

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

Yr 3

I can sometimes hit a ball into a target

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

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

Resources:

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

7 x white boards and pens to record scores on activity 4

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

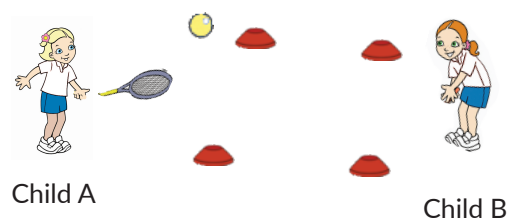
When teacher says "go" children in each team have to side-step to each cone, placing the ball in the correct position.

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

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



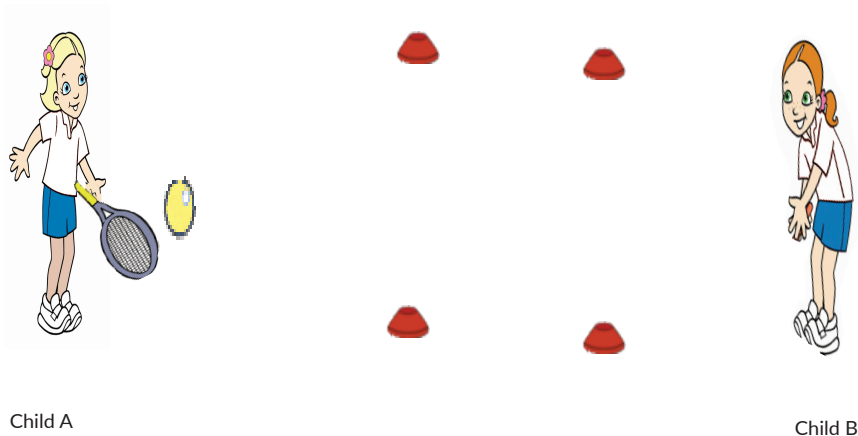
Q & A – How can you control how far you hit the ball? Speed of swing, control of follow through, point racket to target.

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

1. Children work in pairs – see diagram.
2. Child A hitting into the hoop, child B catching.
3. Child A to let the ball bounce once then hit the ball into the square
4. Swap over roles.

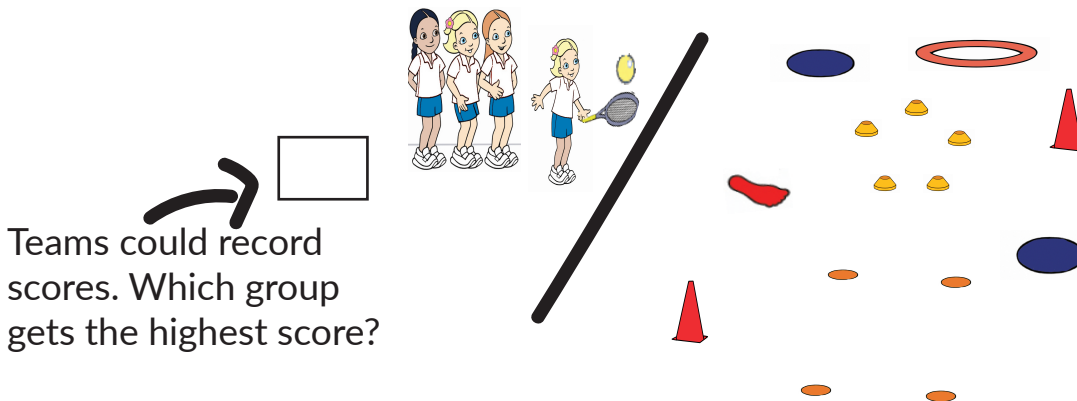
Make it harder: No bounce before hit.



ACTIVITY 3: Battle Ships tennis (see page 3)

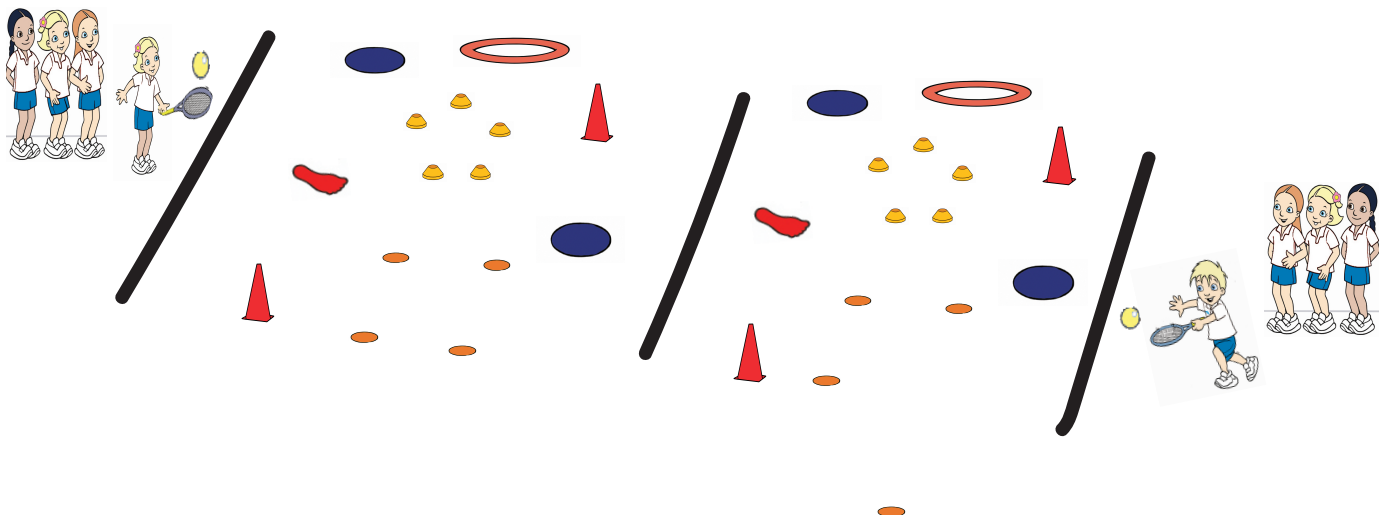
- Organise players into teams of 4/5 with a racket and one ball.
- Children to create their own courts. Across the area, place several targets (battleships). You can use cones, flat markers, square or hoops.
- The players take it in turns with the racket - the team is to try and hit as many targets as they can in 3 minutes.

Game 1: Every time you hit a target this counts as one ship (1 point)
How many points can you get? Record the score
Can you have a go on another groups court?



Tactics: How can you score more points as a team? **Discuss which targets you are going to aim for. Do your team members have strengths e.g. who is good at hitting the ball nearer or further away!**

Game 2 :Make it harder- Set up 2 courts the same, mirroring each other.
Aim is to hit the opposite team's ship.
Winning team is the one with the most points.



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?