

TENNIS LESSON 4

Year 6

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

Resources:

Rackets and Tennis balls
(enough for one each),
Hoops,
Cones,
Throw down strips,
Throw down spots.
Nets

Yr 6

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.

I can hit a ball using the backhand, with control and accuracy over a variety of distances.

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.

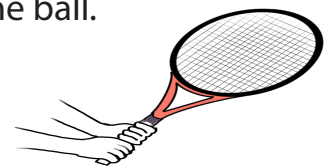
ACTIVITY 1: Backhand recap.

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, Backhand.

1. In fours.
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 forehand hit.

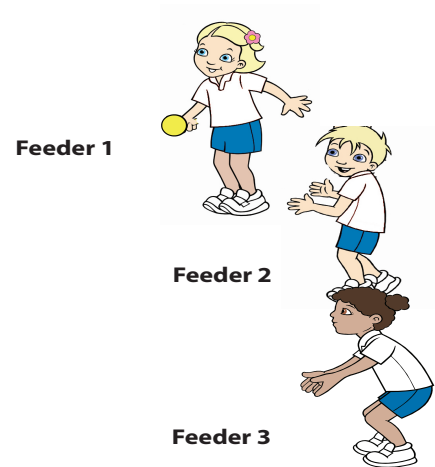
Q & A – How do you hit the ball with control? Be in the **ready position**.
Control of racket speed and follow through.



Child A

Make it harder: Increase the distance.

Make it easier: : Sponge tennis ball/ Get a bit closer.



ACTIVITY 3: Which side?

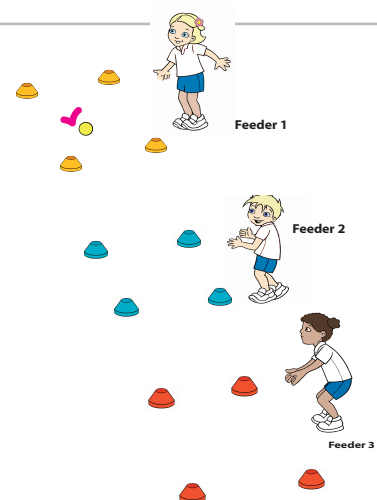
Children to repeat the same activity as above- However, this time they are aiming to get the ball into the square. They can use either a forehand or a backhand shot . See video.

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



ACTIVITY 4 :Rally Tennis.

Children work in pairs.

1. How many rallies can the pairs complete with their forehand and backhand?
Can pairs rally to 10, or 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 the forehand and backhand?

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

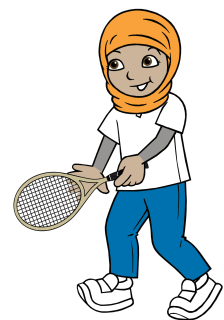
2. Extension: Play a small game of singles or doubles.

Teacher to reward use of backhand in a game.

Challenge: Add some throw down strips/net to your game. Add your own court markings, score points using a tennis points system e.g. 15, 30, 40, Game.

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?