

TENNIS LESSON 6/7

Year 6

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

Yr 6

I can serve and rally in mini tennis (under or overarm) and communicate some tactics and strategies with my partner.

I can serve and rally in mini tennis with some control and accuracy and communicate tactics and strategies with my partner.

I can serve and rally in mini tennis with control and accuracy. I can communicate tactics and strategies with my partner, highlighting our opponents strengths and weaknesses.

Resources:

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

WARM UP:

Children can either :

1- Use warm up from lesson 5 (see video).

or

2- Devise their own warm up in small groups of 4.

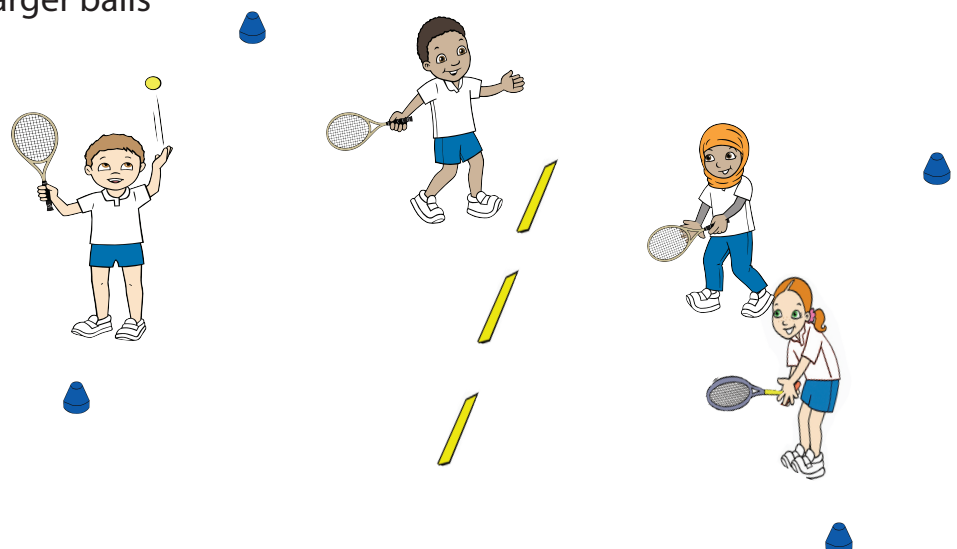
Children to think about everything they have learned throughout the tennis units- e.g., ready position, footwork, forehand, backhand, overarm serve etc

Remember- in the warm up they will require a good pulse raiser to raise their heart rates. This will ensure their muscles are warm and that their body is ready for exercise.

ACTIVITY 1: Rally Fun – doubles

1. One pair plays against another pair; recap rallying – 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?

Make it easier: Use sponge/larger balls



ACTIVITY 2: Mini Tennis tournament

1v1 - children to have a 5 minute warm-up before playing a game. Play 5 minute timed games and rotate round to play other children

Mini tennis rules:

- First to 10 points/or highest score within 5 minute games.
- 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.

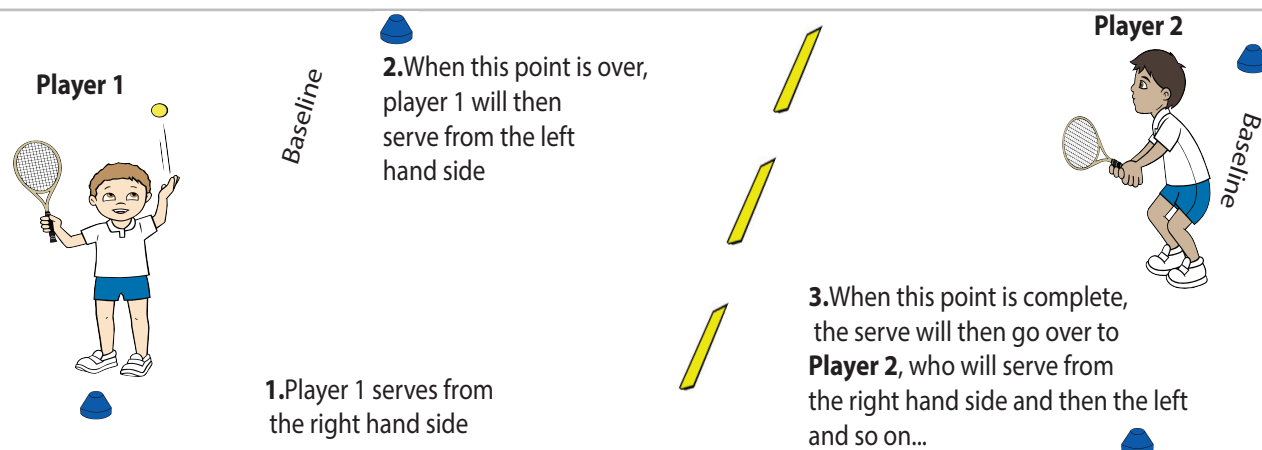
When this point is over, player 1 will then serve from the left hand side. When this point is complete, the serve will then go over to Player 2, who will serve from the right hand side and then the left and so on...

- 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:

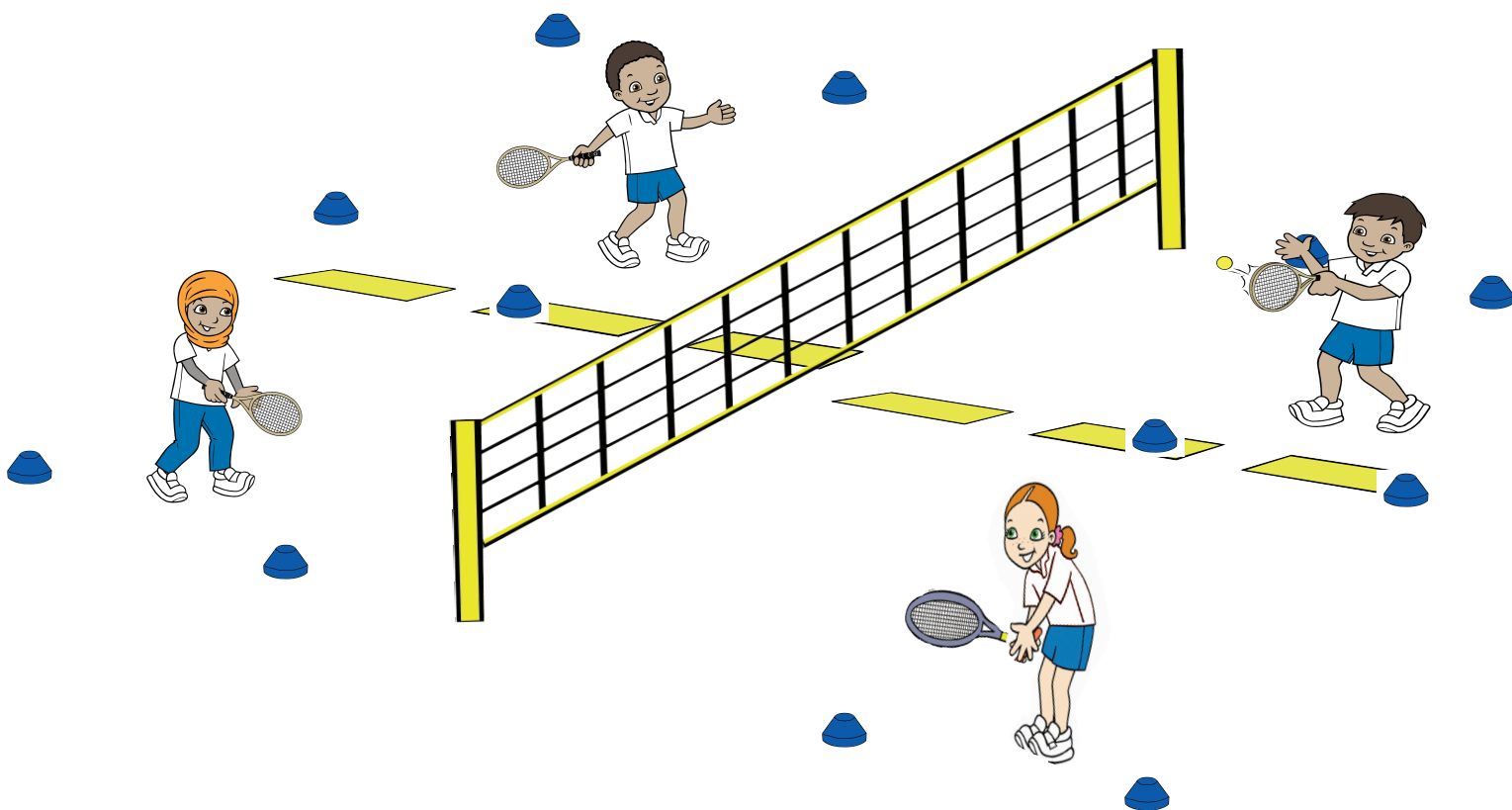
- The ball bounces out of the court.
- The ball bounces more than once.
- The ball fails to go over the net.
- Players stay at the same end of the court for the entire match.
- Each court should have a helper/scorer, who calls out the scores and helps out with decisions.

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



Make it easier: Serving – The 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.



Rules, Strategies and tactics (RST)

- In identifying your opponent's strengths and weaknesses, help you create a game plan.
- Try targeting their weak points e.g. what is their weaker side,
- Trying to avoid any opportunity for them to play to their strengths for example if they are good at a forehand shot try and make them play a backhand shot
- In your five-minute warm-up - can you hit different shots to your opponent and see how they react to them.
- By watching their play will allow you to **strategise (create a plan to achieve your goal)**.
- Can you come up with a game plan to defeat your opponent/s- You can base this on their strengths and weaknesses.

Extension: Play a doubles game

COOL DOWN

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

PLENARY

How did you use your knowledge of tactics to outwit your opponent/s?

Where do you think you are on the progress-o-meter, how can you get to the next step? Discuss this with your partner.