

Ball Skills through Tennis - LESSON 5 - 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, hoops, tennis rackets.

WARM UP: Simon Says

All children to have a ball. Simon says:

Skip around = children skip

Crab run = children side-step

Hop = children hop

Throw catch = children throw and catch the ball

Bounce catch = children bounce and catch the ball

☑ Negotiate Space

ACTIVITY 1: Find a target

Children to run around the playground and find different things to throw the ball onto e.g. can they run to a line, bounce the ball on that line and catch it.

How many targets in the playground can they find?

Can they count how many they can do?

You could make it a competition to see who gets the most in 30 seconds!

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



ACTIVITY 2: Throw Throw

- ☑ Demonstrate co-ordination
- ☑ Demonstrate balance

(In pairs)

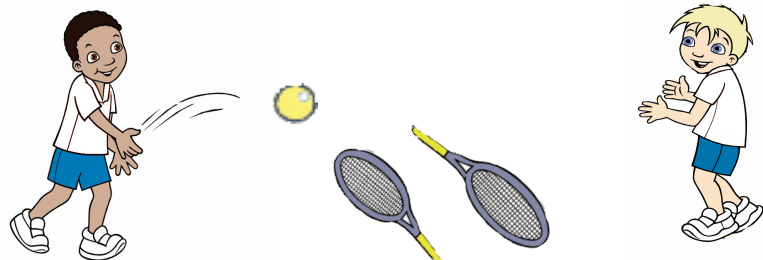
1. Low underarm throw, up and over an imaginary net, aiming at their partner's racket.

2. Children get a point every time the ball lands on their partner's racket.

Make it easier: Children stand closer. Ball is allowed to bounce before it hits the racket.

Make it harder: Children stand further apart.

TP: Player that is catching must always watch the ball, be on their toes (ready to react) and try to catch it.



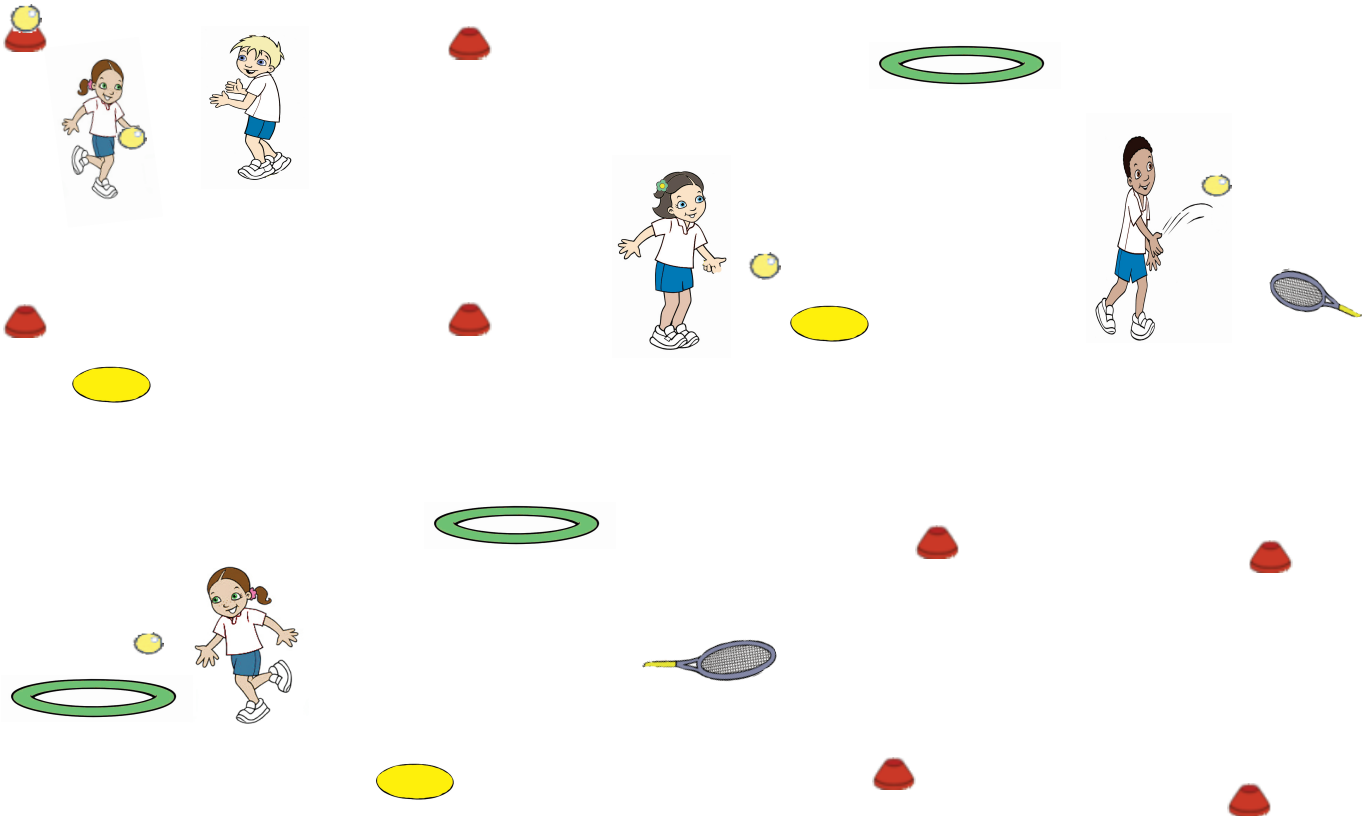
- Negotiate Obstacles
- Move energetically- Running
- Demonstrate balance
- Demonstrate co-ordination

ACTIVITY 3: Aiming Playground with a Friend

In pairs.

1. Teacher to place tennis rackets, spots and hoops on the floor around the rectangle area.
2. Big square – children to throw and catch with a friend.
3. Can the children move around and throw their ball on the tennis rackets, spots and hoops?
4. Each time they successfully throw the ball into a target they win a point = a magic point.

Safety – children to think about how they pick the ball up when it moves away in a different direction, e.g. bent knees, looking where they are going to avoid banging heads! Use a large area.



ACTIVITY 4: Aiming Playground Race

Same set-up as in Activity 3. This time children to move around to as many targets as they can and see how many magic points they can get in 30 seconds. Ask children to count out loud when they have got a magic point.

COOL DOWN

Play Simon Says – finish with walking slowly.

PLENARY

Did you take it in turns with your friend? How did you get the ball into the target?