

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

Yr 5

I can hit a ball using the backhand with some accuracy and control

I can hit a ball using the backhand with control and some accuracy

I can hit a ball using the backhand with control and accuracy

Resources:

Rackets and Tennis balls
(enough for one each)
Cones

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, have quick feet and always return to the middle.

Make it harder: Add some of your own actions into the warm up e.g. touch the floor, jump up, play some imaginary shots.

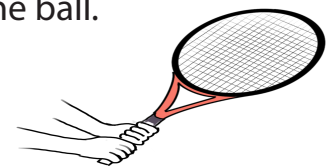
ACTIVITY 1: Backhand recap

Recap of prior learning, Show me the backhand grip and stance:

1. Children to stand in ready position and jog on the spot - teacher calls "forehand" or "backhand" and they are to show the shot. **Safety:** make sure all children are in a space!

Back hand Grip:

- ✔ Use a doubled-handed grip to hold the racket.
- ✔ Use the shake-hands forehand grip- left hand on top and right on the bottom.
- ✔ The back of your hand is facing your partner when you hit the ball.
- ✔ Dominant hand is at the bottom of the racket.



Back hand Stance:

- ✔ **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.



ACTIVITY 2: Throw, Bounce, Hit

1. In fours - Distance no more than 3 metres apart
2. Child A feeds the ball to child B - Who hits the ball back (once it has bounced on the floor) using a backhand hit, to child C or D. who catch the ball

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

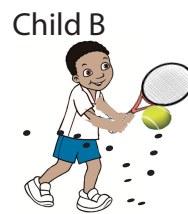
Q & A - How do you hit the ball with control?
Control of racket speed and follow through.



Child C



Child A



Child B



Child D

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

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

ACTIVITY 3 : Throw, Bounce, Backhand

Progression from activity 2 - children will move further away and have a specific target to focus on returning the ball to- using a backhand hit.

1. In fours- increase distance - no more than 15 metres apart
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 backhand hit. Now, repeat this with feeder 2 and 3 -see video.
3. Children to take it in turns to perform the backhand hit.

Q & A - How do you hit the ball with accuracy and control? Be in the **ready position**.
Point the racket towards the target. Control of racket speed and follow through.

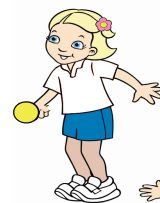


Child A

Make it harder: Increase the distance

Make it easier: : Use a sponge tennis ball/ Move closer

Feeder 1



Feeder 2



Feeder 3



ACTIVITY 4: Which side?

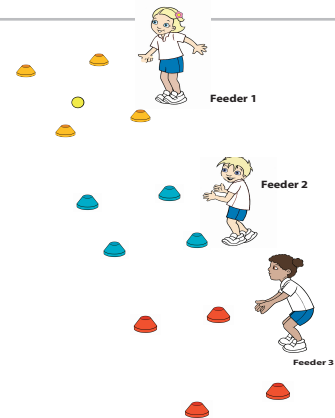
Children to repeat activity 3 - However, this time they are aiming to get the ball into the square. They can use either a forehand or a backhand shot . See video.

Q & A – When should you use the backhand?

When the ball is going towards your non racket side – it is quicker for you to use a backhand rather than running around the ball to use your forehand. Teacher/child to demonstrate.



Child A



Extension :Rally Tennis

Children work in pairs.

1. How many shots in a rally can pairs complete with their forehand and backhand?
Can pairs rally to 10? What is the highest score they can get? Can they get a PB (personal best)?

Q & A – What is required to enable a successful rally using forehand and backhand shots?

Body position, quick feet, quick reactions, accuracy, control of hit, quick decision making- which way to return the ball.

2. **Extension:** Play a small game of singles or doubles

RST (Rules, Strategies and tactics): When playing a game.

Attacking- Score points! Think about where you would place the ball to outwit your opponent. Look for the space on the court- make it hard for your opponent to get to the ball.

COOL DOWN

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

PLENARY

When would it be best to use a backhand in tennis? How did you keep control when performing a backhand hit?