

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Tennis	3/4	#1	Introduction

### Equipment

- Tennis Rackets
- Tennis/small balls
- Cones for set up

### Learning Objective

- To develop correct grip and basic racket control.
- To understand the 'face' of the racket and its role

### Success Criteria

- I can hold the racket using the correct grip.
- I can balance a ball on my racket with control.
- I can move safely whilst maintaining control of the ball.

### Key words

- Grip
- Control
- Balance
- Face

### Preparation Ideas/Warm Up

#### Car Tennis

Each child to be given a racket and a ball. The ball will be on the floor and will become the car that the children need to keep control of. The idea is for the children to keep the tennis ball close to the tennis racket.

>Green – Go – Children will begin dribbling the ball using the tennis racket.

>Amber – Get ready – Children will be standing still moving the ball from left to right using the racket

>Red – Stop – Use the tennis racket to stop the ball

Progression:

>Speed bump – Children to roll the ball and flick the ball up in the air

>Roundabout – moving around in a circle with the ball keeping it close to you

### Skill Development

#### Introduction to the tennis racket

Go through the tennis racket and how the racket itself has a face and explain how whichever way the tennis racket is facing, will dictate where the ball goes (so if the racket is facing up, the ball will go up, if the racket is facing left, the ball will go to the left)

Children to be given a ball and asked to balance the ball on the racket without the ball falling to the

ball. Allow them to move around the area trying to balance the ball on the racket whilst moving. Which way should the racket be facing? (up).

Progressions:

>Allow the children to drop the ball to the floor and then 'catch' the ball on the racket and keep the ball balanced. If they can do this standing still, allow them to move around doing this.

>Can they now allow the ball to bounce off the floor and then strike the ball up allow it to bounce again and continue in that pattern (bounce, strike up, bounce, strike up) whilst keeping close control of the ball.

>Allow the children to strike the ball continuously on the racket (keep up with the tennis racket). How many times can they strike the ball in a row

### Game

#### Through The Gates

Set out a large number of small gates (use 2 cones 1-2m apart) around the playing area.

To begin with, get the children to move around with the tennis ball on the floor (similar to warm up). They have to dribble the ball through as many gates as possible in the time allotted (2-3 mins).

Progressions:

>Allow the children to compete against themselves and try to beat their highest score

>Change the skill to balancing the ball on the tennis racket and moving through the gates. You can progress this further by having a 1 point penalty for every time the children drop the ball

### Teaching points

- The children need to understand how to grip the tennis racket. With two hands, we want to place the weaker hand at the top of the grip, with the stronger hand underneath. With a one handed grip, we want to place the strong hand in the centre of the grip.
- They need to understand that the face of the racket (the head) and the direction that it is pointing is important. Whichever direction the face is pointing, is where the ball will go, so if they want to keep the tennis ball up on the racket, they need to be pointing the face up. Again, if they want the ball to travel forward, they need the face pointing forward
- Get the children to begin to understand the power needed to strike the ball and keep it on the racket. We do not need much power and it is about controlling the ball as we strike it. If we were to strike the ball with too much power, we begin to lose control of the ball.

### Key Questions

- Can you show me the face of the racket?
- What two things do we need to think about to remain in control of the ball? – *Power and aim*
- How will you know which direction the ball is going to travel?
- What will happen if we add too much power into our strikes?

### National curriculum links:

- Develop control, technique and balance through tennis
- Compare their performance against a previous attempt and look to make improvements

**Social and environmental skills:**

- Developing resilience in trying to improve their skills
- Developing and gaining confidence in a new skill