

Resources:

Rackets and Tennis balls
(enough for one each),

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

Yr 5

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

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

I can hit a ball using forehand with control and accuracy

WARM UP: Mirror Mirror

In pairs - start in ready position.

Child 1 moves in any direction, Child 2 mirrors their actions - keep on your toes, quick feet and always go back to the middle.

See video.

ACTIVITY 1: Forehand hit - Throw, Bounce, Hit

Recap of prior learning: In year 4 you learned how to perform a forehand shot- what were the key points? How did you stand, what part of the racket did you hit the ball with?

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.

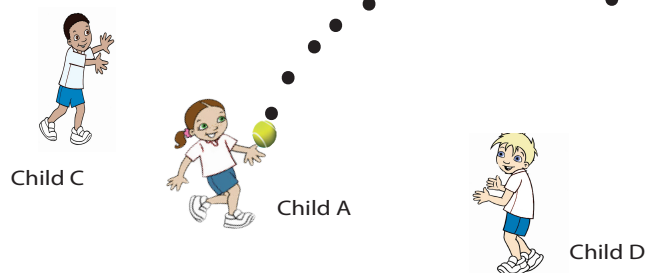
Hold - Strong grip on racket.

Hit - Ball in centre of racket.

Target - Point racket towards target.

Make it easier: Move closer.
: Let the ball bounce twice.

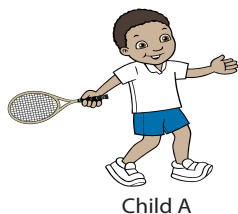
Make it harder: Move further away.
:The player hitting, starts in ready position.



ACTIVITY 2: Throw, Bounce, Hit

1. In fours. (Progression from Activity 1-Increasing distance and aiming for target areas)
2. Feeder 1 feeds the ball underarm to Child A (with the racket)- who hits the ball back to them (once it has bounced on the floor -using a forehand hit). Now repeat this with feeder 2 and 3 -see video.
3. Children to take it in turns to perform the forehand hit.

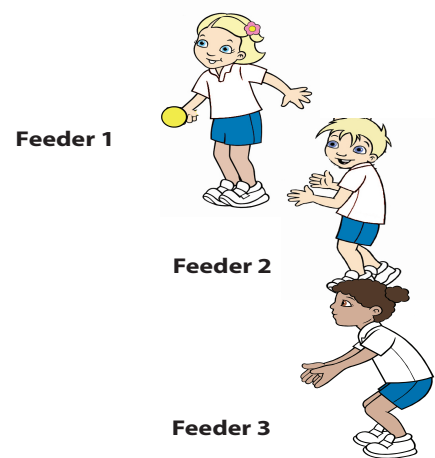
Q & A – How do you hit the ball with control? Be in the ready position.
Control of racket speed and follow through.



Make it harder: Increase the distance.

Make it easier: Move closer.

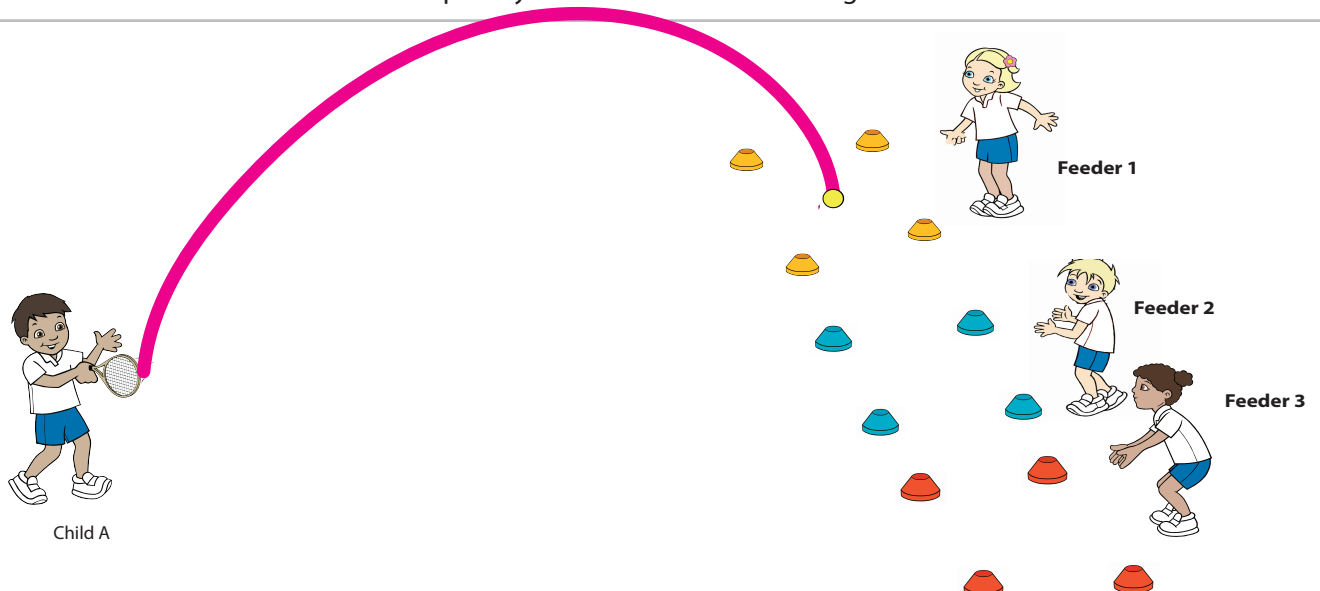
Use a sponge tennis ball.



ACTIVITY 3: Into the square.

Children to repeat the same activity as above- However, this time they are aiming to hit the ball and to land it in the square. See video.
Children to rotate around and take it in turns.

Q&A: What is important when aiming for the square? Stand side on, hold the racket with a strong grip, hit the ball in the centre of the racket and point your racket towards the target.



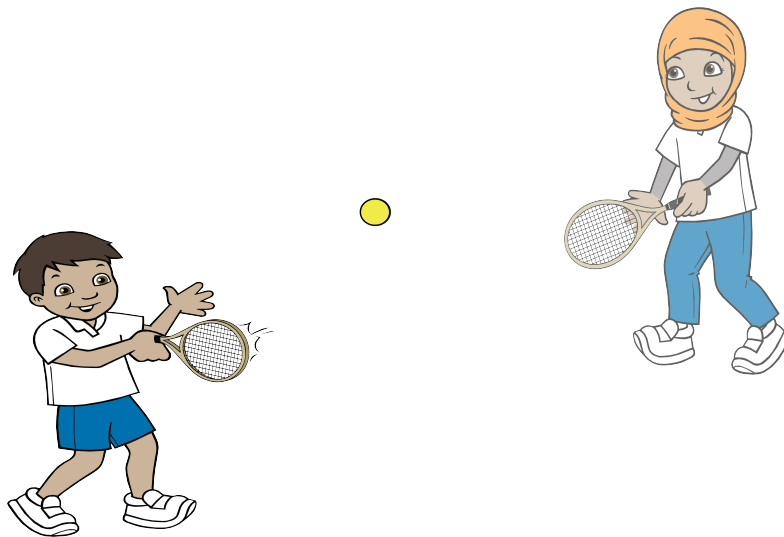
ACTIVITY 4 :Rally Tennis.

1. Children work in pairs.
2. Can the pairs rally to 5?
3. How many rallies can the pairs complete using the forehand?

Q & A – What is required to enable a successful rally? Body position, quick feet, quick reactions, accuracy and control of hit.

Linking learning: Remember, last lesson we looked at footwork using the four points of the compass, and always facing the net. Can you use this footwork in your game?

Remember, be in the ready position when receiving the ball.



COOL DOWN

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

PLENARY

What is important when hitting the ball with a forehand? How did you keep control when hitting the ball towards a player or target?