

Learning Intention : *How can you use different footwork in tennis?*

Yr 5

I can attempt to move and hit a ball

I can move to hit a ball with some balance and control

I can move with balance and control when hitting a ball

Resources:

Rackets and Tennis balls
(enough for one each),
Cones or
Throw down strips.

WARM UP: On Your Toes!

Children are to spread out in a given area, facing the teacher. Children to be in **ready position** on their toes.

Teacher to point in any direction, e.g. left, right, forward, back. The children are to then move in the direction the teacher points to.

Note: Children are to always face forwards when moving; they must return to the middle and keep on the balls of their feet.

Linking learning: This could be related to being on a tennis/badminton/volleyball court- keeping on the balls of your feet and getting back in the ready position to return the shot!

Teaching Points

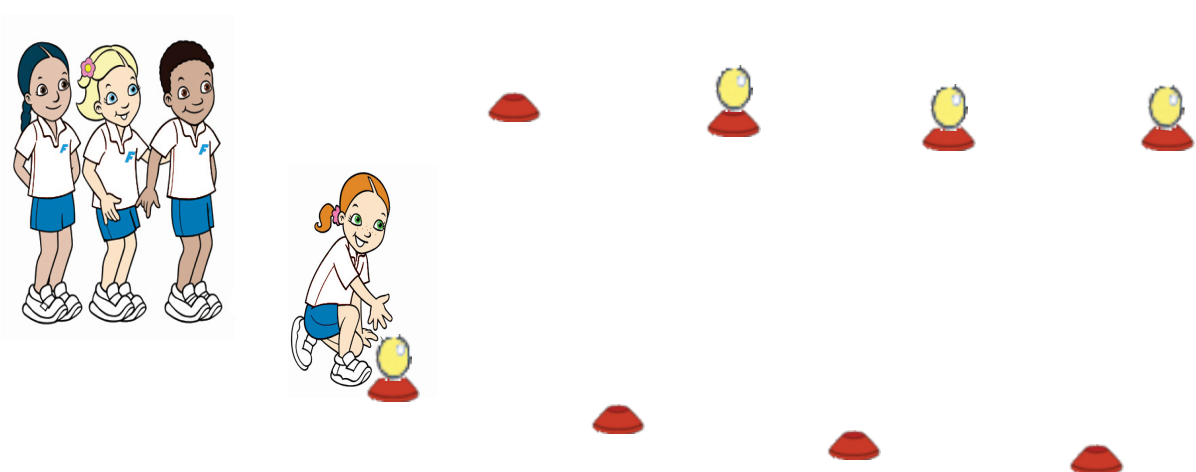
- Small steps
- Quick feet
- Balanced
- Bend knees

ACTIVITY 1: Side-stepping

1. In teams of 4/5. Set up cones as shown in diagram.
2. Side-step between cones picking up one ball at a time and placing on the opposite cone.

- a. Pick up with hand nearest the cone and swap with other hand,
- b. Pick up and put down with two hands together.

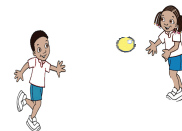
Linking Learning: What are these actions similar to in tennis? E.g. the forehand and backhand; getting down for low shots



ACTIVITY 2: Right, Left, Forward and Back

Step 1: Ball

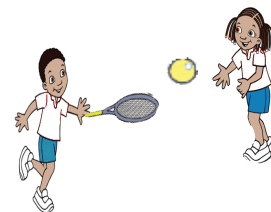
1. Partner A calls left, right, forward and back; partner A throws the ball to the position they call – Partner B should always return to the middle – ready for the next call.



Step 2: Ball and racket

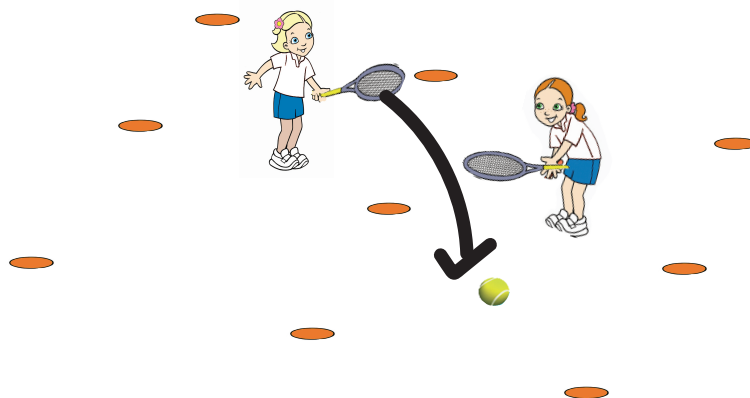
1. Repeat as above: this time partner B is moving with a racket and hitting the ball back to partner A.

Q & A – How can you get into position quickly? E.g. small steps; get back into middle; ready position; keep on balls of feet.



ACTIVITY 3 : Squares

1. Set up court as shown in diagram.
2. Children in pairs: 1v1 rally. Start in the middle on the base line.
3. Aim of game is to hit the ball into the square that your partner is not standing in. If you do, you win a point.



Q & A – How can you be ready for the next shot? E.g. Try to anticipate where the next shot is going, keep on balls of feet, ready position.

Tactics: Try to hit the ball into the square that your partner is not standing in, this will make it much harder for them to return the ball. Therefore giving you an advantage to win!

COOL DOWN

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

PLENARY

What is important when moving to hit the ball in tennis?
Where do you think you are on the progress-o-meter?