

Learning Intention : *How can you control a ball on the racket?*

Yr 3

- I can attempt to control a ball on my racket when moving
- I can sometimes control a ball on my racket when moving
- I can control a ball on my racket when moving

Resources:

Tennis balls (enough for one each),
Cones,
Rackets.

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

Holding a racket:

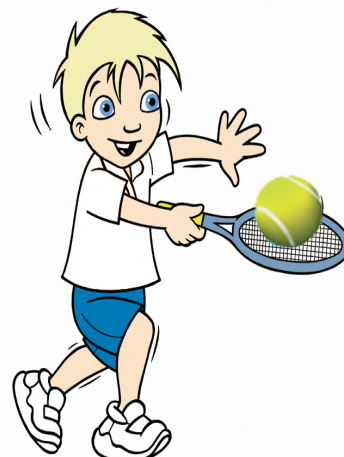
1. Imagine you are shaking hands with the racket
2. Close your fingers and thumb around the racket
3. Children can try 1 hand or 2 hands

1. How many different ways can the children move with a ball using their racket?

- Balance the ball on the racket when walking
- Criss-cross on the racket (hot cross bun)
- Tap ups – keeping the ball up with gentle taps
- Bounce it down on the floor – keeping it bouncing with the racket
- Turn the racket – flip ball up in the air and turn racket over

Make it harder: Turn the racket

Q & A – How do you hold the racket?
How do you control the ball when moving?



ACTIVITY 2: Tennis Relay

1. Children work in teams of 4/5.
2. Children to complete the following relay activities – one child from each team goes at a time. Complete all the straight line relays first, then the slalom ones.
3. Children to have a practice first, then you can repeat them and make it into a race.

Relay activities:

- a) Balance ball on racket – straight line

Q & A – How can you keep the ball balanced on the racket?
Watch the ball, keep the ball in the centre of the racket.

- c) Hit up – straight line

Q & A – How can you keep the ball controlled on the racket?
Strong wrist, watch the ball, keep the ball in the centre of the racket, do not hit above head height

- e) Bounce down – straight line

Keep wrist strong. Watch the ball, keep the ball in the centre of the racket, bounce ball at side slightly in front.

Repeat the Relay activities and add cones to make a slalom:

- a) Balance ball on racket – slalom
- b) Hit up – slalom
- c) Bounce down – slalom



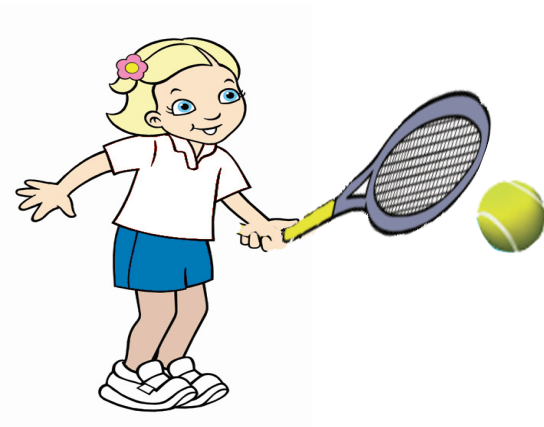
ACTIVITY 3: Rally Fun

1. Pairs to rally the ball to each other.
2. Children to try and tap the ball to their partner
3. How long can they rally for?

Remember to try and keep control.

Make it easier More than one bounce

- TP: - Gentle hits to partner
- Keep balanced in the "ready" position.
 - Strong wrist when holding the racket
 - Knees bent - to help with balance
 - Watch the ball



Linking learning: When catching the ball you were in the ready position and on your toes. Can you do the same when rallying?

COOL DOWN

Children to jog around slowly in a given area, controlling the ball with the racket in different ways.

PLENARY

How did you keep control of the ball on the racket?