



YEAR 6

**Tennis**

Lesson 8

### **Learning Objective**

To show respect, honesty and fair play when competing against an opponent.

### **Success Criteria**

- I can create and use tactics to outwit an opponent
- I can lead a partner through a short warm-up routine
- I can play cooperatively with a partner
- I can select the appropriate action for the situation
- I can use the rules of the game consistently

## Handy Hints

Agree the score after each point.

Shake your opponent's hand at the end of each game.

## Equipment

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

### Optional:

- 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.

### **Pupil led warm up:**

Pupils work in a pair and lead their own warm up to include cardiovascular activity and dynamic stretches.

### **Rallying with a partner:**

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.

**30 Mins**

## **Skill Development**

### **How to win a point:**

Recap with pupils how to win a point in tennis:

- Opponent hits the ball in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.
- Ball bounces twice.
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault.)

### **Premier league:**

Pupils play in pairs. Pupils play against another pair for a set amount of time (3 mins approx.) and must agree the score after each point. Pupils take it in turns to serve, they have one serve each and serve from the back of the court underarm. Encourage the pupils to use the official scoring system. After the set time, ask the pupils who won each game. Pupils then move up or down a court:

- If a team wins their game they move up to the next court
- If they lose their game they move down to the next court
- If pupils win on the top court they stay there
- If pupils lose on the bottom court they stay there

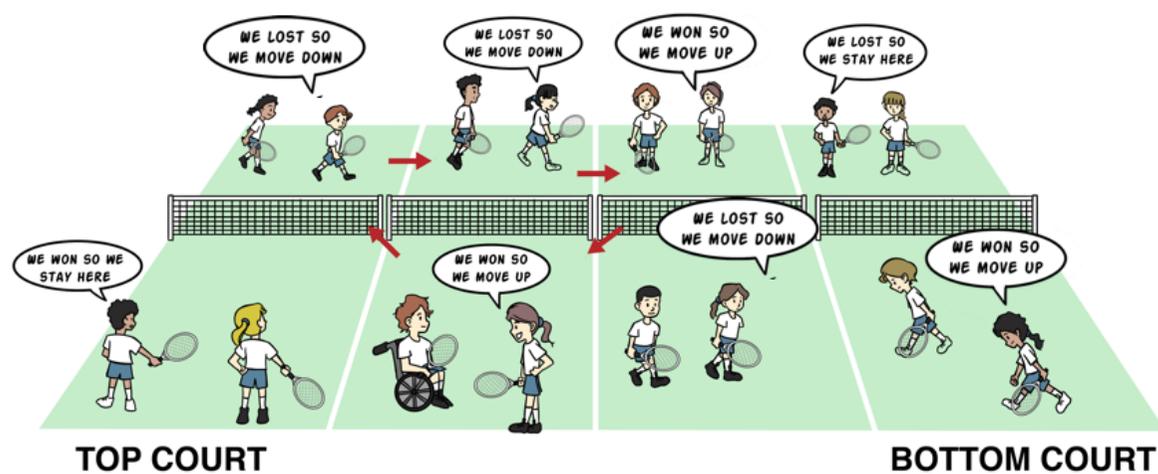
Discuss with the pupils how they are going to make it difficult for their opponents to return the ball.

Look for space on the court. Try to move your opponents around the court.

Make this easier by allowing pupils to play in threes.

Teacher note: allow for enough rotations for the bottom court to work their way up to top court if they can.

Teacher note: if you have an odd number of pairs, allow the winning pair from the top court to practise rallying between them i.e. the champions for each round do not play against another pair but practise rallying against each other.



5 Mins

## Plenary

Question the pupils on how they ensured both teams agreed on the score.

What tactics did they use in the game?

What did their partner do well in the game?

How could they improve their play?