



Tennis - Lesson 6

Higher Key Stage 2

WALT

- Recap previously learnt skills, such as forehand, backhand and volley.

WILF

- Show an improvement on all skills learnt and be able to perform them all successfully

Cross Curricular Opportunity

Find The Space: Children should count how many times they catch the ball, each successful catch is worth one point.

Peer Assessment Opportunity

Up and Down: In their pairs the children can be encouraged to talk to each other and say what the other person is doing well and what they can improve on.

Equipment

- Tennis rackets
- Tennis balls
- Nets/String

Any Other Information

- Can be completed inside, but prioritise an outdoor space.

Get Active: Ankle Attack

The children will be completing a tag game inside a marked-out area. A third of the class will have a small soft ball, for example, dodgeball or tennis ball. The ball carriers will run round the area and try to throw the ball at the other children, aiming for below the knee. If a child is hit by the ball, they will stand in a tug position decided by the teacher. This could be a scarecrow, toilet, banana or bridge.

Adaptive Teaching Suggestions

- Increase or decrease the size of the marked-out area.
- Increase or decrease the number of balls being used.
- Once a child is hit by a ball, allow them to be a tagger, and see who the last child standing is.

Teaching Points

- Use a one-handed underarm throw to increase accuracy.
- Use side-steps & changes of speed to avoid the people with a ball.

Athletic Development: Up and Down Tennis Ball

The children will be working in pairs, stood opposite each other on a floor marker with a 4-6m gap, with 1 of the pair holding a tennis ball. 3m behind each child will be a second floor marker. When the teacher commands, the child without the ball will run to their marker behind, then back to their original place. As soon as they get back, the partner with a ball will throw it to their partner, who throws it back, then the process is repeated. After 5 throws, the children swap roles so the second child in each pair is now running, while their partner stands still with the ball.

Adaptive Teaching Suggestions

- Increase or decrease the distance between the floor markers.
- Change the type of throw the children complete from underarm to over arm.
- Encourage children to catch the ball with one hand instead of two.

Teaching Points

- Encourage children to catch the ball with a two handed bucket catch to start with.
- Children should pull the body into their chest once it's caught to secure the ball.

Skill 1- Find the Space

The children will be working in pairs if the space & equipment allows it. One of the pair will have a racket and a ball, with their partner stood on the opposite side of the net. The child with the racket will hit the ball over the net, aiming to hit it into space so it bounces on the ground. Their partner will try to catch the ball before it bounces. If the ball bounces, the child with the racket wins 1 point. If the ball is caught, they'll receive 1 point. After 5 shots, ask the children to swap roles.

Adaptive Teaching Suggestions

- Points can be introduced, every time the person catching the ball successfully catches it they receive one point.

Teaching Points

- Children should find an open space on the court to hit the ball into.
- Remind the children to hold the racket correctly and stand sideways.

Question to check for understanding

Q: Why is it important to find a space in tennis?

A: To make it harder for the other player to return the ball.

Skill 2- Team Tennis

The children will be working in two teams, one to each side of the net. Place as many nets as possible in the area or use a piece of string if nets are not available. Every child needs a racket so they can play a normal game of tennis, however the teacher will allow multiple balls in the game at once. The children are free to move round their side of the net, and they can hit the ball anywhere on the opposite side, with no restrictions of a small court. Encourage the children to use their forehand and backhand shot, aiming for the spaces to win a point. If a ball bounces twice, the team who hit the ball win a point, and the opposition team will hit that ball back into play from the back of their area.

Adaptive Teaching Suggestions

- Increase or decrease the size of the court.
- Introduce boundaries of the court and if the ball is hit outside them then the other team receives a point.
- More balls can be introduced into the game to allow more children to play at a time.

Teaching Points

- Children should aim to hit the ball over the net and allow it to bounce once.
- When hitting the ball children should look for a space on the other side to increase the chance of the ball bouncing twice.

Question to check for understanding

Q: Why do we aim for space when hitting the ball over the net?

A: To increase the chance of the other player not being able to get to the ball meaning it double bounces and we receive a point.

Game: Short Tennis

The children should be working across as many courts as possible. Playing in pairs, if possible, the children will be completing a game of tennis on a smaller court, using a dodgeball instead of a tennis ball. The children should be encouraged to use the forehand and backhand, focusing on dropping the ball into the shorter court where the spaces are. If the space doesn't allow everyone to play at the same time, have spare children on each court who rotate in every 2 minutes, so no one is watching for too long, or increase the number of children sharing a court to 3 or 4 on each side.

Adaptive Teaching Suggestions

- The court can be increased or decreased in size if the teams are finding it too easy/ too hard.
- Points can be counted and the winner of each game can go against a winner of another team to make it more competitive.

Teaching Points

- Encourage children to hit the ball into a space.
- Children should be using forehand and backhand returns in the game.

Question to check for understanding

Q: Why are we practising on a smaller court?

A: So we don't have to worry about running too far and can concentrate on returning the ball.