TENNIS LESSON 2

Year 5

Learning Intention : *How can you control a ball with a racket when moving?*

Yr 5
I can sometimes hit/bounce a ball when moving.
I can hit/bounce a ball when moving.
I can hit/bounce a ball with control when moving.

Note: this may take more than one lesson.

WARM UP: Heads and Tails

Children are to start off spread out in a given area, facing the teacher. Children are to be in ready position and on their toes. Teacher to point in any direction, e.g. left, right, forward, back. The children are to move in the direction the teacher points.

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

Extension: Teacher points in a direction and children have to react and move in the **opposite** direction, or **call out compass points:** North, South, East and West.

TP: keep racket flat when bouncing ball – like a frying pan!

ACTIVITY 1: Tennis Playground

Children to have a racket and a ball each. Set up area as shown in diagram.
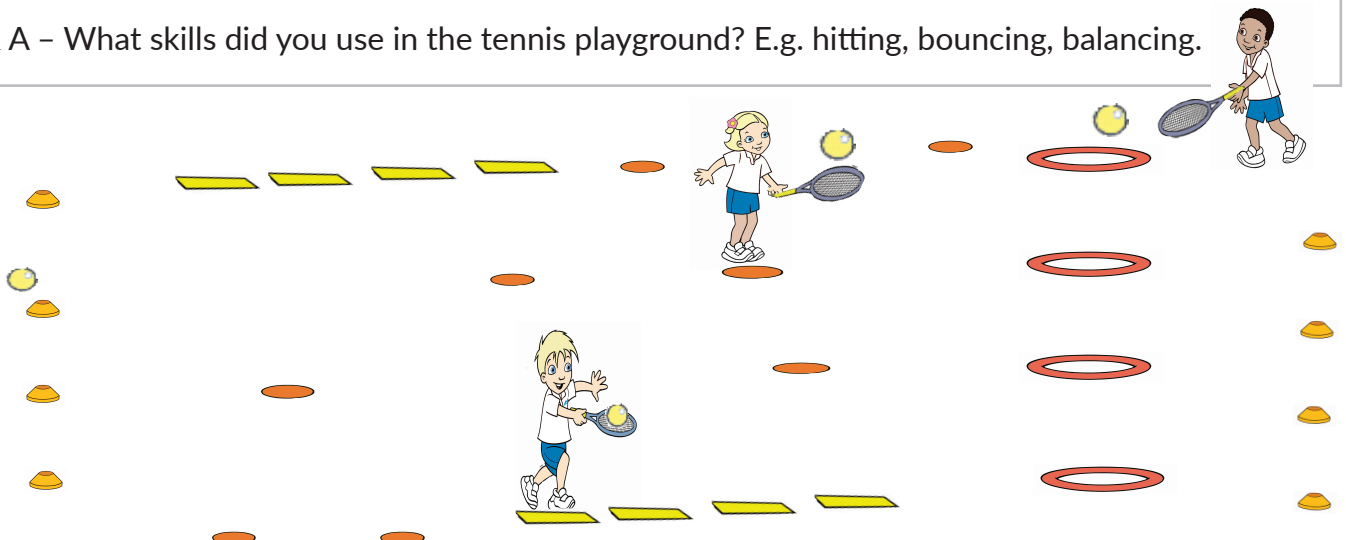
1. Children to explore the tennis playground.

Spots = 3 hits up.
Strips = balance along. (with ball on racket)
Hoop = bounce ball into hoops.
Cones = move in and out of cones – hit ball up or down onto floor with racket.

Q & A – What skills did you use in the tennis playground? E.g. hitting, bouncing, balancing.

ACTIVITY 2: Compass Points

Children work in pairs and complete the following: run to each compass point when moving east and west (sideways)= side step.

a) Moving quickly to each compass point - No ball.
b) Balancing the ball on the racket. **Make it Harder:** bend down and touch the cones.
c) Hit the ball up.
d) Hit the ball down on to the floor.

Linking learning: In year 3&4 you practiced this in a straight line and around a slalom. Try to remember how you kept control of the ball?

We also use this footwork practice in other net/wall games such as volleyball and badminton- this is great for quick feet (agility), improving balance and also encouraging you to face the net.

Q & A – How can you keep the ball **controlled** on the racket when **hitting it up**?
 Watch the ball, keep the ball in the centre of the racket, do not hit above head height.
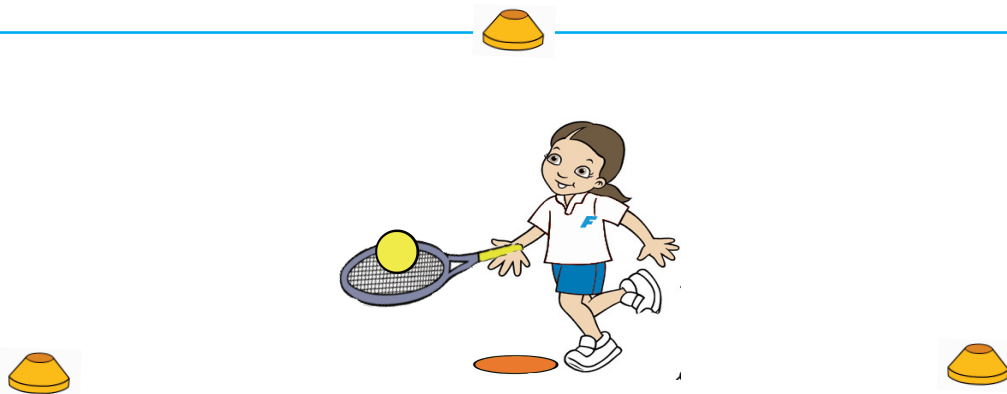
Q & A – How do you keep the ball **balanced** on the racket?
Watch the ball, keep the ball in the centre of the racket, keep the racket horizontal (flat)

Bouncing on the floor: Watch the ball, keep the ball in the centre of the racket, bounce ball slightly in front.

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ACTIVITY 3: Volley Rallies

1. In pairs; How many rallies (with a bounce) can they complete?

2. Can they progress onto volley rallies? (no bounce). How many can they do? Can they get a PB?

Q & A – How do you control the ball when volleying it back to your partner? Cushion the ball, push the ball, return the ball in the shape of a rainbow - Linking learning -this is like the volley in volleyball!

Challenge: Can you outwit your partner in a tennis volley game? Pairs to devise their own game rules and score system. They can use cones, spots, throw down strips for markings.

RST Rules, Strategies and tactics): How can you make your partner move for the ball?
- Placing shot towards their weaker side.
- Play the ball to an area of the court where there is space.
- Play the ball in the opposite direction to the one they are moving towards.

Linking learning: How does activity 2 relate to this game? Always return to the middle of the court, face forward, be on your toes, ready, and have quick feet when moving around the court.
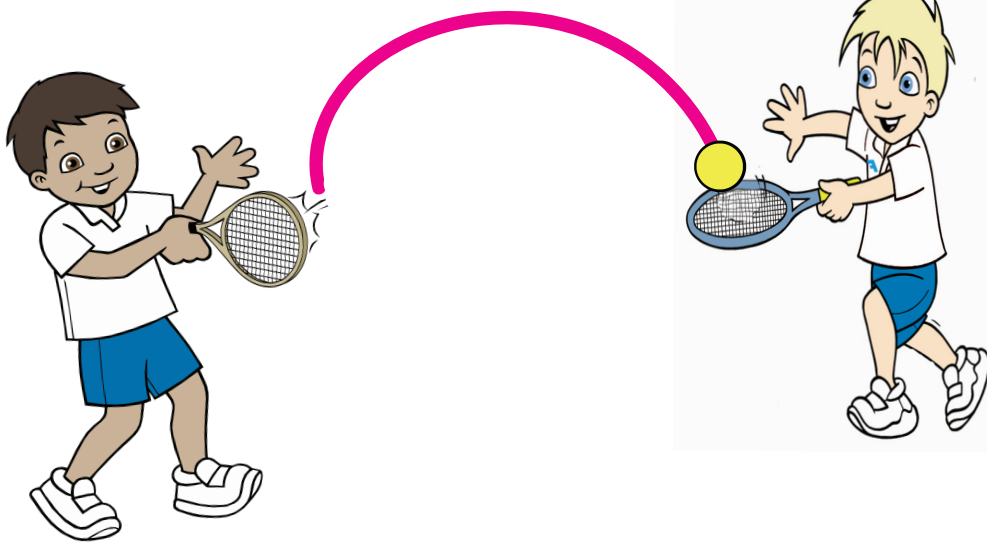
Make it easier: Add a bounce.

COOL DOWN

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

PLENARY

What is important when controlling the ball with the racket?
Where do you think you are on the progress-o-meter?
Tell your partner and then feed back to the class.

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