

TENNIS LESSON 3

Year 4

Learning Intention : *How can you hit the ball using a forehand?*

Yr 4

I can hit a ball using a forehand with some control

I can hit a ball using a forehand with control

I can hit a ball using a forehand with control and some accuracy

Resources:

Rackets and Tennis balls
(enough for one each),
Cones,
Throw down strips,
Chalk.
Use a hand paddle

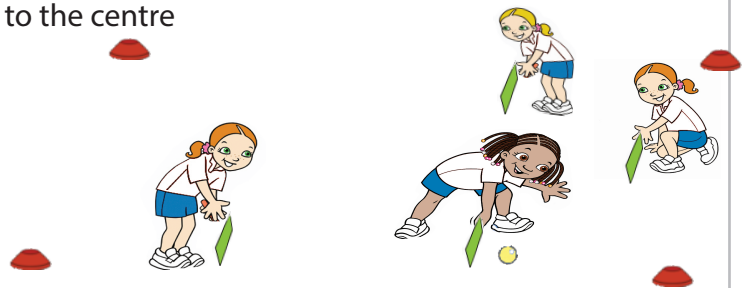
WARM UP:

Children in teams - 2 v 2. Set up a mini pitch like football. Using cones as goals.

1. Fold the throw down strip in half and hold in hand (use as a hand hockey stick).
2. The aim of the game is to get the tennis ball into the other teams goal.
3. If a team scores the opposite team takes it back to the centre

Make it harder: 3v3 or 4v4 add goal keepers to the game.

SAFETY: Bend knees (keep your head up)



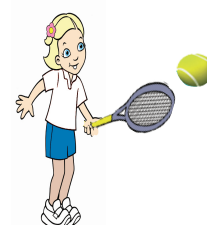
Linking Learning: How does his game relate to tennis? Think about how you hit the ball- in year 3 you learned about hitting the ball with a forehand. Which way would this be in this game?

ACTIVITY 1: Rally Tennis

1. Children work in pairs. **Make it easier:** Use a hand paddle
2. Can pairs rally to 6?
3. How many rallies can pairs do with their forehand?

Q & A - What do you need to do to hit the ball with your forehand?

- Accuracy and control.
- Be able to move your body into position
- Be quick on your feet!



ACTIVITY 2: Drop feed

1. In fours
2. Child A drops feeds the ball onto the floor for child B, who hits the ball up (forehand) for child C or D to catch.

Q & A – How should you stand when hitting the ball with your forehand?

Stand – Side on holding racket with correct grip

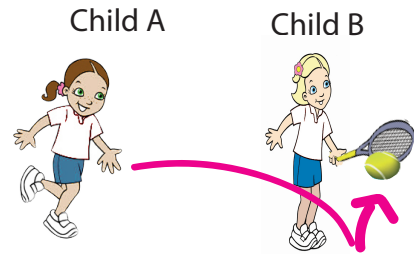
Watch - Keep your eyes on the ball

Hit – Ball in centre of racket

Target – Point racket towards target

One minute challenge: how many hits and catches can they do in one minute? Swap over.

Make it easier: Use throw-down feet for body position.
: Sponge tennis ball.



Child C

Child D

Safety: ensure the feeder (child A) steps back as soon as they feed the ball

ACTIVITY 3: Throw, Bounce, Hit

1. In fours.
2. Child A feeds the ball to child B – who hits the ball back (once it has bounced on the floor – using a forehand hit) to child C or D – who catches.

One minute challenge: how many hits and catches can they do in one minute? Swap over.

Q & A – How do you hit the ball with control?
Control of racket speed and follow through.

Stand – Side on

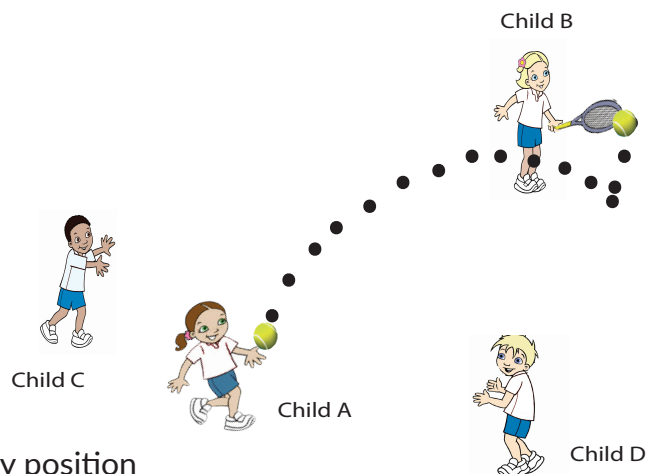
Hold – Strong grip on racket

Hit – Ball in centre of racket

Target – Point racket towards target.

Make it easier: move closer
: Let the ball bounce twice

Make it harder: move further away
: Player hitting starts in ready position



ACTIVITY 4: Rally Tennis

1. Children to rally again with their partner
2. How many hits can pairs do with their forehand?

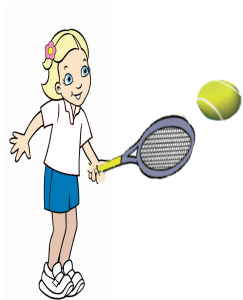
Q & A – Have you improved your rallying skills? What are you doing better this time? Do you have more control when hitting the ball?

3. Challenge: Can you make it a competition? If you manage **6 consecutive hits you win 1 cone**. The pairs with the most cones wins.

- Racket to face towards target
- Keep on your toes to move into position
- Watch the ball

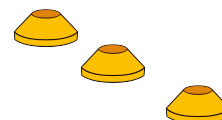
RST: Talk to your partner - what do you need to do to ensure you can keep a rally going? Talk about your strengths and how you can improve your game.

Make it harder: Increase the number of consecutive hits to win a cone



This pair have won
3 cones.

How many hits
have they done
altogether?



COOL DOWN

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

PLENARY

Can you think of what is important when hitting a ball using the forehand position?
e.g body position, hand position, footwork,