

TENNIS LESSON 6 &7

Year 5

Learning Intention : *How can you play a game of mini tennis?*

Yr 5

I can sometimes serve and rally in mini tennis and begin to communicate with my partner

I can serve and rally in mini tennis and communicate tactics with my partner

I can serve and rally in mini tennis with control and accuracy and communicate tactics and strategies to beat my opponent

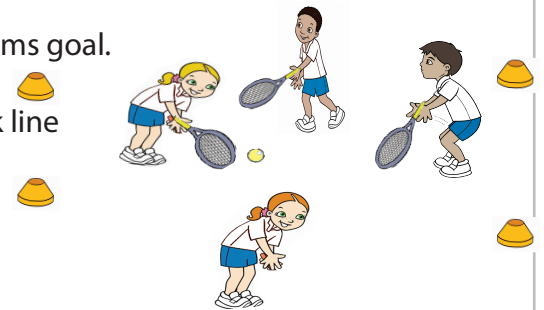
Resources:

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

WARM UP:

Children in teams - 2 v 2 or 3v3. Set up a mini pitch, as in football. Using cones as goals.

1. Use a tennis racket (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 restarts play from the back line (baseline).
4. You may have goal keepers in this game.

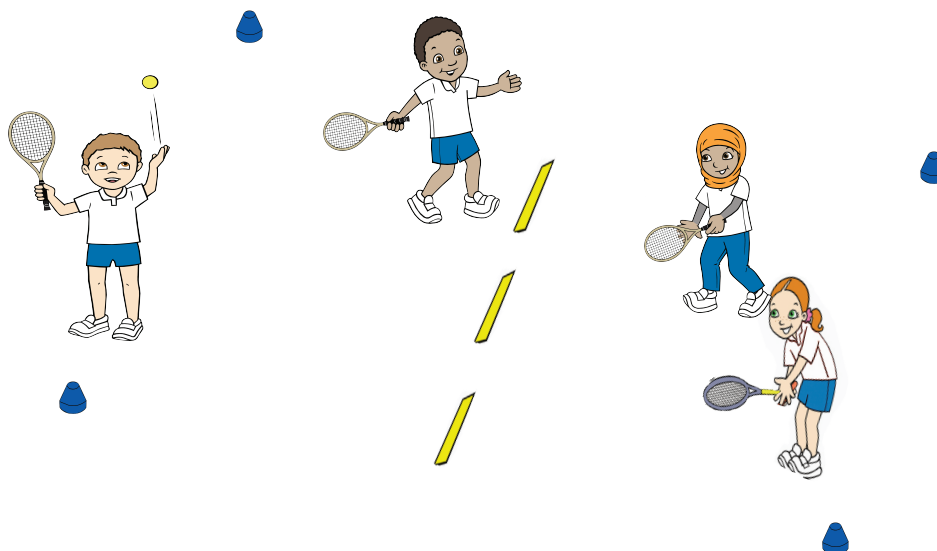


SAFETY: Bend knees (keep your head up)

ACTIVITY 1: Rally Fun

1. In pairs - rallying –recap using forehand and backhand.
2. Children to choose an **under** or **overarm** serve to start the rally. Children to always serve **diagonally**.
3. How many **consecutive** hits can they get to?

Extension: Play doubles



ACTIVITY 2: Mini Tennis

Mini tennis rules:

- First to 10 points.
- The nominated person will start the game by serving from the right-hand side of the court; it then alternates between players every 2 serves in a left/right pattern (e.g. player 1 serves from the right hand side of the court.

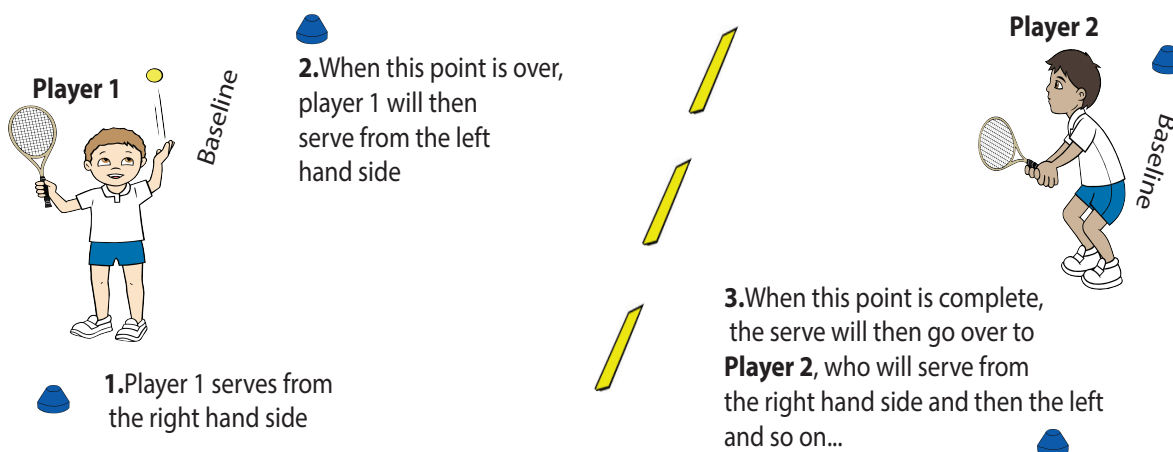
When this point is over, player 1 will then serve from the left hand side. When this point is complete, the serve will then go over to Player 2, who will serve from the right hand side and then the left and so on...

- When serving, players should stand behind the back line (baseline).
- When serving, the ball must **not** be bounced before being hit (If children find this too difficult, allow them to have one bounce before serving).
- The serve can be played 'under arm' or 'over-arm'.
- **Serves should be hit/played diagonally, landing anywhere in the opposite diagonal quarter of the court.**

The player loses a point if:

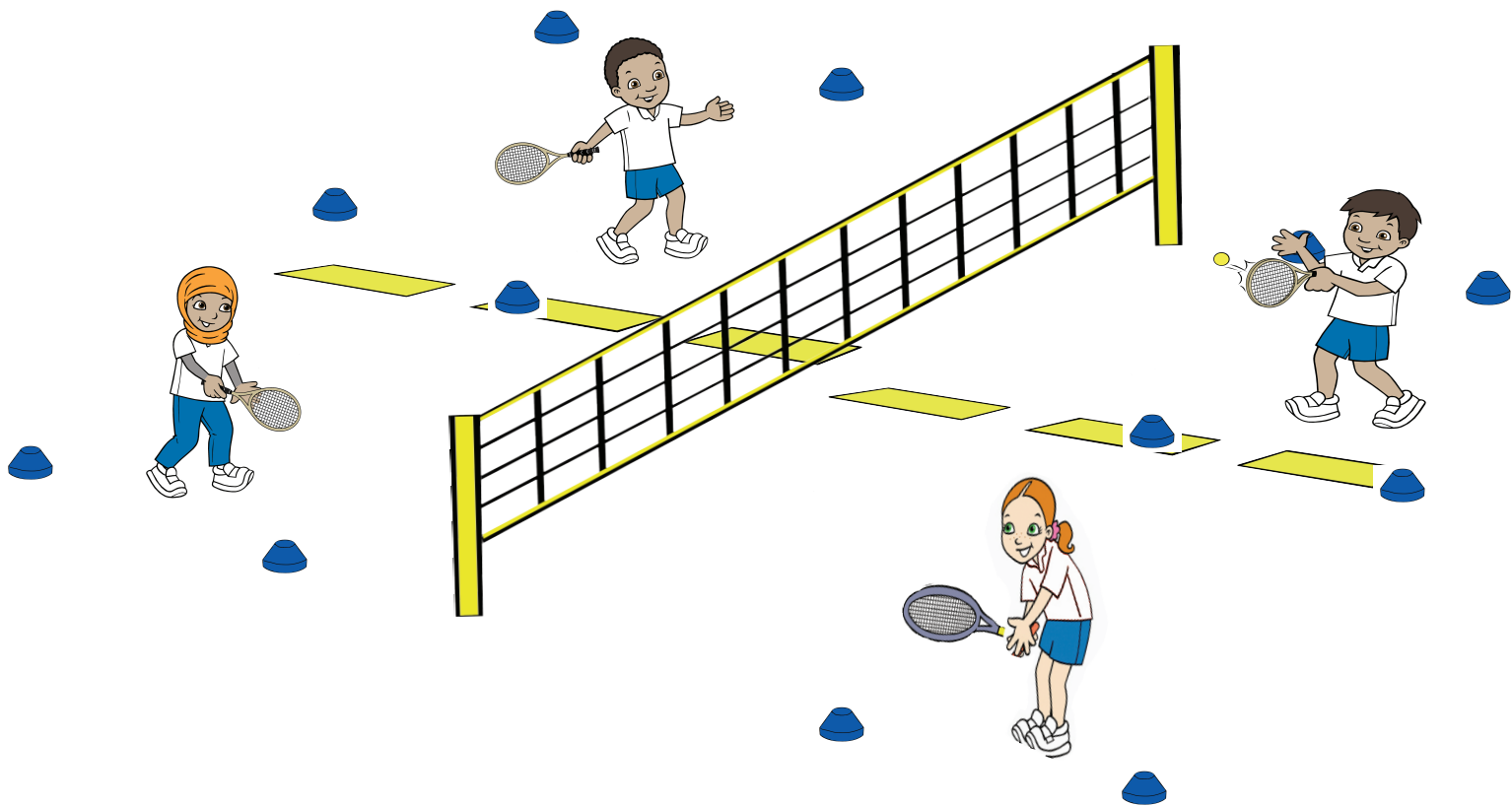
- The ball bounces out of the court.
- The ball bounces more than once.
- The ball fails to go over the net.
- Players stay at the same end of the court for the entire match.
- Each court should have a helper/scorer, who calls out the scores and helps out with decisions.

Please note: if there is not enough space, you could adapt this to be a game of doubles 2v2.



Make it easier: Serving – ball can be bounced before being hit, serve does not have to be hit diagonally, ball can bounce twice before being returned. Use a sponge ball.

Make it harder: To use the correct scoring as in the rules of tennis, e.g., love, 15, 30, 40, deuce, etc.



Rules, Strategies and tactics (RST)

- Identify your opponent's strengths and weaknesses
- Try targeting their weak points e.g. which side is harder for them to return the ball
- Look for the space when **attacking**- make them run for the ball - this creates space!
- **Deny** your opponents space when **defending**- keep on your toes - **quick feet** - always face the net

COOL DOWN

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

PLENARY

Can you give a few examples of some important rules when playing tennis?
How can you use tactics to beat your opponent?
Where do you feel that you are on the progress-o-meter?