

Ball Skills through Tennis - LESSON 4 - Early Years

Learning Intention: *How can you throw a ball to a target?*

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, tennis rackets.

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

Extension you could add a **shark** and play tag. - Children swim/run away from the shark. If they are tagged they stand still like the octopus (and can be released by another swimmer ducking under their arm)

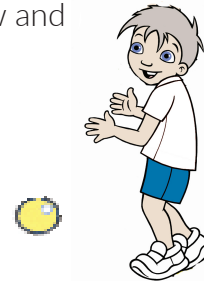
 Negotiate Space

ACTIVITY 1: Recap of Skills: Bounce and Throw Catch

Children to find a space on own, practicing “bounce catch” and “throw catch”.

Children to call out “bounce catch”

when they bounce and catch it and “throw catch” when they throw and



 Demonstrate co-ordination

 Demonstrate balance

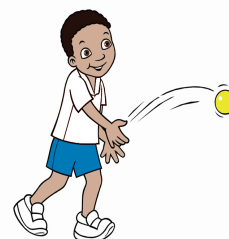
ACTIVITY 2: Throw to a Friend

Teacher to have a variety of balls/objects for the children to throw and catch.

Teacher to go through main Teaching Points of how to throw and catch a ball with a friend.

1. Children to work with a partner.
2. In pairs they take it in turns to choose a ball to throw and catch it.
3. All children to attempt throwing and catching with a tennis ball.

Make it easier: Use a larger ball



 Demonstrate co-ordination

 Demonstrate balance

ACTIVITY 3: Bounce the Ball onto the Tennis Racket

- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

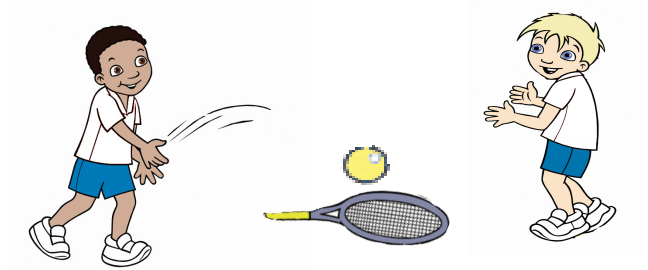
1. Children in pairs to place tennis racket on the floor.
2. Can the children throw their ball onto the tennis rackets?
3. Teacher to go through key points – how to stand when throwing the ball to a target.
4. Each time they manage to hit the racket with the ball they get 1 point.

TEACHING POINT:

1. Favoured foot forward
2. Throwing hands point in direction of the target

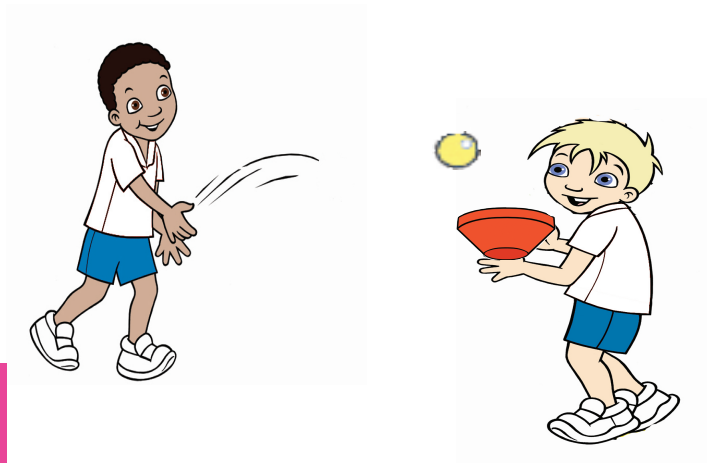
Make it easier: To move further away.

Make it harder: To use sponge ball.



ACTIVITY 4: Throw and Catch to a Partner with Catcher or a Cone

1. Can the catcher watch the ball?
2. Can they keep on their toes and try to catch it?
3. Encourage bending knees and quick feet, moving body position to catch it.



- ✓ Demonstrate co-ordination
- ✓ Demonstrate balance

COOL DOWN

Play sea fun – finishing off with the octopuses stretching.

PLENARY

How did you throw the ball onto the targets?