

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

Yr 3

I can attempt to hit a ball using a backhand

I can hit a ball using a backhand with some control

I can hit a ball using a backhand with control

Resources:

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

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 and backhand

In pairs set up court as shown in diagram. Pairs to work as a team.

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

Q & A - What position do you need to get into when hitting the ball in backhand? **Linking learning- remember**

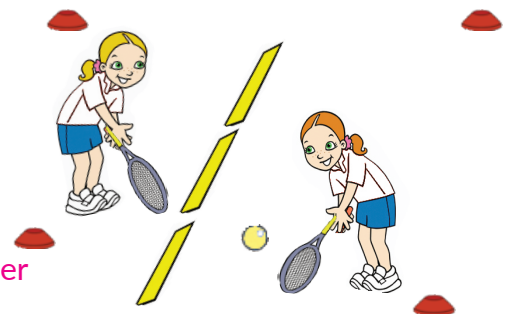
“swat the fly’ arm across body- back of hand facing your partner

Challenge (see video):

Make it a competition.

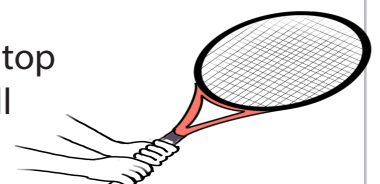
Can you beat your partner.

RTS: Can you hit the ball into a space making it hard for your partner to return the ball?



2. Back hand Grip (teacher led demo children to replicate) :

- Use a doubled-handed grip to hold the racket
- Use the shake-hands forehand grip- then add the other hand on top
- 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 threes or 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.

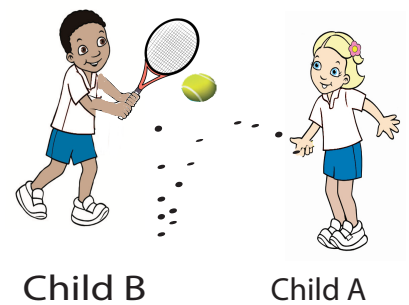
Q & A – How should you stand when hitting the ball with your backhand?

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



Child C

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

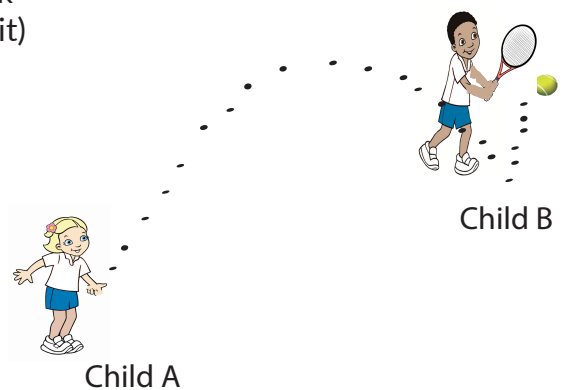
Make it harder: Move further away

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 backhand 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.

Make it harder: Move further away



ACTIVITY 4: Rally Tennis

Children work in pairs.

1. Can pairs rally to 6?
2. How many shots 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 - What do you need in a rally? Accuracy and control

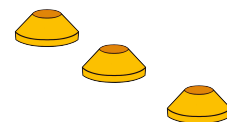
Remember:

- 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. Are you stronger at forehand or backhand?



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?