

TENNIS LESSON 5

Year 3

Learning Intention : *How can you hit a ball with accuracy?*

Yr 3

I can sometimes hit a ball into a target

I can hit a ball into a target (one bounce)

I can hit a ball into a target with no bounces before hit

Resources:

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

7 x white boards and pens
to record scores on
activity 4

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

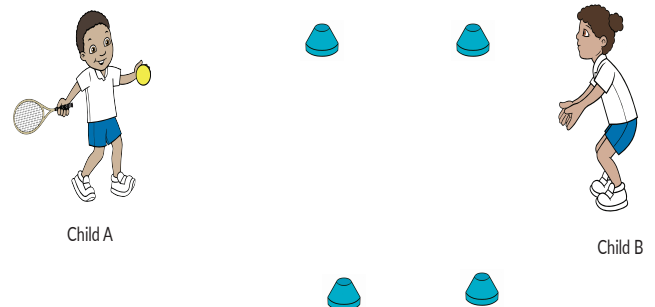
When teacher says "go" children in each team have to side-step to each cone, placing the ball in the correct position.

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: : Into the square

1. Children work in pairs – see diagram.
2. Child A hitting into the square, child B catching.
3. What different ways can the children hit the ball into the square?
4. Swap over roles.



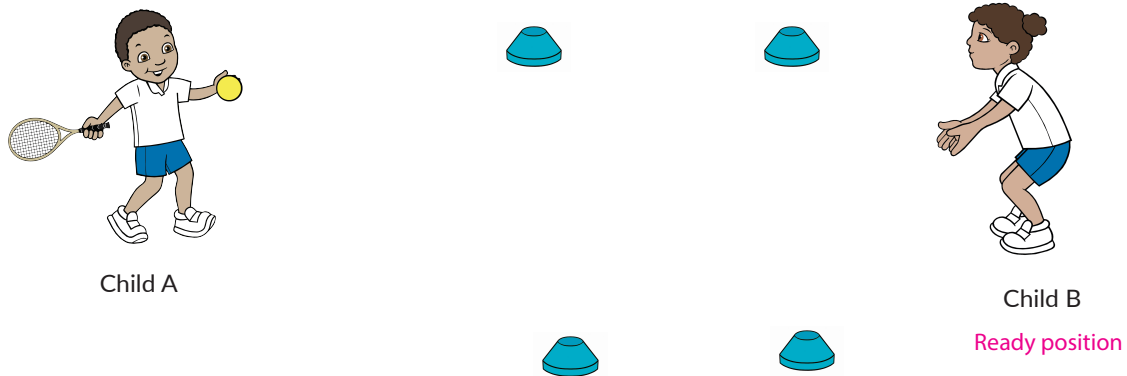
Can the partner who is catching be a mini coach? Are they holding the racket correctly?
How can they be more accurate?

ACTIVITY 2: Hit into the Target - underarm

1. Children work in pairs – see diagram.
2. Child A hitting into the square, child B catching.
3. Child A to let the ball bounce once then hit the ball into the square
4. Swap over roles.

Challenge: Have a go at hitting with NO bounce before they hit it.

Q & A – How can you control how far you hit the ball? Speed of swing, control of follow through, point racket to target.

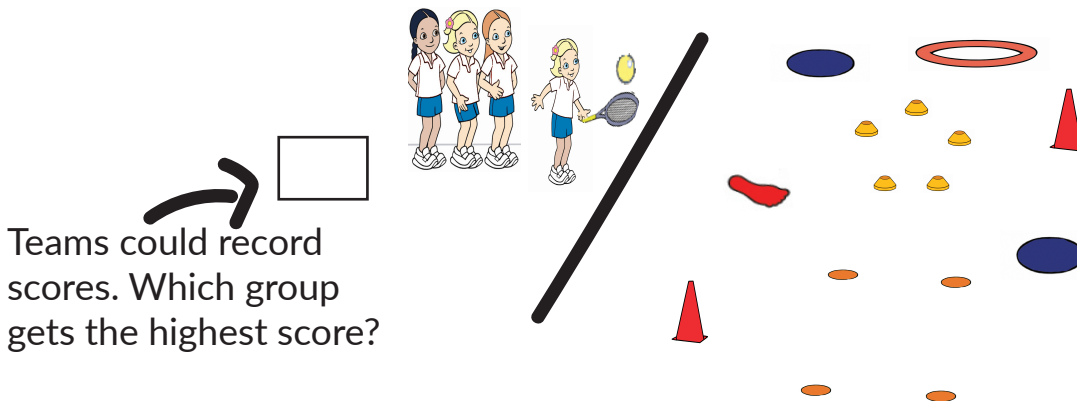


ACTIVITY 3: Battle Ships tennis (see page 3)

- Organise players into teams of 4/5 with a racket and one ball.
- Children to create their own courts. Across the area, place several targets (battleships). You can use cones, flat markers, square or hoops.
- The players take it in turns with the racket - the team is to try and hit as many targets as they can in 3 minutes.

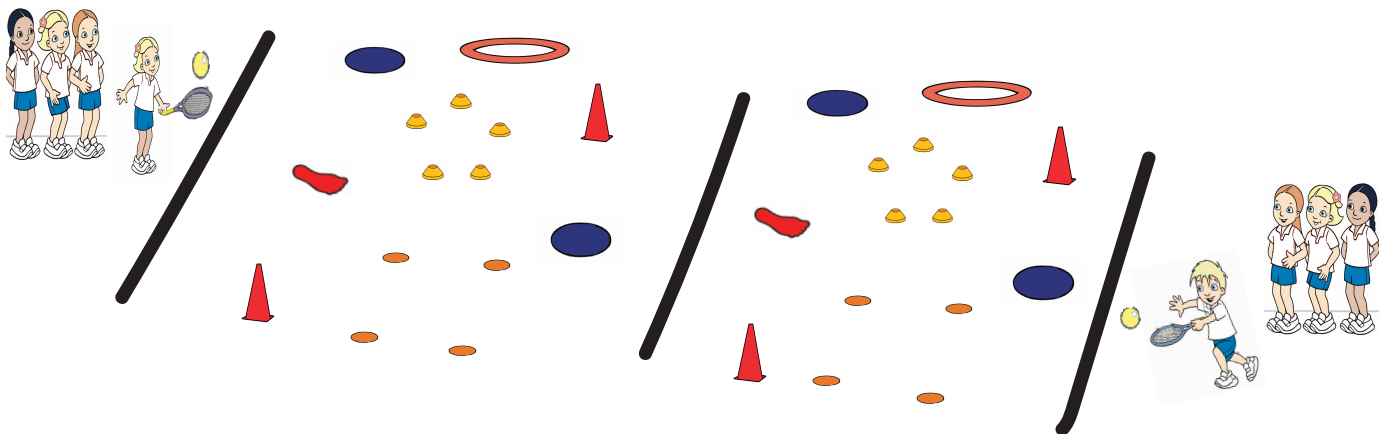
Children to hit the ball underarm - with or without a bounce before they hit it.

**Game 1: Every time you hit a target this counts as one ship (1 point)
 How many points can you get? Record the score
 Can you have a go on another groups court?**



Tactics: How can you score more points as a team? **Discuss which targets you are going to aim for. Do your team members have strengths e.g. who is good at hitting the ball nearer or further away!**

Game 2 : Set up 2 courts the same, mirroring each other. In a set amount of time can they beat the opposition - and get more point than them
Make it harder: hit the opposite team's ship (win double the points).
Winning team is the one with the most points.



COOL DOWN

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

PLENARY

What is important when hitting a ball to a target?