

TENNIS LESSON 1

Year 4

Learning Intention : *How can you move when catching a ball?*

Resources:

Tennis balls (enough for one each),
Cones, throw down strips
Tennis Rackets x30

Yr 4

I can move to catch a ball

I can move with balance and control when catching a ball

I can move in a variety of directions with balance and control when catching a ball

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

Teaching Points to catch

- Watch the ball
- Catch it – cradle ball with both hands
- Keep on your toes and move to the ball

1. In pairs: how many different ways can the children throw and catch a ball?

- 1 hand
- 2 hands
- Left to right
- Clap and catch
- Throw, turn, catch

Make it harder: Player throwing the ball - throw at different heights and directions

Q & A – What is important when throwing and catching? **Control, accuracy, Ready position**

Ready Position:

- Feet shoulder-width apart
- Knees bent
- Focus.
- Keep on your toes (balls of your feet)



ACTIVITY 2 : Catch Tennis 1v1

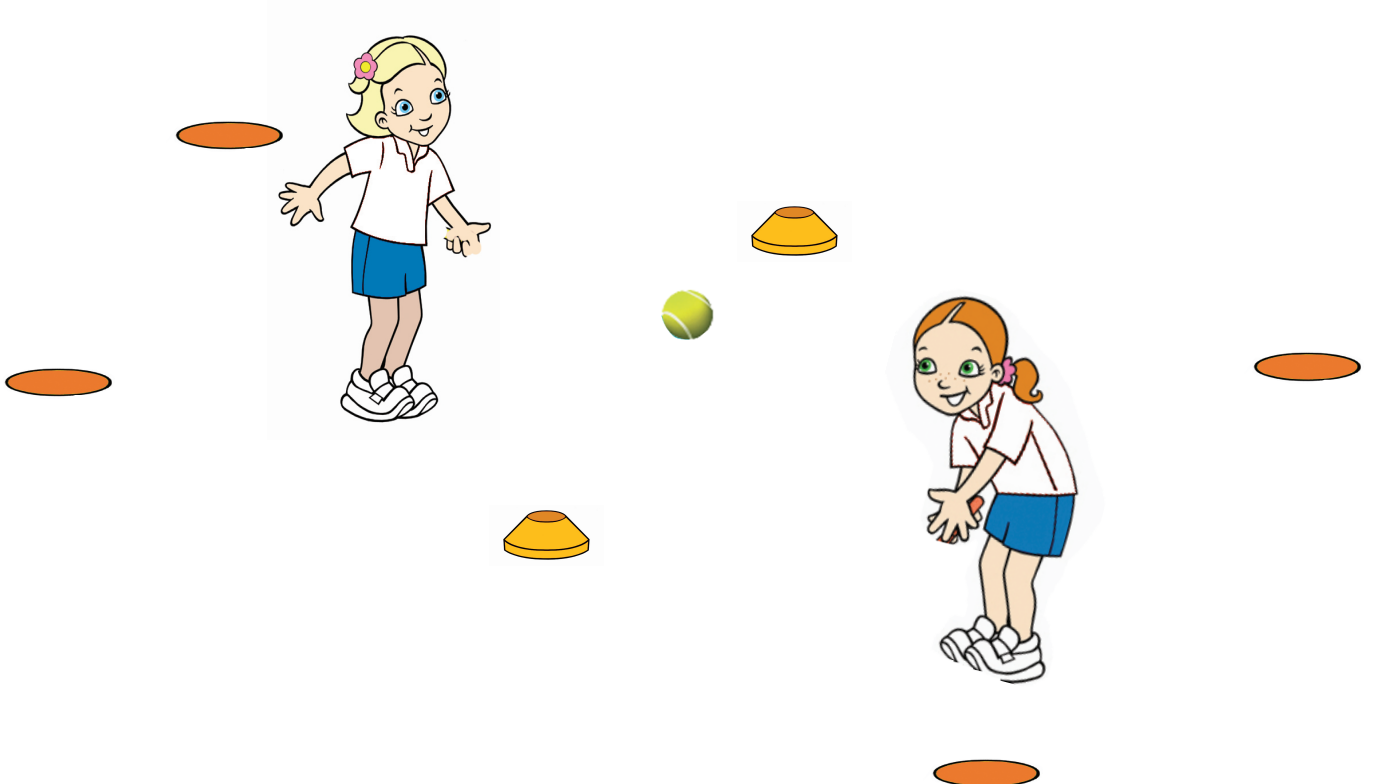
1. Competitive game. Mark out court area with strips/chalk.
2. Rules:
 - If ball goes out of court (inaccurate throw), opponent wins a point.
 - Underarm throws only.
 - If opponent does not reach the ball/drops it, you win a point.
 - Ball is only allowed to bounce once.
 - First to 10 points wins.

Q & A – Recap of prior learning. Where would your starting position be on court?
E.g. in the middle –standing in the **ready position, keep on your toes (balls of your feet).**

Make it easier: Ball can bounce twice, use a larger ball or sponge ball.

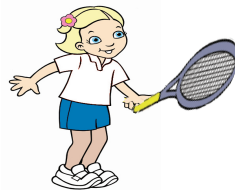
Make it harder: One-handed catches only.

Challenge: Can they make up their own throwing and catching game?



ACTIVITY 3: Rally Fun

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



Year 4 Extension:

Children to try and tap the ball over the line to their partner, keeping the ball on the court.

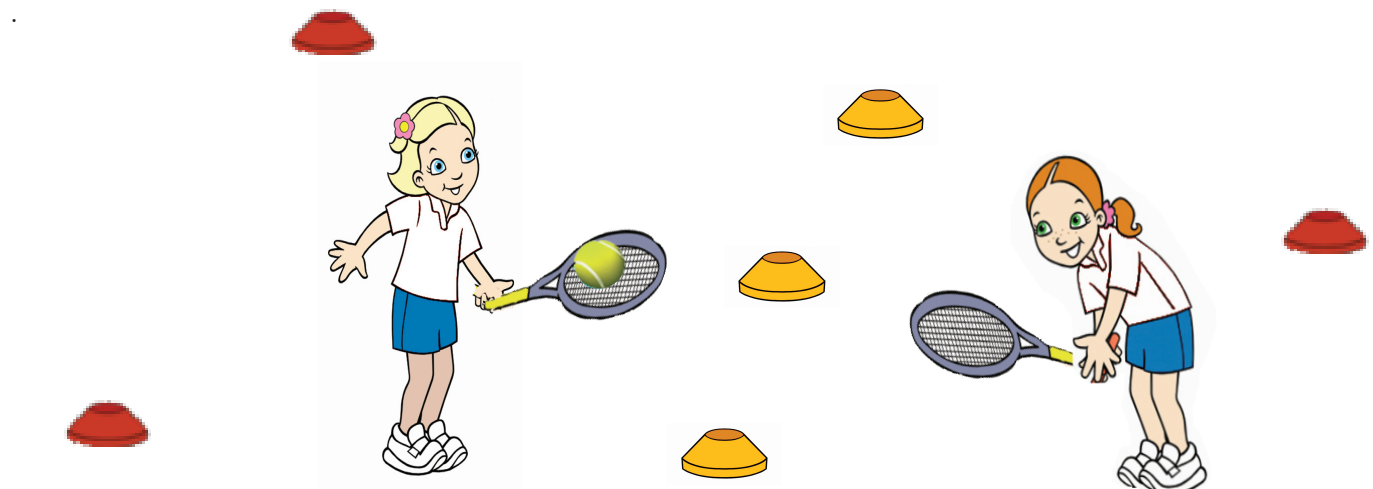
Add Competition...

Rules:

- If the ball goes out/is hit out of the court, their partner wins a point.
- If the ball bounces more than 2 times their partner wins a point.

Make it harder: One bounce only.

Make it easier: More than one bounce



TP:

- Ready Position.
- Strong wrist when holding the racket
- Knees bent - to help with balance
- Keep on the balls of your feet

COOL DOWN

Children to jog around slowly in a given area, throwing the ball and catching it in different ways.

PLENARY

What is important when moving to catch or hit a ball?