



YEAR 3

## Tennis

Lesson 1

### Learning Objective

To be able to use the ready position.

### Success Criteria

- I can return a ball to a partner
- I can track the ball and move to stay in line with it
- I can use the ready position to help me to retrieve a ball

## Handy Hints

Bend your knees so that you are ready to move.

Keep your head up so that you can see where the ball is.

## Equipment

- Cones x 60
- Tennis Balls x 15

Optional:

- Playground ball

**10 Mins**

## **Warm Up and Introduction**

### **Moving in space:**

Pupils begin standing in their own space. Ask the pupils to jog around the teaching space weaving in and out of each other.

Change the movement action to high knees, side steps, skips etc.

Look for space in the area to move in to.

Make this harder by reducing the space the pupils have to move in.

### **Stop and go:**

Pupils begin behind a designated line, the teacher stands 15m away. The game continues until a pupil reaches the 15m line. Pupils respond to the following commands:

- Go: sprint towards the 15m line
- Stop: freeze

Put your weight into the balls of your feet to stop.

Make this harder by performing a skill whilst moving forward, such as balancing a beanbag on the head or bouncing a ball (they must catch the ball to freeze).

**30 Mins**

## **Skill Development**

### **Ready position:**

Introduce the ready position and ask the pupils to practise.

Teacher note: the ready position is often used in net and wall games when waiting for the ball to be returned. It allows for quick movement and change of direction.

Feet apart. Eyes on the ball. Knees bent.



### **Underarm bounce, catch:**

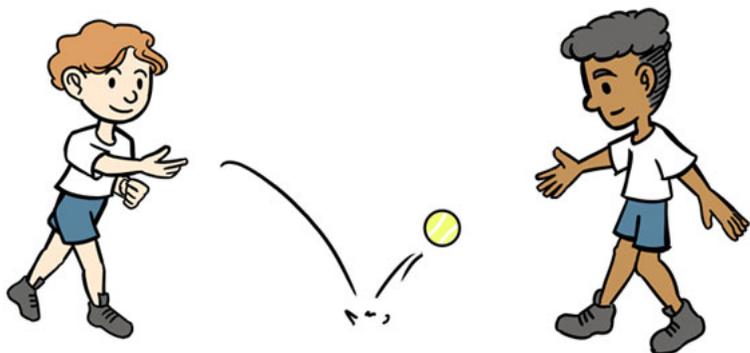
In pairs with one tennis ball. Pupils stand 4m apart. They underarm throw the ball to each other trying to catch it after one bounce. Pupils return to the ready position after each catch.

Start in the ready position.

Watch the ball and move your feet to get in line with the ball to collect it.

Make this easier by catching it after two bounces.

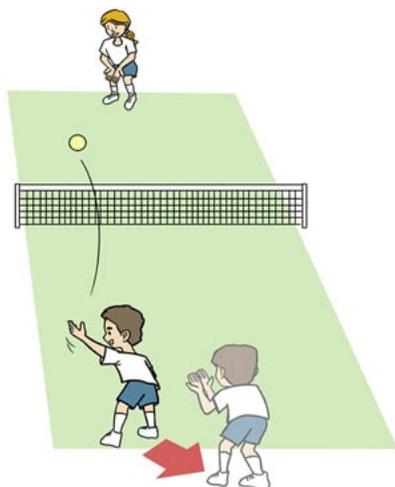
Make this harder by throwing the ball to either side of your partner so that they have to move to collect the ball.

**Catch tennis:**

In pairs with one ball. Pupils stand opposite each other, either side of a line which represents the net. One pupil throws the ball underarm over the line and inside the court area. Their partner tries to catch it after one bounce. If the receiver is unsuccessful in catching after one bounce, the point goes to the thrower.

Return to your ready position after each catch so that you are ready to move in any direction.

Make this harder by only allowing one-handed catches.



**Champ:**

In groups of four with one ball. Mark out a square with cones and divide it into four sections. Number the sections one to four. One pupil begins in each section.

The game begins with the pupil in section four, underarm throwing the ball to any other square. The player in the receiving square must catch it after one bounce and throw it to another square. If a player throws the ball out of the area or misses the ball, then they must move to square one and all of the other players move up a square. The aim of the game is to be in square four.

Stand in the ready position, feet apart and knees bent.

Watch the ball.

Make this harder by patting the ball instead of catching.

Make this easier by using a bigger ball.



**5 Mins**

## **Plenary**

Question the pupils on the technique for the ready position.

What is the ready position?

Why is it important?

What happens if you do not get into the ready position?