



YEAR 5

**Tennis**

Lesson 4

### **Learning Objective**

To work co-operatively with a partner to keep a continuous rally going.

### **Success Criteria**

- I can play cooperatively with a partner
- I can select a skill for a certain situation
- I can sometimes play a continuous rally
- I can use the rules of the game

## Handy Hints

Hit the ball near to your partner so that they can return it.

Return to the centre of the baseline in your ready position so that you are prepared for the next shot.

## Equipment

- Cones - green x 15
- Cones - red x 15
- Cones - yellow x 15
- Cones x 30
- Tennis Balls x 15
- Tennis rackets x 30

### Optional:

- Skinned foam balls
- 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.

### **Line running:**

Pupils spread out around the outside lines of the playing area. They move following the lines, completing the following commands:

- High knees
- Side steps
- Heel flicks
- Change direction
- Touch the floor

### **Continuous rally:**

Question the pupils on what they need to do to for a continuous rally to work?

Teacher note: hit the ball near to their partner so it is easy for them to return.

Question the pupils on where they would want to place the ball for this to happen. Also ask the pupils what will help them to prepare for the next shot.

[Return to the ready position each time to be ready to return the next ball.](#)

**30 Mins**

## Skill Development

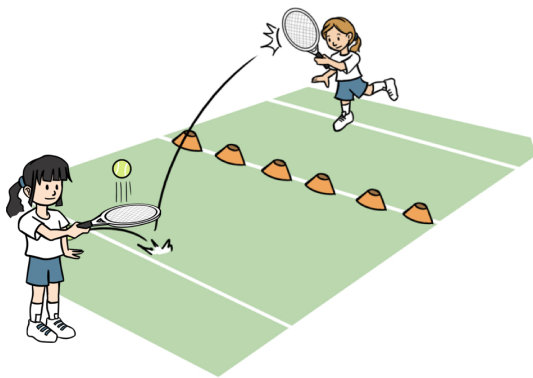
### Tap and hit:

In pairs, both pupils have a racket and one ball between them. One pupil starts by tapping the ball up to themselves before letting it bounce on the floor and then gently hitting it over the net to their partner. Their partner allows the ball to bounce once before tapping it up to themselves, letting the ball bounce on the floor and then hitting it back. TAP-BOUNCE-HIT. How many they can do as a pair?

Start in the ready position each time with feet shoulder width apart and knees bent.

Use the tap to take the power out of the ball and control it before hitting it back.

Make this easier by playing with a sponge ball.



### Rally:

In pairs, how many times can they rally the ball with their partner? If they miss the ball or it goes out they must start again.

Move your feet to the ball and then return to the ready position.

Hit the ball near to your partner so that they can return it.

### Rally 2, 4, 6, 8, 10:

In pairs, pupils rally with each other. The first rally has a target of two shots. When this is achieved, the pupils back to zero and the next rally has a target of four. The next rally has a target of six and so on. Pupils work together to achieve the highest target possible.

Return to the centre of your playing area after each shot so that you are able move to either side to retrieve the next ball.

Control your shots, don't hit the ball too hard.

Make this harder by making the challenge competitive, saying the first pair to get to a rally target of ten is the winner.

### **Traffic lights:**

In pairs, pupils collect one green, one yellow and one red cone between them. They place the green cone on top of the yellow and red cone and place them at the net. Pupils begin to rally with each other. If the ball goes out of the court area, it bounces more than once or goes into the net, they swap their cones over so that the yellow is on top. This means that their team has one life left. If their rally stops another time, they put the red cone on top which means their team is 'out.' When a team is 'out' they can continue rallying to practise until all teams are on red. The winning pair is the last pair to have a green or yellow cone showing.

Teacher note: it is important to allow pupils who are 'out' to continue practising to increase activity time and opportunities for them to improve.

Show honesty and fair play when completing your rallies.

Work with each other and encourage each other.

Make this easier by giving some pairs two green, two yellow and one red cone to give them more opportunity to compete in the game.

**5 Mins**

## **Plenary**

Question the pupils on what they needed to do to keep a continuous rally going.

How did they make it easier for their partner to return the ball?

What helped them to keep the rallies going?