

Ball Skills through Tennis - LESSON 1 - Early Years

Learning Intention: *How can you throw and catch a ball?*

Physical Development (Gross Motor Skill ELG) :

Negotiate space and obstacles safely; with consideration for themselves and others.

Demonstrate strength, balance and co-ordination.

Move energetically, such as running, jumping, hopping and skipping

EQUIPMENT:

Throw down spots, strips, cones, tennis balls, sponge balls.

WARM UP: Sea Fun

Children to listen to the command.

Crab run – children to side-step with hands out like crabs.

Go for a swim – children pretend to swim.

Octopus – children stand on a spot, reaching arms out like an octopus.

✔ Negotiate Space

ACTIVITY 1: Snake Run

Set up cones as shown in diagram (x 6).

Children to run in and out of the cones (practicing agility).

TP – Good control when turning.

✔ Negotiate Obstacle

✔ Move energetically- Running

✔ Demonstrate co-ordination

✔ Demonstrate balance



ACTIVITY 2: Crab Run (agility side-stepping)

Children to practise side-stepping –

TP: keep balanced, sporty position, bend knees, head up.

Now in and out of the cones (snake run); when they get to the end can they side-step?

✔ Negotiate Obstacles

✔ Move energetically- Running

✔ Demonstrate balance

✔ Demonstrate co-ordination



ACTIVITY 3: Throw and Catch

 Demonstrate co-ordination

Use a tennis ball/sponge ball.

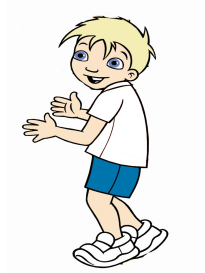
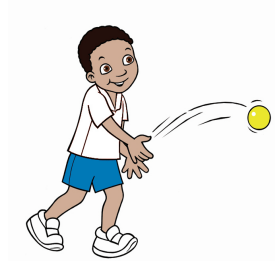
- 1) Watch the ball.
- 2) Throw it up into the air.
- 3) Cradle ball with both hands (make a basket).

TP – watch the ball; do not throw it above head height.





Children to call out “throw catch” when they throw and catch it.

More it harder: To throw the ball up at different heights.

Make it easier: Use a larger ball/bean bag.



ACTIVITY 4: Throw and Catch Playground

-  Negotiate Obstacles
-  Move energetically- Running
-  Demonstrate balance
-  Demonstrate co-ordination

Teacher to set up area as shown in diagram:
Children to choose which ball they would like to use (tennis/medium-sized ball). Children to move around the given area:

Spots = stand on it and throw and catch

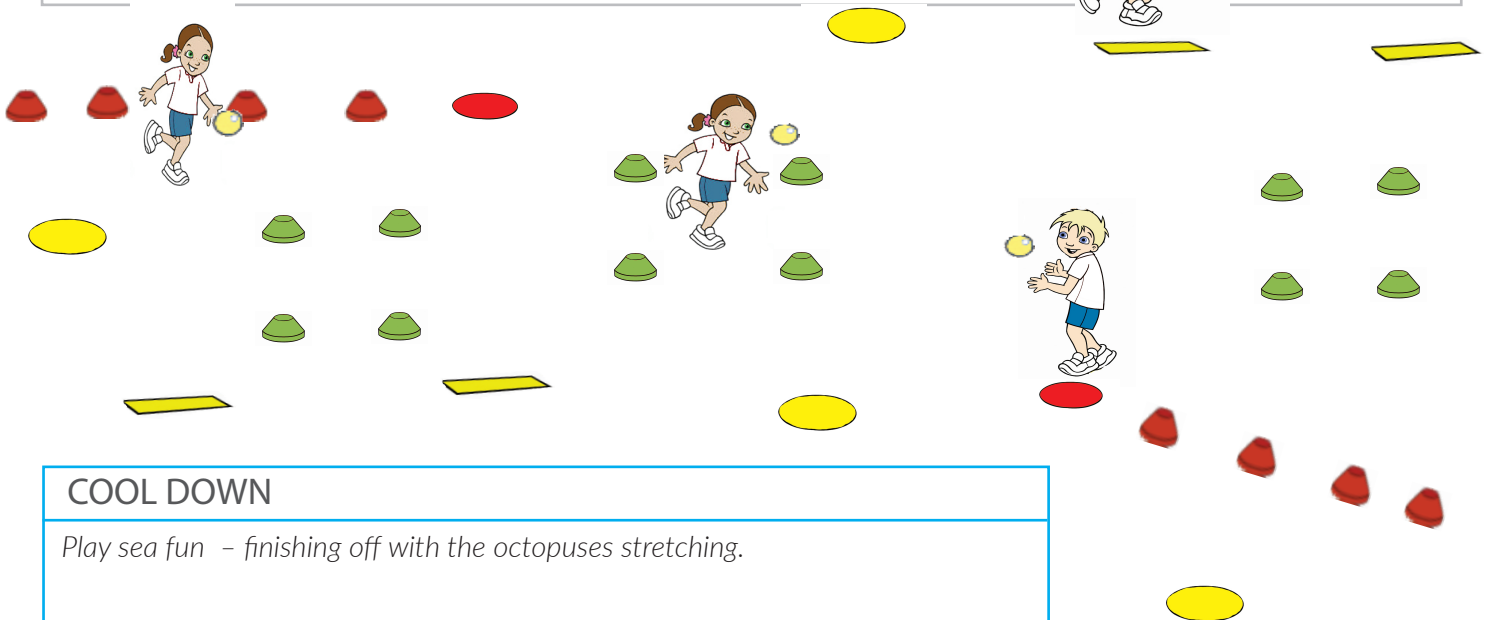
Throw-down strips = they sit down/kneel and throw and catch

Cones = run in and out of cones – start off at the snake’s tale (not head – throw-down spot).

When they get the snake’s head, throw the ball up in the air

Squares = show a trick with the ball

Q & A – How should you throw the ball up? With control – head height.



COOL DOWN

Play sea fun – finishing off with the octopuses stretching.

PLENARY

How did you throw the ball? How did you catch the ball?