



YEAR 4

Tennis

Lesson 3

Learning Objective

To develop hitting the ball using a forehand.

Success Criteria

- I can move to track a ball
- I can use a forehand to send a ball

Handy Hints

Hit the ball when the racket face is facing your partner.

The racket starts low with one hand and finishes high over your opposite shoulder with two hands.

Equipment

- Cones x 30
- Tennis Balls x 30
- Tennis rackets x 30
- Forehand Video

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.

Traffic lights:

Each pupil has a ball and stands in a space in the teaching area. Pupils respond to the following instructions:

- Green: jog around holding the ball
- Yellow: bounce the ball on the spot
Bounce it to waist height.
- Red: put your ball on the floor and find a new one
- Reverse: bounce the ball whilst walking backwards
Look over your shoulder to avoid others.

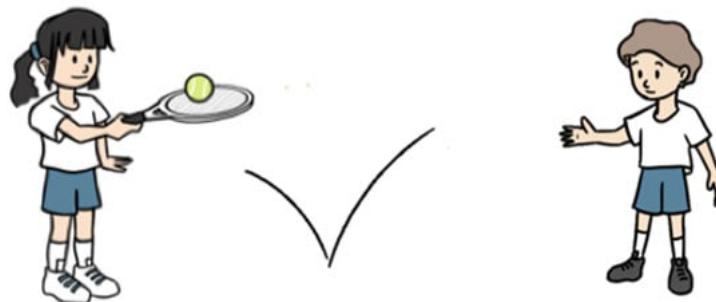
30 Mins

Skill Development

Underarm catch:

In pairs with one tennis racket and one ball between them. Pupils stand approx. 7m away from each other. One pupil underarm feeds the ball to their partner who tries to catch the ball on their racket after one bounce. They then roll the ball back to their partner. Pupils have five turns each and then change roles.

Move your feet to track the ball, getting in line with it. Return to a ready position.



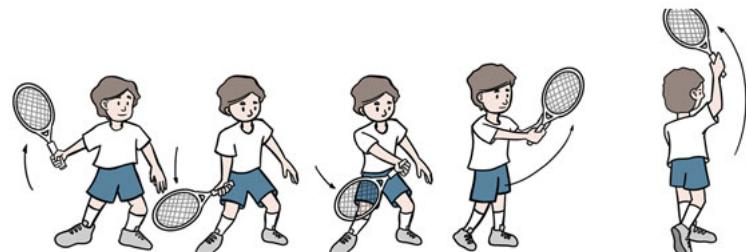
Forehand:

Demonstrate the forehand.

Move from the ready position to slightly sideways on to the feeder.

Swing the racket from low with one hand over to the other shoulder high.

Make contact with the ball when the racket face is facing your partner.



Catch the forehand:

In pairs with one ball and one tennis racket between them. Pupils stand opposite each other. One pupil begins with the racket and the ball. They balance the ball in the centre of their racket, they tip the racket so that the ball drops on the floor, then attempt to hit it to their partner after one bounce. Can their partner catch it? Change over after six turns.

Make contact with the ball when the racket face is facing your partner. Use the centre of the racket face.

Make this easier by using a sponge ball.

Feed, return:

One pupil begins with the ball as the feeder and stands approx. 7m away from their partner who has the racket. The feeder underarm throws the ball so that it bounces once before the hitter attempts to return it using a forehand.

Begin in the ready position, with your feet apart, knees bent and eyes on the ball. As the ball is coming, move from the ready position to slightly sideways on to your partner with your non-hitting side closest to them.

Make this easier by having the feeder stand next to the hitter, dropping the ball from the side for them to hit.

Teacher note: it is important to start in the ready position so that they can move easily to get in line with the ball as it is coming towards them.

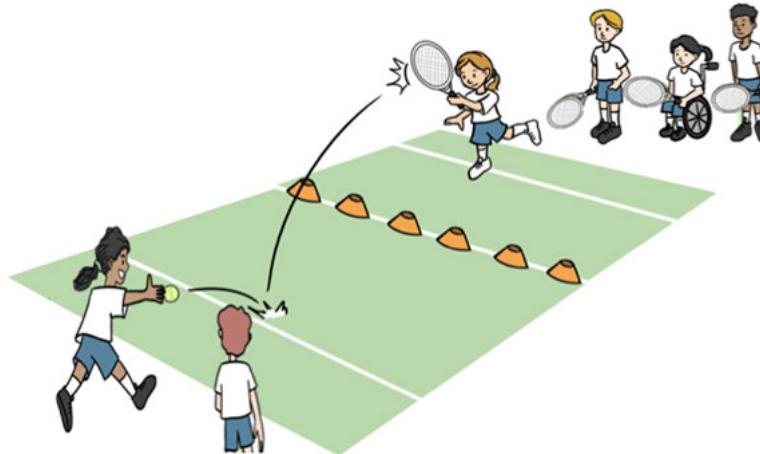
Ocean break:

In groups of six. Each pupil has a ball and a racket. Pupils play over a net (this could be a line, cones or a net).

Teacher note: mark the court area using cones or lines.

- Pupils begin on one side of the net in a single file line
- They take turns to drop the ball for themselves and use a forehand to hit it over the net
- If the ball goes over the net and lands in the court area, they are safe and go to the back of the line
- If the ball does not go over the net, or does not land in the court area on the other side of the net, they must put their racket at the net and stand on the other side (in the ocean)
- To get out of the ocean, players must catch another hitter's ball
- If they catch it after one bounce, they swap with the player who hit it
- If they catch it without a bounce all the players in the ocean swap with the players who are not

Make this harder by using a feeder to underarm throw the ball over the net to be returned.



5 Mins

Plenary

If you were going to teach me how to do a forehand, what would you tell me?

Where on the racket should you aim to hit the ball and why?

Teacher note: hit the ball in the centre of the racket for increased control. Hit the ball when the racket face is facing where the hitter wants the ball to go.