

# TENNIS LESSON 5

Year 6

Learning Intention : *How can you serve?*

Yr 6

I can serve underarm and attempt overarm

I can serve overarm (diagonally)

I can serve overarm with control and some accuracy and use some tactics to beat my opponent.

Resources:

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

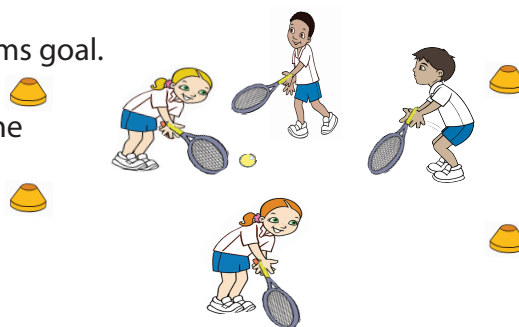
Note: This may take more than one lesson.

## 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: Recap and revisit how to serve.

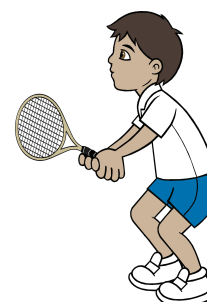
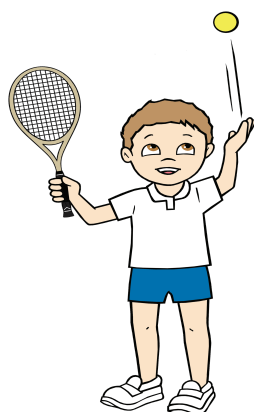
**Q&A: When is a serve used in tennis? What rules do you know about the serve in tennis?**  
e.g. Serve overarm. No bounce before you hit the ball. Serve diagonally into the service box.

**Linking learning: In year 5 you tried serving into a box. Can you remember some key points about serving? e.g. Throw the ball above head height, stand side on, point racket towards the target.**

1. Recap and practice this with a partner. Serve diagonally **overarm**, aiming the ball into the box. **NO BOUNCE** before you hit it. Complete a rally- then Swap over.

**Make it easier:** Move closer. Serve under arm.

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



## ACTIVITY 2: : Overarm Serve into box - Recap and revisit.

Children to set up in groups of four. Set up court as shown in diagram.

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). Children can choose where they serve from.
3. Another child is catching the ball – then throws it back for the next player.
4. The remainder in 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 to collect the ball).

### 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 as you do.
4. Point racket towards target.

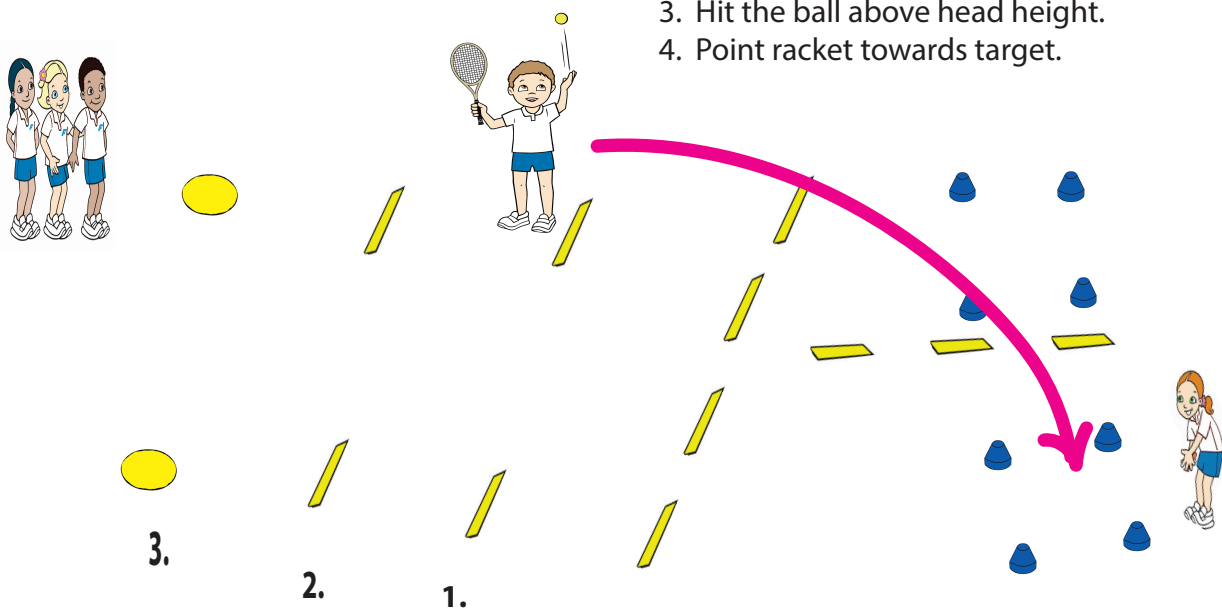
### Challenge: Can you add a hoop, instead of the cones?

Add a tennis net, if you have one (see video).

**Make it easier:** serve underarm  
or

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 easier:**

Move nearer.

Bounce the ball, before you serve.

**Make it harder:**

Move further away.  
Add a net.

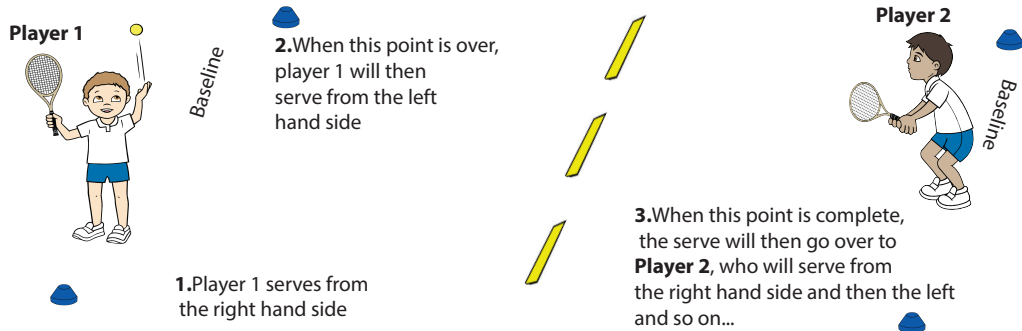
## ACTIVITY 3 : Rally Fun – singles

Set up as below for a game - 1 v 1.

1. Children to choose an under- or overarm serve to start the rally. Children to always serve **diagonally**. See rules below:

### Make it easier:

Serve closer to the net.



**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 from a serve? Do you aim for a specific area?**

**Challenge:** Can you add service boxes to act as targets, as to where the ball has to land?

### Mini tennis rules:

- First to 10 points.
- 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.

### 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 in which 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 you can improve?