

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

### Equipment

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

### Learning Objective

- To perform an underarm serve with accuracy and control.

### Success Criteria

- I can hold the ball and racket correctly to serve.
- I can swing underarm to send the ball over the net.
- I can serve into a target area.

### Key words

- Serving
- Underarm
- Accuracy

### Preparation Ideas/Warm Up

#### 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).

### Skill Development

#### Serving for gold

Get the children into teams of 4-5 and spread cones around the playing area in front of the teams (we want lots of cones). Line the teams up and each team will be given 1 tennis racket and 1 tennis ball

The children must serve the ball using the underarm striking technique towards the cones. If the ball hits a cone, you collect that cone, along with your ball and bring it back to your team. Each player in the team takes their turn until all of the cones are taken from the playing area. The team with the highest number of cones are the winners.

Regression:

>If some are struggling to drop the ball to strike, they can strike it from the ground

### Game

#### Serve Into The Box

Set the class into 5/6 teams – Infront of each team there is a serve box (cones that are made into a square).

The aim is the ball must land in the box. The team to first land all their tennis balls in the boxed area wins! Each team has 5-10 tennis balls. The ball's first bounce must land within the service box. Explain to the children that this is the rules of tennis!

Rule – You get two attempts at serving in a game. If the ball bounces outside of the service area, this is a fault

### Teaching points

- Underarm technique – Start the ball touching the racket. One foot in front of the other (front foot should be the opposite to the hand holding the racket) We are going to swing the racket back behind us, before swinging forward and through. As we are swinging forward, release the ball
- To begin with, allow the children to focus on making contact with the ball. A short backswing will allow the children to make contact with the ball more frequently and as they get more comfortable and confident, we can then increase the backswing to increase the power in our serve
- Remember that we need to be accurate with our strikes. When serving, the ball must land in the service area, meaning that we need to be accurate with where we aim. Make sure the children are pointing the face of the racket towards their intended target

### Key Questions

- What happens if our serve bounces outside of the service area? – *A fault is called. We get 2 attempts to land the ball from a serve in the service area*
- How can we make sure we are striking the ball as we are serving? – *Focus on dropping the ball as we are swinging forward and that our backswing is short to begin with.*
- How can we increase the amount of power in our serve?
- What might happen if we added too much power into our serve?

### National curriculum links:

- Develop technique and control through tennis
- Compare their performance against previous attempts, looking for improvements to their personal best

### Social and environmental skills:

- Developing resilience through trying to improve our skills
- Improving listening skills by following rules and instructions
- Showing encouragement and empathy when playing games against others