



YEAR 3

Tennis

Lesson 3

Learning Objective

To develop racket and ball control.

Success Criteria

- I can return a ball to a partner
- I can use basic racket skills

Handy Hints

Use the centre of the racket face to hit the ball.

Use a strong wrist to hold the racket.

Equipment

- Hoops x 15
- Tennis Balls x 30
- Tennis rackets x 30

Optional:

- Skinned foam balls

10 Mins

Warm Up and Introduction

Foxes and rabbits:

Select four pupils to be the foxes, they are allowed to run. All other pupils are rabbits. Rabbits can only jump away from foxes. If a fox catches a rabbit, the rabbit must jump on the spot until another rabbit jumps to them and high fives them. Repeat changing the taggers.

Two footed jumps.

Bend your knees on landing.

30 Mins

Skill Development

The racket:

Show pupils the racket and discuss the parts of the racket.

- The head: the head is the part of the tennis racket surrounding the strings.
- The neck: the neck is the part of the tennis racket right below the head.
- The face: the strings are also known as the face of the racket.
- The handle: the grip of the racket.

Racket and ball familiarisation:

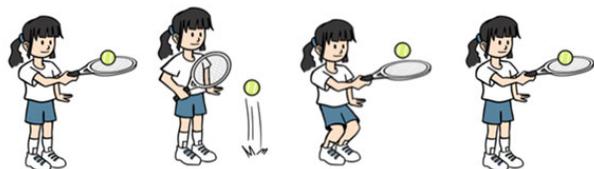
Pupils stand in a space, with one tennis ball and one tennis racket. Pupils practise the following skills:

Make this harder by moving whilst completing the skills.

Make this easier by using a sponge ball.

- A Roll the ball around the rim of the racket.
- B Drop the ball from the racket, bend your knees to scoop it up.

Catch the ball in the middle of the racket.



- C Tap the ball up and catch it on the racket.

Use a small movement to tap the ball not a big hit.



- D Tap the ball up continuously with the racket.

Use soft taps in the middle of the racket and keep the racket face pointing to the sky.



- E Bounce the ball on the floor with the racket. Use the centre of the racket face.

Wait for the ball to bounce up before tapping it back down.



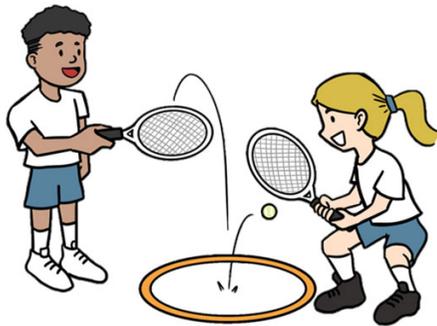
Keep ups:

In pairs with one racket each, one tennis ball and one hoop between them. One pupil begins with the ball on their racket, they tip it into the hoop, allowing it to bounce once. Partner taps it up so that it lands back in the hoop and bounces once and so on. How many can they do in a row?

Place the racket under the ball and tap the ball up using the centre of the racket face, this is where you will get the most control.

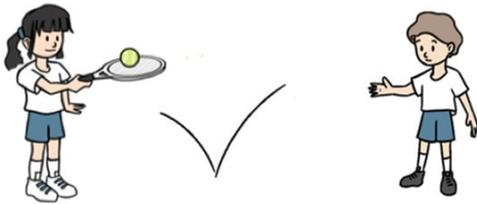
Racket face faces the sky.

Make this harder by using a smaller hoop or a line.



Catch tennis:

A In pairs with one racket and one tennis ball between them. Pupils stand opposite each other about 6m apart. One pupil underarm throws the ball to their partner allowing the ball to bounce once. Partner tries to catch the ball on their racket and then rolls it back using their hand. Five turns each then change over.



- B As above, this time after catching the ball on the racket, tip the ball onto the floor and return the ball to your partner by hitting it with your racket.

Encourage the pupils to return to the ready position each time.

Strike the ball with racket face facing partner. Turn side on to your partner to hit the ball back.

Make this harder by allowing both pupils to have a racket.

5 Mins

Plenary

Where on the racket should you hit the ball? Why?

Why is the ready position important?

What is important about the face of the racket?