TENNIS LESSON 2

Year 4

Learning Intention: How can you control a ball on the racket?

Yr 4

I can control a ball on my racket when moving I can sometimes hit/bounce a ball when moving I can hit/bounce a ball with moving

Resources:

Tennis balls (enough for one each), Cones, Rackets.

WARM UP: Heads and Tails

Split the class into two equal teams. Set up cones with 10 balls on top (heads) and 10 balls underneath cones (tails).

1 team is heads = place ball on top of the cones

1 team is tails = place ball underneath the cones

When teacher says "go" children in each team have to side-step to each cone,
placing the ball in the correct position.

No guarding cones. No more than one ball at a time.

TP – Side-step; feet shoulder-width apart, knees bent. Start feet together: front foot steps to side, back foot follows – then repeat.

Challenge: Step and clap

Holding a racket:

- 1. Imagine you are shaking hands with the racket
- 2. Close your fingers and thumb around the racket
- 3. Children can try 1 hand or 2 hands

ACTIVITY 1: Recap of Ball Skills

- 1. How many different ways can the children move with a ball using their racket?
- Balance the ball on the racket when walking
- Criss-cross on the racket (hot cross bun)
- Tap ups keeping the ball up with gentle taps
- Bounce it down on the floor keeping it bouncing with the racket
- Turn the racket flip ball up in the air and turn racket over

Make it harder: Turn the racket

Q & A – How do you hold the racket? How do you control the ball when moving?



ACTIVITY 2: Partner Tap ups

Game in pairs

In 2's hit alternative tap-ups into the same small area, moving out of each others' way.

Teaching Points:

- Ready Position
- Watch the ball
- Control the ball with the racket (keep it flat)
- Tap the ball up to head height

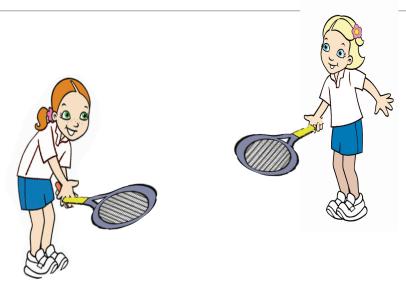
Make it easier: Throw the ball up, let it bounce and trap the ball with a hand on the racket strings.

Make it harder: Use alternative sides of the racket.

Make the ball land on a target such as a line or a spot.

Vary height e.g. low taps-ups and high tap-ups.





ACTIVITY 3: Rally Fun

- 1. Pairs to rally the ball to each other.
- 2. Children to try and tap the ball to their partner
- 3. How long can they rally for?

Remember to try and keep control.

Make it easier More than one bounce

TP: - Gentle hits to partner

- Keep balanced in the "ready" position.
- Strong wrist when holding the racket
- Knees bent to help with balance
- Watch the ball





Linking learning: When catching the ball you were in the ready position and on your toes. Can you do the same when rallying?

COOL DOWN

Children to jog around slowly in a given area, controlling the ball with the racket in different ways.

PLENARY

How did you keep control of the ball on the racket?

