

TENNIS LESSON 1

Year 4

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

Resources:

Tennis balls (enough for one each),
Cones, throw down strips
Tennis Rackets x30

Yr 4

I can move to catch a ball

I can move with balance and control when catching a ball

I can move in a variety of directions 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.

Challenge: Step and clap

ACTIVITY 1: Recap of Ball Skills

Revisit and recap throwing and catching

1. In pairs: 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

Teaching Points to catch

- a. Watch the ball
- b. Catch it – cradle ball with both hands
- c. Keep on your toes and move to the ball

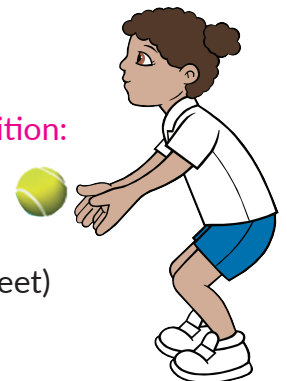
Make it harder: Player throwing the ball - throw at different heights and directions

Q & A – What is important when throwing and catching? **Control, accuracy, Ready position**



When catching get into **Ready Position:**

- Feet shoulder-width apart
- Knees bent
- Focus.
- Keep on your toes (balls of your feet)



ACTIVITY 2 : Catch Tennis 1v1

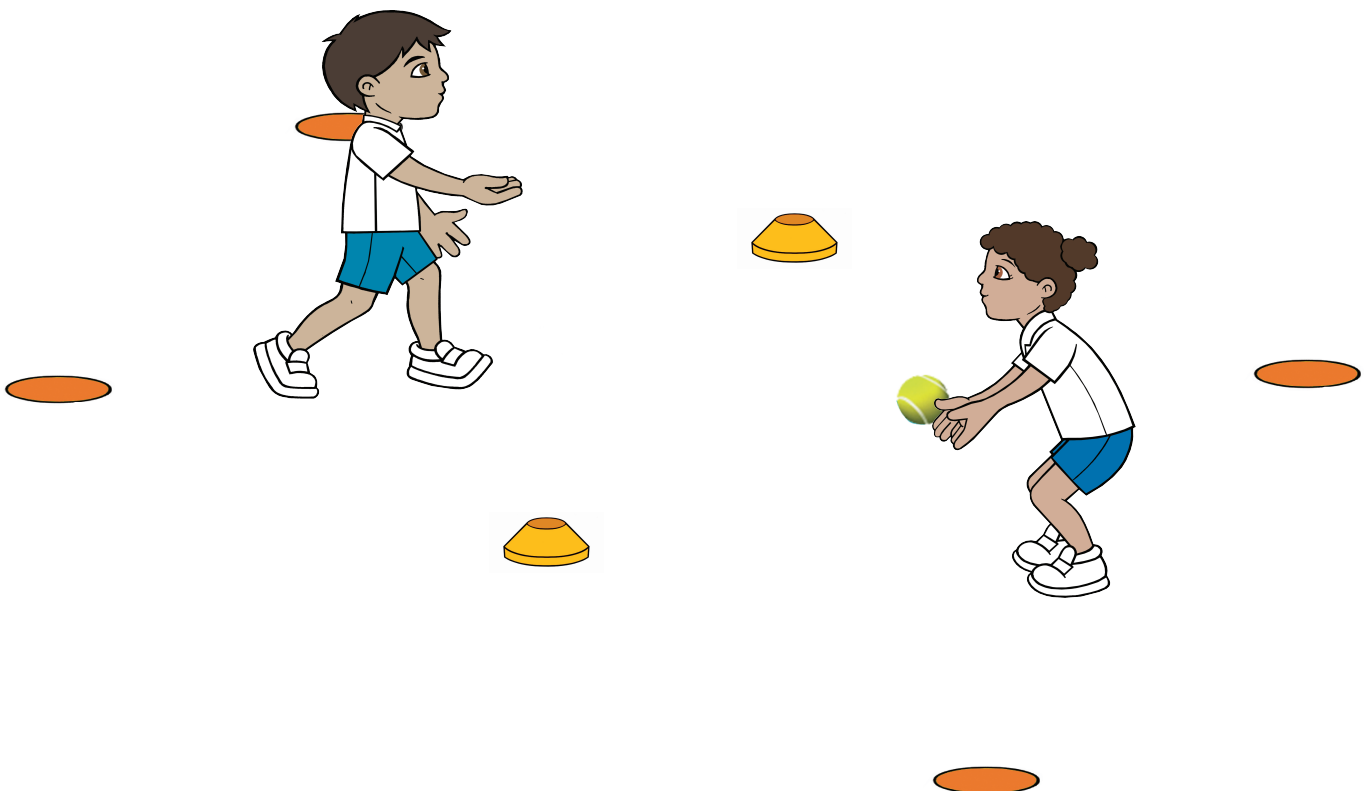
1. Competitive game. Mark out court area with strips/chalk.
2. Rules:
 - If ball goes out of court (inaccurate throw), opponent wins a point.
 - Underarm throws only.
 - If opponent does not reach the ball/drops it, you win a point.
 - Ball is only allowed to bounce once.
 - First to 10 points wins.

**Q & A – Recap of prior learning. Where would your starting position be on court?
E.g. in the middle of the court –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.

Make it harder: One-handed catches only.

Challenge: Can they make up their own throwing and catching game?



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?



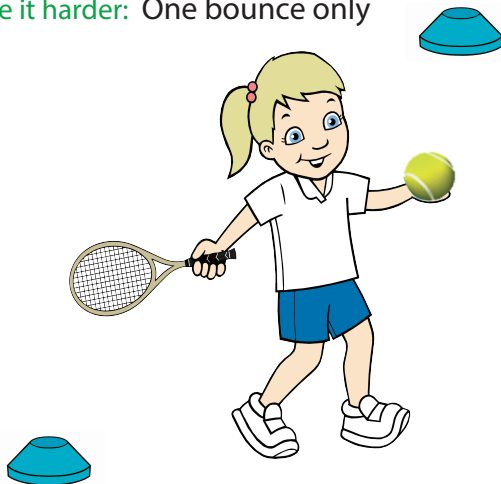
Children to try and tap the ball over the line to their partner, keeping the ball on the court.

Challenge Competition...

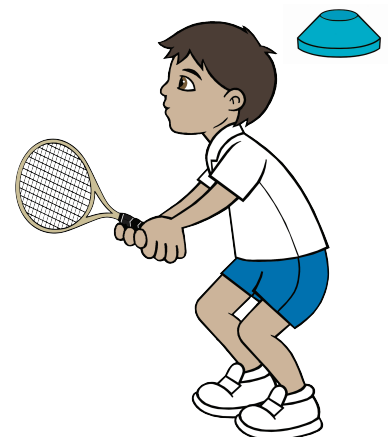
Rules:

- If the ball goes out/is hit out of the court, their partner wins a point.
- If the ball bounces more than 2 times their partner wins a point.

Make it harder: One bounce only



Make it easier: More than one bounce



TP:

- Ready Position.
- Strong wrist when holding the racket
- Knees bent - to help with balance
- Keep on the balls of your feet

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 or hit a ball?