



YEAR 4

Tennis

Lesson 1

Learning Objective

To develop underarm feeding.

To use the ready position.

Success Criteria

- I can underarm feed the ball
- I can use the ready position to help me return a ball

Handy Hints

Release the ball using a straight arm.

Move your feet to track the ball as it comes towards you.

Equipment

- Cones x 30
- Tennis Balls x 15

Optional:

- Tennis nets

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 gaps in the area to move in to.

Progressive tag:

Two pupils start as the catchers with a cone. When they tag someone, that pupil collects a cone and also becomes a catcher. Play until two pupils are left, at which time they become the new catchers. When they tag someone, that pupil returns their cone and becomes a catcher also.

Catchers work together to close down the space of the other players.

Make this harder for the catchers by playing in a bigger space.

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 a return ball. It allows for quick movement and change of direction.

Feet apart. Eyes on the ball. Knees bent.

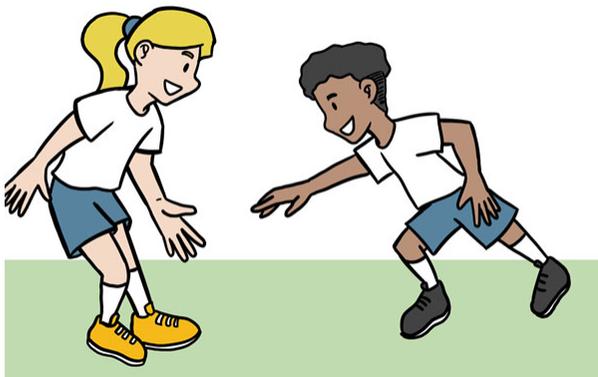


Knee boxing:

In pairs, pupils play one against one. Pupils score one point by touching their partner's knees. They are not allowed to turn and run away. Work for 30 seconds and keep the score, then repeat the game switching partners. Highlight pupils who use the ready position effectively.

Start in the ready position. Use quick small steps to move around.

Make this harder by playing in groups of three or four.



Underarm bounce catch:

- A In pairs with one ball. Pupils stand 4m apart. They underarm throw the ball to each other trying to catch it after one bounce.

Start in the ready position.

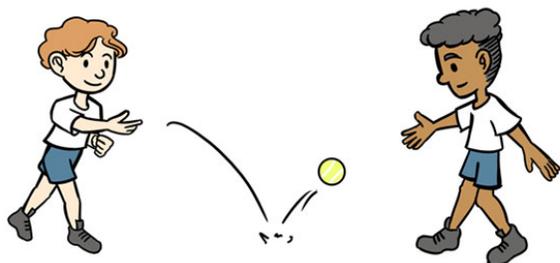
Watch the ball and move your feet to be in line with the ball to collect it.

Throw the ball with one hand. Swing using a straight arm.

Make this easier by catching it after two bounces.

- B This time, underarm throw the ball slightly away from their partner, so that they have to move from the ready position. They must catch it after one bounce.

Move your feet to track the ball as it comes towards you. Return to the ready position each time.



Doubles without rackets:

In groups of four, pupils play two against two. Place a line of cones through the middle of the court to act as the net. The ball is underarm thrown over the net so that it lands in the court area (mark this with cones or use lines on your playground). Pairs score a point if the other pair throws it out of the court area or if it bounces before the net. Pairs also score if the other team are not able to catch the ball after one bounce.

Send the ball away from your opponents.

Return to the ready position, feet apart and knees bent.

Make this harder by playing over a net.

5 Mins

Plenary

What is the ready position?

Why is it important?

In tennis how many times is the ball allowed to bounce before a point is scored?