

# TENNIS LESSON 1

Year 3

Learning Intention : *How can you move when catching a ball?*

## Resources:

Tennis balls (enough for one each),  
Cones/strips/chalk  
Tennis Rackets x30

Yr 3

I can attempt to move and catch a ball

I can move to catch a ball

I can move with balance and control when catching a ball

## WARM UP: Heads and Tails

Split the class into two equal teams. Set up cones with 10 balls on top (heads) and 10 balls underneath cones (tails).

1 team is heads = place ball on top of the cones      1 team is tails = place ball underneath the cones

When teacher says "go" children in each team have to side-step to each cone, placing the ball in the correct position.

No guarding cones. No more than one ball at a time.

TP – Side-step; feet shoulder-width apart, knees bent. Start feet together: front foot steps to side, back foot follows – then repeat.

## ACTIVITY 1: Recap of Ball Skills

### Teaching Points

- Watch the ball
- Throw it up into the air – up to head height
- Catch it – cradle ball with both hands

1. On own - how many different ways can the children throw and catch a ball?

- 1 hand
- 2 hands
- Left to right
- Clap and catch
- Throw, turn, catch

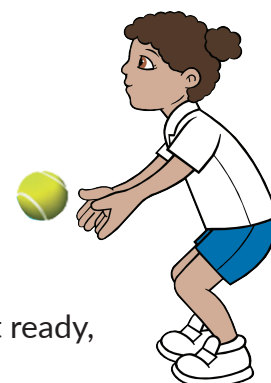


2. Find a partner- experiment with different ways of throwing and catching together.

Q & A – What is important when throwing and catching? **Control accuracy when throwing. Get in ready position when catching. Linking Learning- what is the ready position the same as in KS1? = The Grizzly bear**



**Ready Position:** Feet shoulder-width apart, knees bent, hands out ready, focus.



## ACTIVITY 2 : Catch Tennis 1v1

1. Competitive game. Mark out court area with strips/chalk.

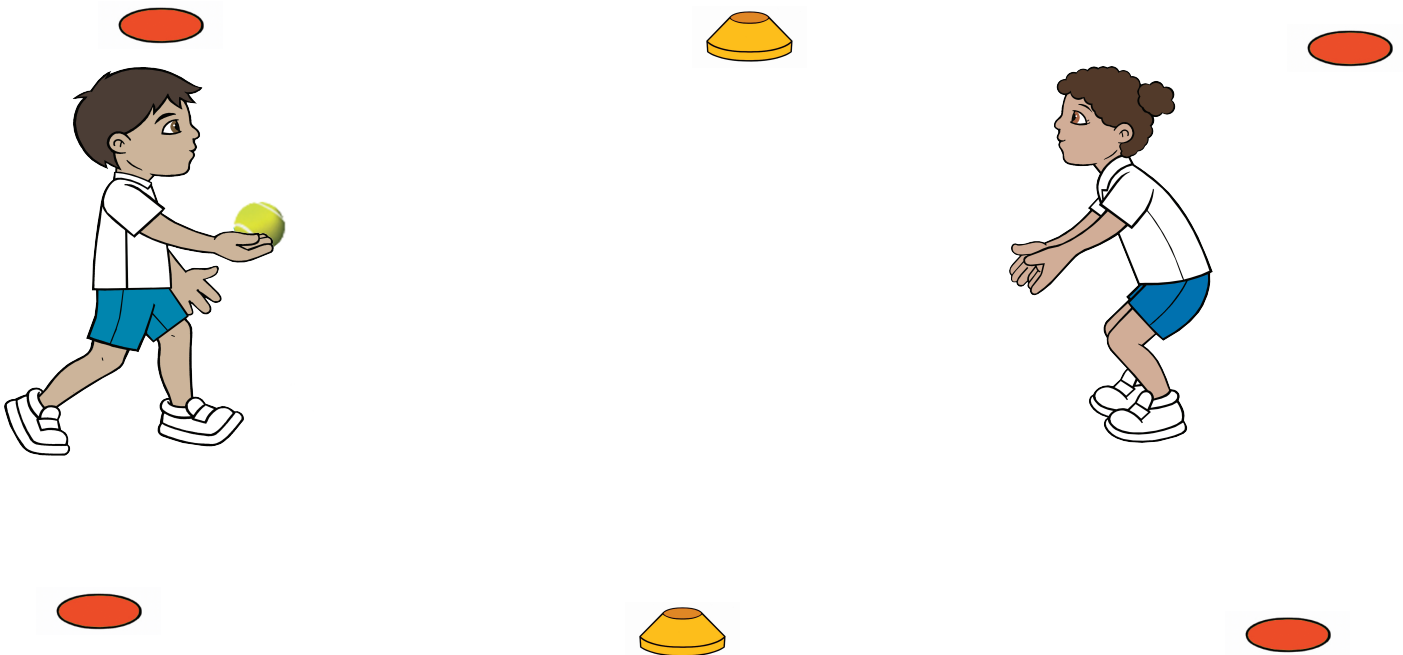
2. Rules:

- If ball goes out of court (inaccurate throw), opponent wins a point.
- Underarm throws only.
- If opponent does not reach the ball/drops it, you win a point.
- Ball is only allowed to bounce once.
- First to 10 points wins.

Q & A – Where would your starting position be on court? E.g. always in the middle – standing in the ready position, keep on your toes (balls of your feet).

**Make it easier:** Ball can bounce twice, use a larger ball or sponge ball.

**Challenge:** One-handed catches only.



**Make it harder:** Can you start the game at the back of the court (like a serve in tennis)

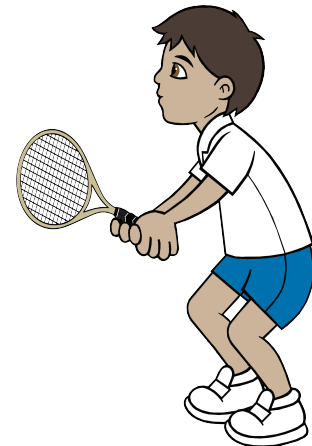
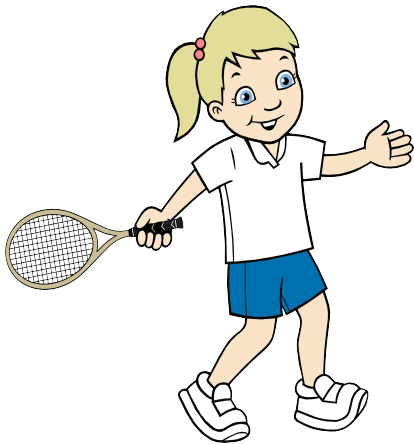
## ACTIVITY 3: Rally Fun

1. Pairs to hit the ball to each other.
2. Children to try and tap the ball to their partner
3. How long can they rally for?

Remember to try and keep control.

**Make it easier** More than one bounce

- TP: - Gentle hits to partner
- Keep balanced in the "ready" position.
  - Strong wrist when holding the racket
  - Knees bent - to help with balance
  - Watch the ball



Child in Ready Position

**Linking learning: When catching the ball you were in the ready position and on your toes. Can you do the same when rallying?**

### COOL DOWN

Children to jog around slowly in a given area, throwing the ball and catching it in different ways.

### PLENARY

What is important when moving to catch a ball?