

# TENNIS LESSON 5

Year 5

Learning Intention : *How can you serve?*

Yr 5

I can attempt to serve underarm.

I can serve underarm and attempt to serve overarm, beginning to think about tactics and how to beat my opponent.

I can serve overarm with success and discuss with my partner ways in which we can beat our opponents.

Resources:

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

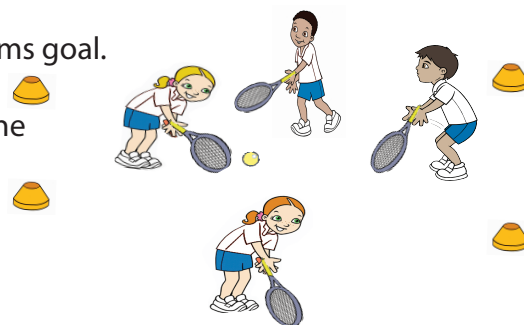
**Note: This may take more than one lesson.**

## WARM UP:

Children in teams - 2 v 2 or 3v3. Set up a mini pitch, as in football. Using cones as goals.

1. Use a tennis racket (as a hand hockey stick).
2. The aim of the game is to get the tennis ball into the other teams goal.
3. If a team scores, the opposite team restarts play from a back line
4. You may have goal keepers in this game.

**SAFETY:** Bend knees (keep your head up)



## ACTIVITY 1: Serve it

**Q&A: When is a serve used in tennis?** We serve to start the game and then attempt to win a point without your opponent being able to return the ball!

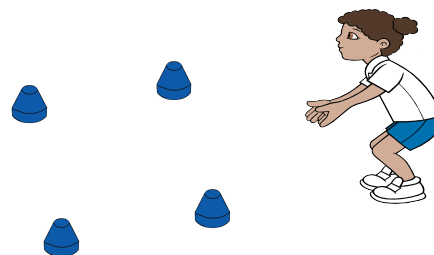
**Linking learning:** Do you remember aiming the ball towards a target and also into a box in Yr 3 and 4, in the game called battleships? You may have attempted this using an overarm and/or an underarm serve/shot.

Recap and practice this with a partner...

1. **Experiment** hitting a tennis ball underarm and overarm aiming to get the ball into the box.
2. **Try it with and without a bounce-Then swap over.**

**Make it easier:** Move closer. Add a bounce before you hit the ball.

**Make it harder:** Move further away and attempt the challenge from different angles.



## ACTIVITY 2: : Underarm Serve into box

Children in groups of four. Set up the court as shown in the below diagram.

1. One child has a ball and stands behind the service line No.1.
2. They serve the ball underarm, diagonally – aiming for the target (Square).
3. Another child catches the ball – then throws it back for the next player.
4. The remainder of the group are in a queue waiting for their turn.
5. Children to swap over and serve from the other side (Make sure children take it in turns to be a ball boy/girl and to collect the ball).

### Teaching Points:

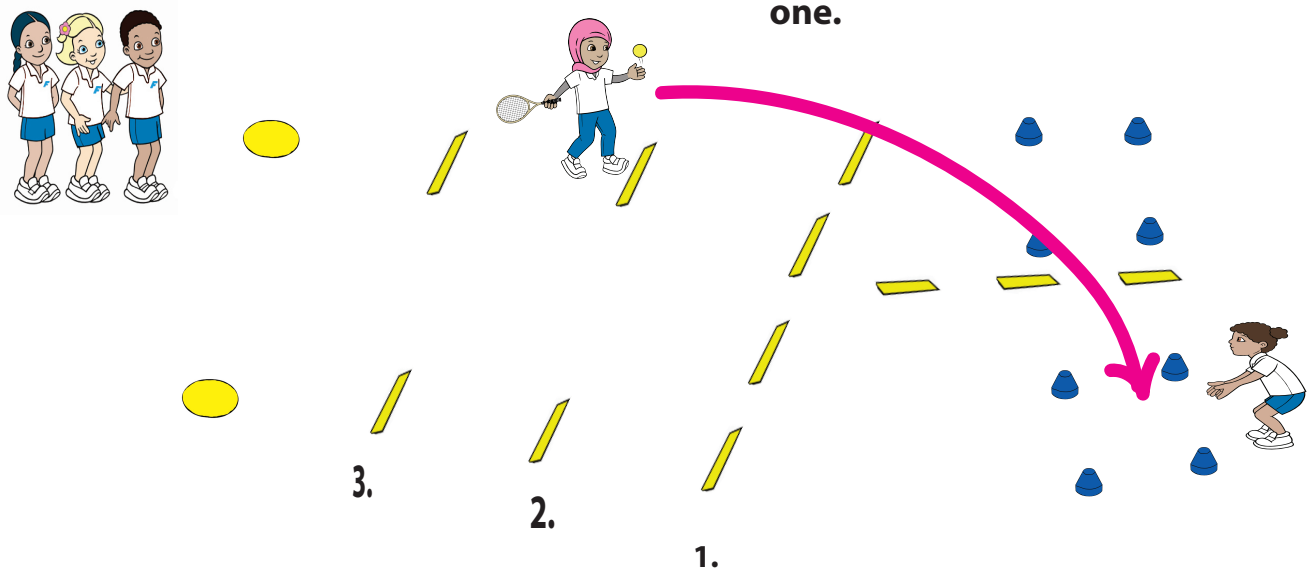
1. Throw the ball up.
2. Swing using the forehand technique.
3. Hit the ball before it bounces.
4. Point racket to target.

### Make it easier:

Move closer.  
Bounce the ball, before you serve.

### Make it harder:

Move further away.  
Add a hoop for greater accuracy.



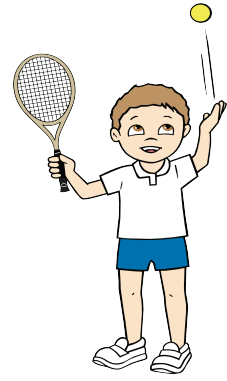
Q&A: What happens when serving, if the ball hits the net and does not go over? You would have a second serve.

However, if the ball hits the net and lands in the diagonally opposite service box - this still remains a first serve!

## ACTIVITY 3 : Overarm Serve into box

Same set up as A2.

1. One child has a ball and stands behind the service line No.1.
2. They serve the ball overarm, diagonally – aiming for the target (Square).
3. Another child catches the ball – then throws it back for the next player.
4. The remainder of the group are in a queue, waiting for their turn.
5. Children to swap over and serve from the other side. (Make sure children take it in turns to be a ball boy/girl and to collect the ball).



### Make it easier:

Serve overarm, facing forwards.

1. Face forward.
2. Throw ball above head height (non-racket hand).
3. Hit the ball above head height.
4. Point racket towards target.

### Make it harder:

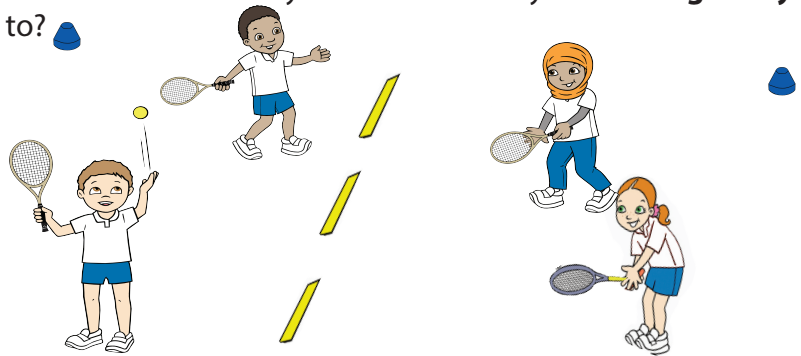
Serve overarm– side-on.

1. Stand side-on.
2. Throw ball above head height (non-racket hand).
3. Hit the ball above head height, rotating shoulders.
4. Point racket towards target.

## ACTIVITY 4 : Rally Fun – doubles (Extension task)

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?

**Challenge:** Can you make it a game?  
First to 10 points. Players are allowed a second serve if the first is not successful.



**RST:** When you serve to the opposition, Which side is harder for them to return the ball to you? How can you gain more points this way? **Attacking** -place ball into a space.  
**Defending**- Deny your opponents space.

### COOL DOWN

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

### PLENARY

What are the different ways you can serve? What is your best way of serving?  
Where do you think that you are on the progress-o-meter?  
Can you tell your partner – How do you feel that can you improve?