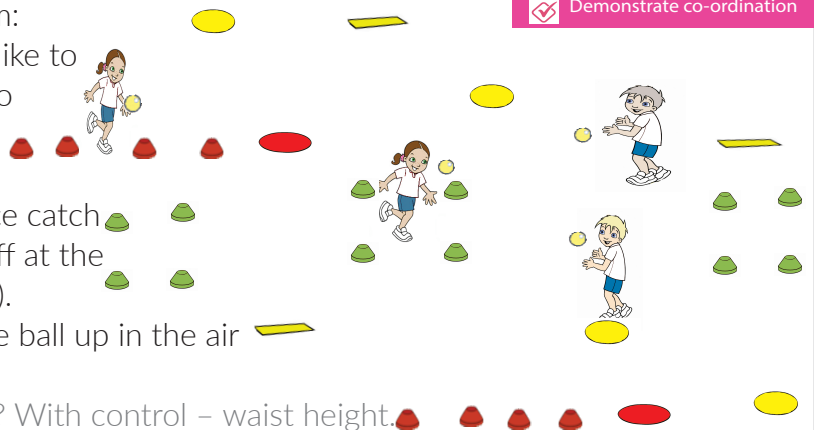
Throw-down strip = stand on it and bounce catch

Cones = run in and out of cones – start off at the snake’s tale (not head – throw-down spot).

When they get the snake’s head, throw the ball up in the air

Squares = show a trick with the ball

Q & A – How should you bounce the ball? With control – waist height.



COOL DOWN

Play sea fun – finishing off with the octopuses stretching.

PLENARY

How did you bounce the ball? How did you catch the ball? What was your favourite part of the lesson?