

TENNIS LESSON 3

Year 3

Learning Intention : *How can you hit the ball using a forehand?*

Yr 3

I can attempt to hit a ball using a forehand

I can hit a ball using a forehand with some control

I can hit a ball –using a forehand with control

Resources:

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

WARM UP:

Children to jog around in a given area. Teacher to call out command; children to follow:

Ready Position= Stand in the ready stance – knees bent, hip width, on your toes, hands apart out in front

Smash = Jump and high five a partner above head

Forehand = Imagine you are swatting the fly with the palm of your hand (across body)

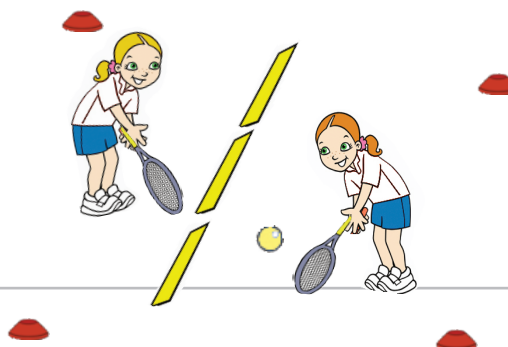
Back hand = Swat the fly with the back of your hand (across body)

Side step= Children side-step

ACTIVITY 1: Floor Tennis – forehand only

1. Children to hit the ball to each other and stop it -using their forehand.
2. If they make a successful pass and stop they both win a point.
3. If the ball goes out of their court they lose a point.
4. How many points can they get?

Q & A – What position do you need to get into when hitting the ball in forehand? Side on, racket back, knees bent.



ACTIVITY 2: Drop feed

1. In threes or fours
2. Child A drops feeds the ball onto the floor for child B, who hits the ball up (forehand) for child C or D to catch.

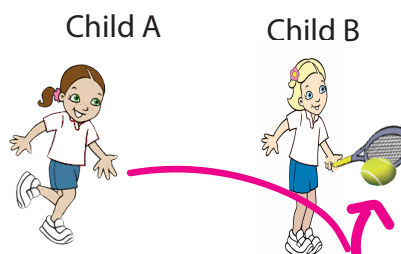
Q & A – How should you stand when hitting the ball with your forehand?

Stand – Side on holding racket with correct grip

Watch- Keep your eyes on the ball

Hit – Ball in centre of racket

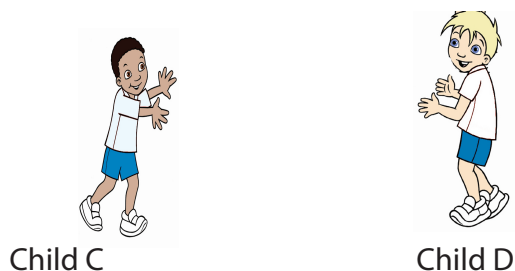
Target – Point racket towards target



Make it easier: Use throw-down feet for body position.
: Sponge tennis ball.

Make it harder: Move further away

Safety: ensure the feeder (child A) steps back as soon as they feed the ball



ACTIVITY 3: Throw, Bounce, Hit

1. In threes or fours.
2. Child A feeds the ball to child B – who hits the ball back (once it has bounced on the floor – using a forehand hit) to child C or D– who catches.

Q & A – How do you hit the ball with control?
Control of racket speed and follow through.

Stand – Side on

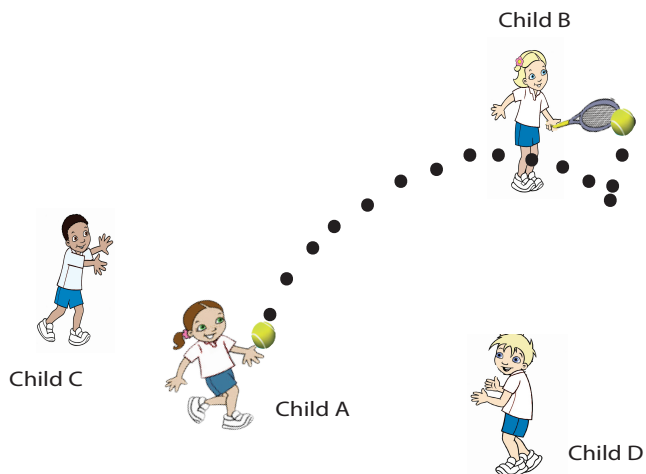
Hold –Strong grip on racket

Hit – Ball in centre of racket

Target – Point racket towards target.

Make it easier: move closer
: Let the ball bounce twice

Make it harder: move further away



ACTIVITY 4: Rally Tennis

1. Children work in pairs.
2. Can pairs rally to 3?
3. How many hits can pairs do with their forehand?

Q & A – What do you need in a rally? Accuracy and control. Be able to move your body into position

- Racket to face towards target
- Keep your wrist strong
- Bend your knees
- Keep on your toes to move into position
- Watch the ball

RST: Talk to your partner - what do you need to do to ensure you can keep a rally going? Talk about your strengths and how you can improve your game.



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 with a forehand?