

Tennis, Year 5, L1

Learning Objective To develop returning the ball using a forehand groundstroke.

Whole Child Objectives

Social: To encourage and support others.

Emotional: To persevere when developing a skill.

Thinking: To observe my partner's technique and provide them with feedback.

Success Criteria

- Move from the ready position to a sideways on stance.
- Move your feet to get in line with the ball as it comes towards you.

Equipment Cones x 60 , Tennis Balls x 30 , Tennis rackets x 30 , Forehand (Video) , Tennis nets

10 Mins Warm Up and Introduction

Teacher note: courts can be set up using cones and nets can be represented by a line of cones or using tennis nets if they are accessible.

Number game:

Pupils run around the teaching area. On the teacher's command of the following numbers, pupils complete the corresponding action. After they have completed the action the continue jogging:

- One – touch the ground
- Two – two broad jumps
Jump as far as you can.
- Three – three star jumps

Encourage the pupils to avoid others and look for space to move into.

Stretches:

Lead the pupils through some stretches. Invite pupils to share ideas for the class to copy.

Hold each stretch for 8 seconds.

30 Mins Skill Development

Racket familiarisation:

Pupils collect one tennis racket and one tennis ball each. Standing in their own space they complete the following ball and racket skills.

Make this harder by asking the pupils to use their non-dominant hand to complete these skills.

Make this harder by completing the actions whilst walking along a line on the playground.

Make this easier by using a sponge ball.

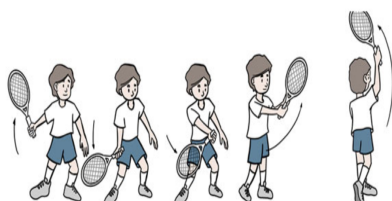
- Drop the ball from the racket, let it bounce and then catch it on the racket
Catch it in the centre of the racket face. Bend your knees to catch it as the ball is on its way up.
- Tap ups
Hit the ball in the centre of the racket face. Hit the ball up to head height.
- Tap the ball downwards with the racket
Wait for the ball to bounce up before hitting it back down.
- Using the edge of the racket, can they bounce the ball to the floor continuously?
- Using the edge of the racket, can they hit the ball up continuously?

The forehand:

Recap with the pupils the technique for the forehand:

Move from the ready position to slightly sideways on to the feeder. Swing the racket from low with one hand over to the other shoulder high. Make contact with the ball when the racket face is facing your partner, brushing over the top of the ball, turning the strings to face downwards to the floor.

Teacher note: it is important to start in the ready position so that they can move easily to the ball.



Rally tennis, moving back:

Pupils rally with their partner returning the ball with a forehand. Can they place the ball to the side of their partner's forehand? After six consecutive hits, ask the pupils to take a step back. Repeat this until they reach the baseline, approx. 6m back from the net.

Ask the pupils to help provide their partner with feedback. They could comment on the force that is applied to the shot, use of the ready position or, any of the forehand teaching points that have been provided.

Hit the ball towards your partner to make it easy for them to return. Move your feet to the ball so that you are balanced and ready to play the forehand.

Make this easier by allowing the ball to bounce more than once.

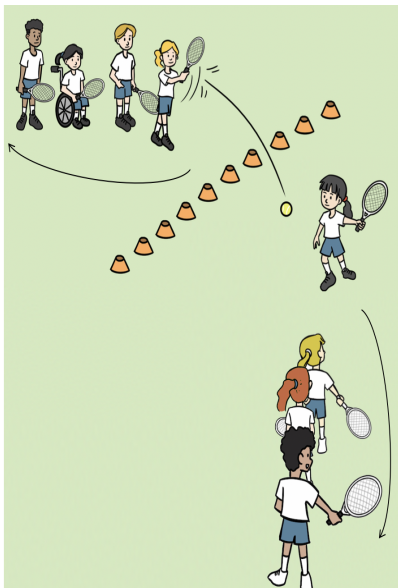
Around the world:

In teams of four, two teams play against each other. Each team lines up behind opposite baselines (the back of the court). The first pupil from one team drops the ball to themselves and then hits the ball using a forehand to the opponents' side, before running immediately to the back of their own line. The first pupil on the other team will try to return the ball using a forehand and then runs to the back of their own line. The pupil on the other team returns the ball using a forehand, runs to the back of their line and so on, trying to continue the rally. A point is scored when the other team fails to return the ball. The first team to score ten points wins.

Support and encourage your team. Be honest and play to the rules. Move from your ready position to get your feet into a position where you can play a forehand. Use small quick steps to do this.

Make this easier by allowing the ball to bounce more than once.

Make this harder for a team by giving them a higher number of points to score to win the game.



5
Mins

Plenary

Question the pupils 'if you were going to teach me how to do a forehand what would you tell me?' How did you prepare yourself to return the ball? Ask the pupils to identify anyone in their team who was supportive of others. Invite them to share what they did and the impact it had on the game.