

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

Yr 4

I can hit a ball using a backhand with some control

I can hit a ball using a backhand with control

I can hit a ball using a backhand with control and some accuracy

Resources:

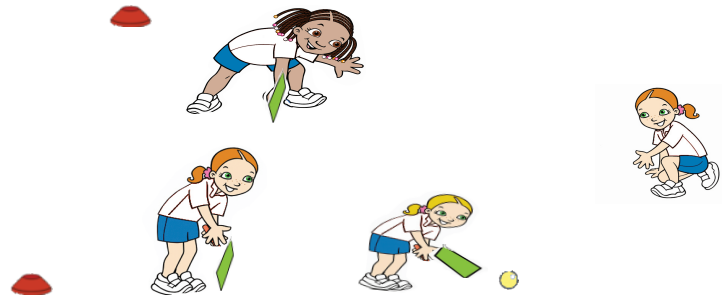
Rackets and Tennis balls (enough for one each),
Cones,
Throw down strips,
Chalk.

WARM UP:

Children in teams - 2 v 2. Set up a mini pitch like football. Using cones as goals.

1. Fold the throw down strip in half and hold in hand (use as a hand hockey stick).
2. The aim of the game is to get a sponge tennis ball into the other teams goal.
3. If a team scores the opposite team takes it from a back line
4. You can have goal keepers in this game.

SAFETY: Bend knees (keep your head up)



Linking Learning: Can you remember the backhand in year 3? Can you try the backhand position in this game?

ACTIVITY 1: Rally Tennis

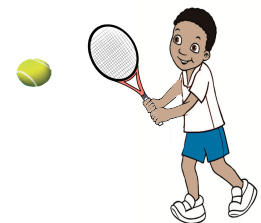
Children work in pairs.

1. Can pairs rally to 6?
2. Can they use both forehand and backhand?

Linking Learning: Can they remember the backhand grip from year 3?

Back hand Grip:

- Use a doubled-handed grip to hold the racket
- Use the shake-hands forehand grip- left hand on top and right on the bottom
- The back of your hand is facing your partner when you hit the ball
- Dominant hand is at the bottom of the racket



ACTIVITY 2: Drop feed

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

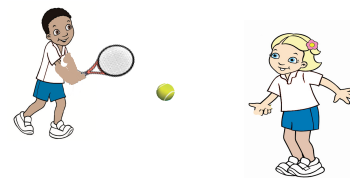
Q & A – How should you stand when hitting the ball with your backhand?

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



One minute challenge: how many hits and catches can they do in one minute? Swap over.

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



Child C



Child D

ACTIVITY 3: Throw, Bounce, Hit

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

One minute challenge: How many hits and catches can they do in one minute? Swap over.

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



Child C



Child A

Child B



Child D

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

Make it harder: move further away
: Player hitting starts in ready position

ACTIVITY 4: Rally Tennis

Children work in pairs.

1. Can pairs rally to 6 or more?
2. How many rallies can pairs do using either their forehand or backhand?
3. Backhand hit counts as 2.
4. **Challenge:** Can you make it a competition? If you manage **6 consecutive hits you win 1 cone**. The pairs with the most cones wins.

Q & A - When would you use a backhand in a game of tennis?

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. Are you stronger at forehand or backhand?

Make it harder: Add cones or net

Make it easier: Allow more than one bounce

Remember:

- Keep on your toes to move into position
- Watch the ball



Every time they get to 6 they win a cone



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 backhand?
Where are you on the progress-o-meter? Tell your partner then feed back to the class.