



YEAR 5

Tennis

Lesson 5

Learning Objective

To develop the underarm serve and understand the rules of serving.

Success Criteria

- I can hit the ball using the underarm serve
- I can play cooperatively with a partner
- I can use the rules of the game to play fairly

Handy Hints

Only throw the ball to head height.

Use a straight arm to throw the ball.

Equipment

- Base stations x 30
- Cones x 60
- Tennis Balls x 30
- Tennis rackets x 30
- Underarm serve Video

Optional:

- Beanbags
- Tennis nets

10 Mins

Warm Up and Introduction

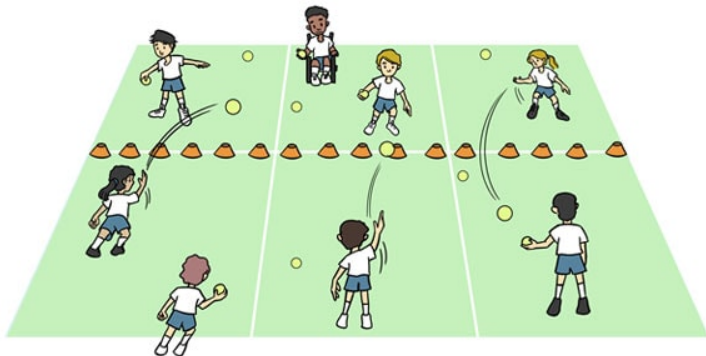
Teacher note: courts can be set up using cones and nets can be represented by a line of cones or using tennis nets if they are accessible.

Clear the court:

Split the class into half with one team standing on either side of the net. Place an even number of tennis balls on each side. On the teacher's command, pupils must collect one tennis ball at a time and underarm throw it to the other side, it must bounce over the net and before the baseline on the opposite side of the court. After two minutes stop the game. The winning team is the team that has the least amount of balls on their side. Discuss tactics with the class, question them about where they would want to throw the ball to make it most difficult for their opponent. Repeat the activity.

Throw the ball away from the opposition, find the gaps on the court.

Teacher note: if you are not playing in an enclosed area, use beanbags so that the beanbags do not travel too far away.



30 Mins

Skill Development

Drop and catch:

Pupils place their racket on the floor. Pupils have a ball each.

- (A) Can they bounce the ball on their racket and catch it after one bounce? Ask the pupils to throw with their non-dominant hand.

Teacher note: the reason for asking the pupils to throw with their non-dominant hand is so that they are able to practise throwing for accuracy with their non-hitting hand, which is the hand they will use to throw the ball when underarm serving.

- (B) Ask the pupils to now move around the area and each time they get to a racket, can they bounce the ball on the racket and catch it? How many can they do in 30 seconds?

- (C) Ask the pupils to go back to their own racket. This time, they throw the ball underarm to head height before allowing it to drop on their racket before catching it. Out of ten, how many can they get to land on their racket. Repeat the activity, trying to beat their own score.

Hold the ball in the fingertips of your non-dominant hand. Use a straight arm to throw and release the ball with an open hand. Only throw the ball to head height.

Underarm technique:

In pairs, with one racket and one ball between them. Pupils stand opposite each other on opposite sides of the net. One pupil begins with the racket and the ball, they underarm serve, attempting to hit the ball to their partner to catch. Have five turns each and then change.

To underarm serve:

Throw the ball upwards to head height with a straight arm.

Hit the ball with the racket underarm so that the ball goes over the net and into the court area. Hit using the centre of the face of the racket.

Do not allow the ball to bounce before hitting it.

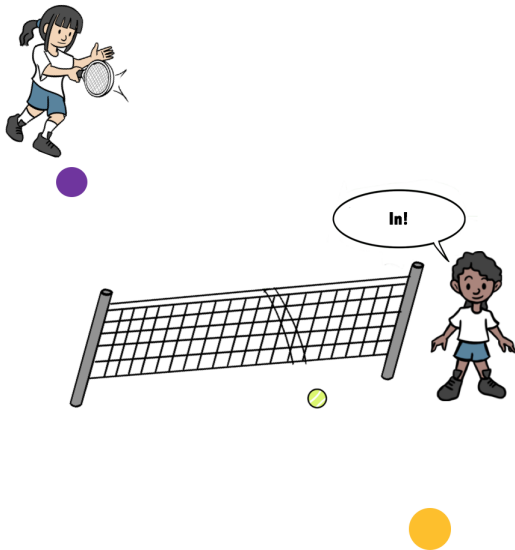


In or out:

Pupils place a base station down five steps back from the net, which represents the service line. One pupil underarm serves the ball from their basestation and attempts to get it to bounce before the service line on the opposite side of the net. Their partner calls in or out. The ball is 'in' if it bounces before their partner's base station or 'out' if it bounces after the base station. Each time pupils serve the ball and it is 'in,' allow the pupil who served it to take a step back until they reach the baseline (approx. 6m from the net). Rotate roles.

Don't hit the ball too hard as it needs to bounce before the base station.

Make this harder by asking the pupil who is calling in or out to attempt to return the ball.



Rules of serving:

In their pairs, pupils now play against each other. They serve underarm from the back on the court. Introduce the rules of serving:

- The ball must bounce over the net and before their partner's base station (placed five steps from the net)
- If the ball bounces out of the court area or does not go over the net, pupils have a second serve
- If the ball hits the net and then bounces in, it is called a 'let' and they have their serve again
- If a pupil fails to hit their serve 'in' after their second serve, the point is awarded to their opponent

Ask the pupils to alternate serving after each point.

Make this easier by allowing pupils to serve from closer to the net.

5 Mins

Plenary

Where do you need to place the ball in order to control the hit?

What happens if you throw the ball too high, too low, too far forwards or behind you?

What are the rules of serving?