

Ball Skills through Tennis - LESSON 3 - Early Years

Learning Intention: *How can you throw and catch a ball with a friend?*

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.

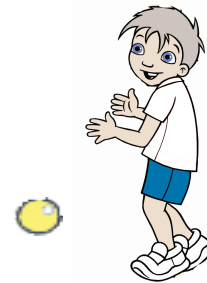
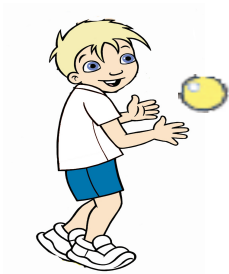
ACTIVITY 1: Recap of Skills: Bounce and Throw Catch

 Demonstrate co-ordination

 Demonstrate balance

Children to find a space, practicing “bounce catch” and “throw catch”.

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



ACTIVITY 2: Throw to a Friend

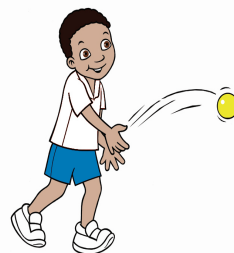
 Demonstrate co-ordination

 Demonstrate balance

Teacher to have a variety of balls/objects for the children to throw and catch.

Teacher to go through main Teaching Points of how to throw and catch a ball with a friend.

1. Children to work with a partner.
2. In pairs they take it in turns to choose a ball to throw and catch it.
3. All children to attempt throwing and catching with a tennis ball.

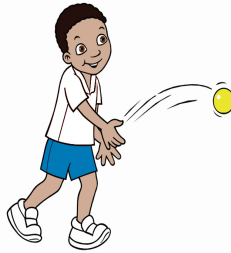


ACTIVITY 3: Throw and Catch Challenge

- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

1. Children to have a tennis ball/sponge ball.
2. What is the highest number of throws and catches you can do?
3. Children to count out loud.

More able: Move further away.
Less able: Use a large ball.



ACTIVITY 4: Hot Potato

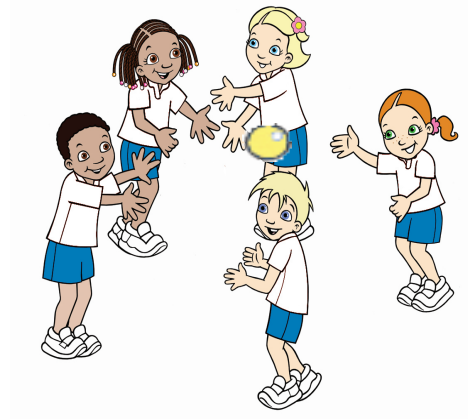
- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

In pairs/small groups.

1. Children to throw the ball to each other.
2. If someone drops the ball they are to go down on "one knee".
3. Each time the ball is dropped they go from: 1 knee - 2 knees - sitting on bottom - start again.
4. If they catch the ball they can stand up again.

Children can choose which object they would like to use.

More able: Use a tennis ball.
Less able: Use a large ball/bean bag.



COOL DOWN

Play sea fun - finishing off with the octopuses stretching.

PLENARY

How did you throw and catch the ball?