

TENNIS LESSON 5

Year 4

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

Resources:

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

Yr 4

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

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

I can hit a ball to a target from a variety of distances with no bounce

Starter: Watch the clip of a tennis player serving the 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

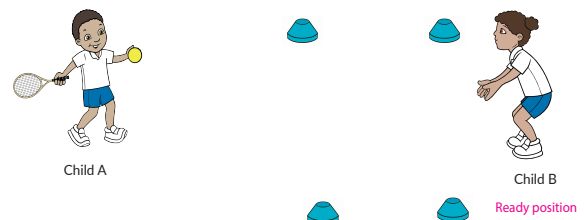
When teacher says “go” children in each team have to side-step to each cone, placing the ball in the correct position.

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: : Into the Square- recap

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



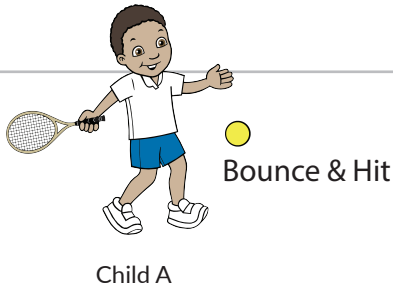
Q & A – How can you control how far you hit the ball? Speed of swing, control of follow through, point racket to target.

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

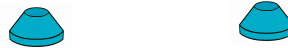
ACTIVITY 2: Hit into the Target - Bounce, Hit

Recap and revisit hitting the ball (with a bounce) into the square

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 into the square.
4. Swap over roles.



Child B
Ready position

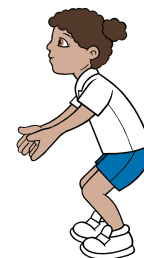
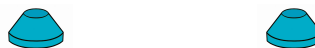
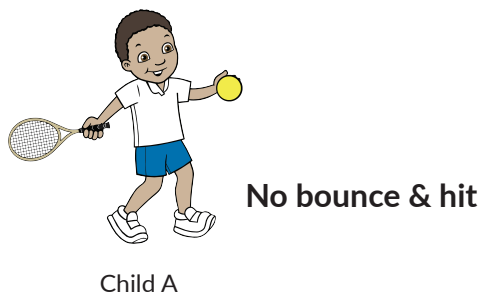


Underarm Bounce & Hit:

1. Bounce the ball on the floor.
2. Swing using the forehand technique.
3. Hit the ball when it reaches waist height (after it bounces).
4. Point racket towards target.

ACTIVITY 3: Hit into the Target - no bounce

1. Children work in pairs – see diagram.
2. Child A hitting into the square, child B catching.
3. Child A to hit into the square- **no** bounce before they hit the ball .
4. Swap over roles.



Child B
Ready position



Underarm hit no bounce:

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

Q&A: When in a game of tennis would you hit the ball from your hands and aim to get the ball into a specific area?

This would be when a tennis player serves the ball into the service box

Make it harder: hit the ball from different angles

ACTIVITY 4: Jail Break

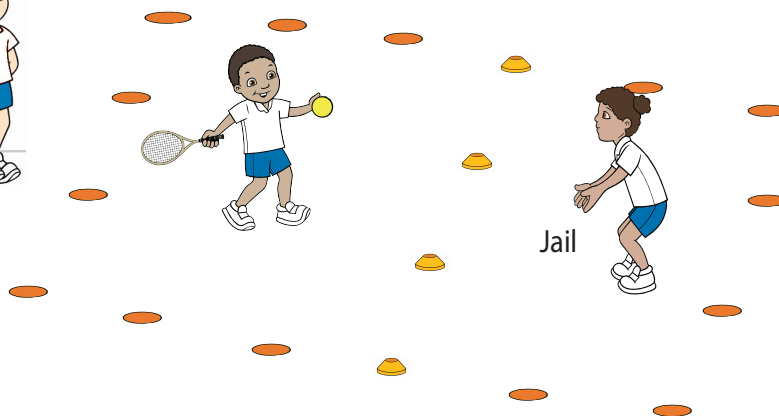
Teams of up to 5/6 children. All children have a ball and a racket each.
Set up courts as shown in diagram.

1. Player 1 to hit the ball over the net/line (underarm with or without a bounce).
2. If the ball bounces first inside the court, they collect their ball and join the back of the line.
3. If the ball bounces first outside the court, they go to jail (the other side of the net/line).
4. To get out of jail and get back in the game, they need to catch a ball (before it bounces).

Make it easier: Allow one bounce and catch to get out of jail

Make it harder: Make the court smaller

Tactics: How can you stop someone getting out of jail (catching the ball)? **Place/hit the ball into a space.** **Linking learning:** this is like attacking in an invasion game throwing the ball into a space! It will make it harder for the opponent to return or get the ball.



Child catching the ball, keep on toes in **ready position**

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?