



YEAR 3

Tennis

Lesson 7

Learning Objective

To learn how to score.

To be able to play against an opponent.

Success Criteria

- I can return a ball to a partner
- I can use basic racket skills
- I can use simple tactics when sending the ball

Handy Hints

Think of where you could hit the ball to make it hard for your opponent to return.

Equipment

- Cones x 60
- Tennis Balls x 15
- Tennis rackets x 30

Optional:

- Skinned foam balls
- Tennis nets

10 Mins

Warm Up and Introduction

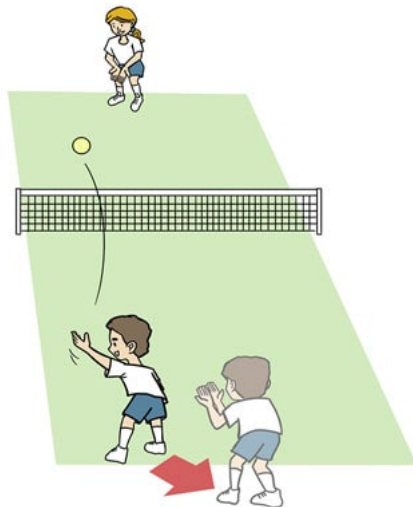
Teacher note: courts can be set up using cones and nets can be represented by a line of cones or using tennis nets if they are accessible.

Catch tennis:

In pairs with one ball. Pupils stand opposite each other, either side of the net (can use cones). One pupil underarm throws the ball over the net and their partner tries to catch it after one bounce. If they do not catch it after one bounce, the point is awarded to thrower. After a few minutes stop the pupils and ask them to discuss when it was hard for them to get to the ball. How did their opponent make it hard for them to get to the ball?

Stand in the ready position with your feet shoulder width apart and knees bent. Move your feet to the ball.

Make this easier by using a bigger ball.



30 Mins

Skill Development

Rallying with a partner:

In pairs with one racket each and one ball between them. Pupils practise rallying the ball over the net. How many can they do in a row?

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

How to score:

Explain to the pupils that they will be playing different games to try to beat an opponent and must use the tennis rules to score. Explain the ways to win a point:

- The ball bounces twice before the opponent hits it (except for wheelchair players).
- Opponent hits the ball and it lands in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.

Play for points:

In pairs with one tennis racket each and one ball between them. Pupils play against each other to win points. After each point is scored, they must discuss with each other what happened and why a point was scored e.g. 'The ball was out, Sally wins the point.' 'Ahmed hit the ball after two bounces, so Sally wins the point.' Pupils take turns to start the rally.

Hit the ball away from where your opponent is standing but inside the court area.

Encourage the pupils to be honest in their calls.

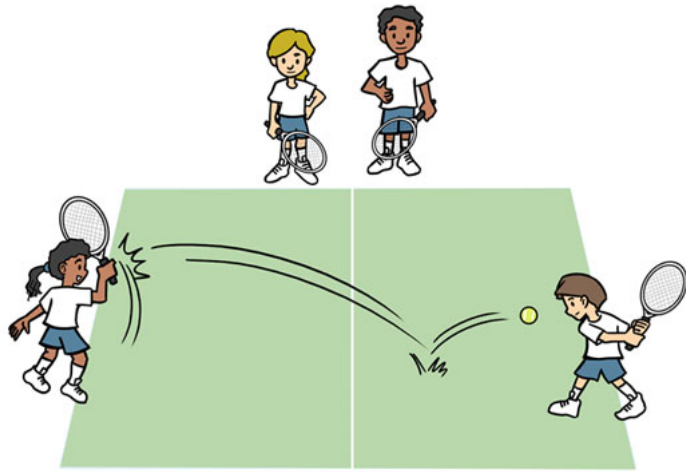
Make this easier by playing with a sponge ball.

Twos tennis:

In groups of four. Pupils play one against one, with the other two pupils scoring, explaining who each point is awarded to and why.

After every three points pupils change places with their partner and play continues. The scoring is continuous. The first pair to six points wins.

Be clear in your explanation of why someone wins the point.



5 Mins

Plenary

How do you win a point?

When can you win a point without hitting a ball?

Who showed honesty and fair play?