

### Lesson Objective

To understand how to hold the racket and to be in the ready position

Lesson 1/6

### Equipment Needed

Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.

### Success Criteria

Children can:

- Know their feet need to be at least shoulder width apart with your head forwards onto the court and bend your knees slightly
- Know to hold the racket using the 'shake hands' grip
- Know after hitting the ball return to the centre of the court and be in the ready position as soon as possible

### Adapted Learning (Differentiation) (Challenge)

Increase / Decrease the distance that the players move.

### Key Questions

What is the 'ready position'?  
Where do I stand in the 'ready position'?

### Warm Up

Pupils start jogging around the playing area avoiding each other and listening, when the teacher calls out 'SMASH!' The children jump into the air and pretend to play the overhand shot. When the teacher calls out 'Ready Position' children stand in the Ready position! (See overleaf for technique) STRETCH. Repeat.

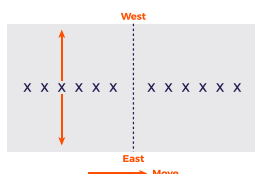
### Main Activity

#### Racket Control Challenges:

Ensure all of the children have a racket and a ball each in a space. Demonstrate to the children the different challenges they children can try and master in this activity (see overleaf). Children are only allowed to move up a level when told they are ready to do so by one of the teachers/coaches.

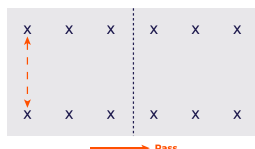
#### West Or East:

This activity is designed to develop the children's ability to move effectively around the court whilst holding a racket. Ask all of the children to form a single file line in the centre of your playing area, all facing the same way. Mark out two lines of cones either side of the children and call one 'West', the other 'East'. When the leading adult calls out either West or East. The children must run to that line and place the correct foot over it - then return to their starting point! Children should place opposite feet over the line.



#### Ready Position:

- Children in pairs, 1 ball per pair
- Mark out 3 cones, approx. 2m's between each cone, 3 different coloured cones
- 1 partner starts at middle cone, explain after every call, they must return to middle cone. Other partner calls out a colour of a cone (not the middle cone) and partner at cones must sidestep/ run to that cone touch and back to middle. Swap round after 6 goes. On 2nd attempt partner who is calling to speed up their calling



#### The Longest Rally:

Children are to work on half a court, 2 at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving ball. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the ball bounce twice or lands out of bounds.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

#### Grip:

Place your hand on the racket so that the V formed by your thumb and forefinger are at roughly 11 o'clock (or one o'clock if you're left-handed).

#### Ready Position:

This is the position the children should adopt when waiting to return a shot - knees bent, body balanced, racket in front of the chest and eyes forward.

<b>Lesson Objective</b>	<b>To play the forearm shot under control</b>	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
<b>Success Criteria</b>	<p>Children can:</p> <ul style="list-style-type: none"> <li>• Look to get to the ball as soon as possible</li> <li>• Should make their forward swing of the racket from low to high</li> <li>• Should make contact with the ball at around waist height</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	<p>Reduce the distance in which the ball is bounced toward the player. Have larger balls for children who need most support with making contact with the ball.</p>	
<b>Key Questions</b>	When do you use the forearm shot?	
<b>Warm Up</b>	<p><b>Tap Up Tennis:</b></p> <p>One ball and racket per child – children to hit the ball up on the racket continuously – How many can you do? Q – What's important in order to make sure we keep hitting the ball on the racket? In pairs – one ball per pair, both with racket – children to now take it in turns to hit the ball up and then keep the ball going, can only bounce once before hit again.</p>	
<b>Main Activity</b>	<p><b>Ball Familiarisation:</b></p> <p>In pairs, one person with racket, other person is feeder, feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.</p> <div data-bbox="153 1227 408 1400" data-label="Diagram"> </div> <p><b>The Forehand Technique:</b></p> <p>Teacher to demonstrate forehand technique.</p> <ol style="list-style-type: none"> <li>1. Children in pairs, One racket and two balls per pair. One person with racket the other is feeder. Feeder stands just out from partner's racket. Feeder drops ball out in front of person with racket who then performs the forehand shot, after five goes swap.</li> <li>2. Feeder to now under arm throw ball in from 3m away from partner – standing opposite partner</li> <li>3. Set up an end zone behind where feeder is standing – aim is for partner with racket to try and play forehand shot in to end zone.</li> <li>4. Set up two boxes in the corners of the end zone, partner hitting now needs to try and aim their shots to hit the corner boxes.</li> <li>5. Partners to practice rallying using the forehand shot between each other. Rally with partner.</li> </ol> <p><b>The Longest Rally:</b></p> <p>Children are to work on half a court, 2 at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving ball. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the ball bounce twice or lands out of bounds.</p> <div data-bbox="153 1574 408 1724" data-label="Diagram"> </div>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<p><b>Forearm:</b></p> <p>Stand sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball.</p>	

<b>Lesson Objective</b>	To play a rally with a partner using the forearm shot	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
<b>Success Criteria</b>	<p><b>Children can:</b></p> <ul style="list-style-type: none"> <li>• Aim to meet the tennis ball in front of them, at about waist height</li> <li>• Track the ball all the way from once it leaves their partners racket</li> <li>• Aim to get the racket back before the ball has bounced</li> </ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Use larger / smaller targets and/or increase/decrease the distance between each pair.	
<b>Key Questions</b>	What should do I need to play and where?	
<b>Warm Up</b>	<p><b>Ball Familiarisation:</b></p> <p>In pairs, one person with racket, other person is feeder; feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.</p>	
<b>Main Activity</b>	<p><b>Target Tennis:</b></p> <p>Set up a marker the children must hit their ball behind and scatter cones in between these two cones, the children should face each other. The children take it in turns to hit the ball (either forehand or backhand) and aim to hit one of the cones between the two players. You keep what you hit! The child with the most cones wins.</p> <p><b>The Longest Rally:</b></p> <p>Children are to work on half a court, two at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving ball. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the ball bounce twice or lands out of bounds.</p> <p><b>Wimbledon Championships:</b></p> <p>For this activity you can either mark out lines of cones to show the serving area - or hoops, slightly harder to score! Organise the children so that they're in two lines, facing each other with both service boxes (or hoops) in between them. The aim of the game is to allow the ball to bounce then hit it into the box/hoop opposite - if you do, you get a point! The child with the most points at the end of the game wins, if it is a draw then a one point 'sudden death' play off occurs. Winners move up the ladder to face a new opponent, losers move down to face a new opponent! Whoever finishes at the top of the ladder is the Wimbledon Champion.</p>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	Children should get used to standing side on as they hit the ball, they should aim to hit the ball with the centre of the strings of the racket and push through in a line towards where they want the ball to go.	

### Lesson Objective

To introduce the 'backhand shot'

Lesson 4/6

### Equipment Needed

Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.

### Success Criteria

Children can:

- Watch the ball travel and decide to play a shot other than the forearm shot
- Start to understand the term 'backhand shot'
- Know to pull their racket back so that it is facing the backline
- Step to the ball with the foot which is closest to the ball
- Have a level swing with the racket face pointed at the target

### Adapted Learning (Differentiation) (Challenge)

Reduce the distance in which the ball is bounced toward the player.  
Have larger balls for children who need most support with making contact with the ball.

### Key Questions

When do you play the backhand shot?

### Warm Up

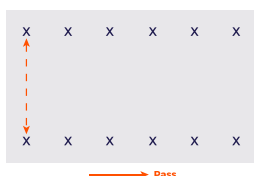
Tap Up Tennis:

One ball and racket per child – children to hit the ball up on the racket continuously – How many can you do? Q – What's important in order to make sure we keep hitting the ball on the racket?  
In pairs – one ball per pair, both with racket – children to now take it in turns to hit the ball up and then keep the ball going, can only bounce once before hit again.

### Main Activity

Ball Familiarisation:

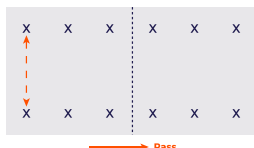
In pairs, one person with racket, other person is feeder, feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.



The Backhand Technique:

Teacher to demonstrate backhand technique.

1. Children in pairs, one racket and two balls per pair. One person with racket the other is feeder. Feeder stands just out from opposite arm to racket arm. Feeder drops ball out in front of person with racket who then performs the backhand shot, after five goes swap.
2. Feeder to now under arm throw ball in from 3m away from partner – standing opposite partner
3. Place various target boxes behind feeder and partner hitting to try and aim for their backhand shots to bounce in one of the targets.
4. Partners to rally trying to play the ball to each other's backhand.



The Longest Rally:

Children are to work on half a court, 2 at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving ball. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the ball bounce twice or lands out of bounds.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Backhand:

Hold racket with two hands, bring racket across body, step dominant leg across body, swing racket away from body and step out

# Year 5 - Tennis

## Lesson Plan

### Lesson Objective

To underarm serve over a net

Lesson 5/6

### Equipment Needed

Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.

### Success Criteria

Children can:

- Stand sideways to the line and holds the racket and ball together out in front
- Drop the ball onto the racket before it bounces and hit it
- Move the racket in a swinging action from low to high

### Adapted Learning (Differentiation) (Challenge)

Increase / Decrease the distance between the cones and the players.

Use hoops and get children to the ball into a hoop.

Reduce the number of cones that a play must hit, or have a set colour per player.

### Key Questions

How do I serve in tennis?

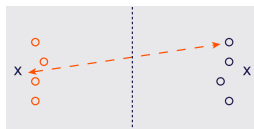
Where do I need to serve?

### Warm Up

#### Forehand/Backhand Accuracy – Battleships:

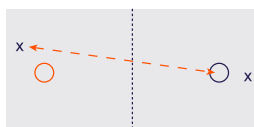
For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the hitting mark, the 'hitter' stands here, bounce the ball then tries to hit their ball at a 'ship'. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their shot, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all 4 ships first wins.

### Main Activity



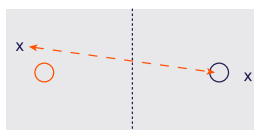
#### Target Tennis:

Set up a marker the children must hit their ball behind and scatter cones in between these two cones, the children should face each other. The children take it in turns to hit the ball using the underarm serve and aim to hit one of the cones between the two players. You keep what you hit! The child with the most cones wins.



#### Serving Ladder:

Organise the children so that they're in two lines, facing each other with both service boxes (or hoops) in between them. The aim of the game is to allow the ball to bounce then hit into the hoop that is the furthest away from them! – If you do, you get a point.



#### Wimbledon Championships:

For this activity you can either mark out lines of cones to show the serving area – or hoops, slightly harder to score! Organise the children so that they're in two lines, facing each other with both service boxes (or hoops) in between them. The aim of the game is to allow the ball to bounce then hit it into the box/hoop opposite – if you do, you get a point! The child with the most points at the end of the game wins, if it is a draw then a one point 'sudden death' play off occurs. Winners move up the ladder to face a new opponent, losers move down to face a new opponent! Whoever finishes at the top of the ladder is the Wimbledon Champion.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Keep the ball toss low the ball is played waist level and allow it to drop onto the racket face. Leave your racket face open. If you are a right-handed player, you'll swing the racket from right to left, and vice versa.

### Lesson Objective

To play a game of doubles tennis using the techniques shown and be able to follow the basic rules

Lesson 6/6

### Equipment Needed

Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.

### Success Criteria

Children can:

- Play a game of doubles using the techniques shown
- Understand where they need to stand to be in the best position to play the shots needed
- Start the game with a basic serve and be able to play a rally with their opponents

### Adapted Learning (Differentiation) (Challenge)

Match children by ability, and look to use differentiated equipment if needed.

### Key Questions

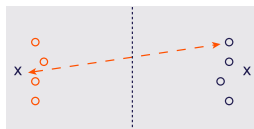
What rules do we need to know to be able to play doubles tennis?

### Warm Up

#### Forehand/Backhand Accuracy - Battleships:

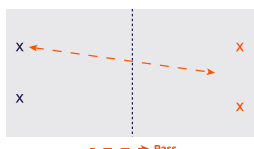
For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the hitting mark, the 'hitter' stands here, bounce the ball then tries to hit their ball at a 'ship'. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their shot, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all 4 ships first wins.

### Main Activity



#### Target Tennis:

Set up a marker the children must hit their ball behind and scatter cones in between these two cones, the children should face each other. The children take it in turns to hit the ball using the underarm serve and aim to hit one of the cones between the two players. You keep what you hit! The child with the most cones wins.



#### Half Court Matches:

Each court will be divided in half to allow eight children to play on a court at a time. The children will play in doubles. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to 5'.

#### Game Play:

Use half court to play matches (as above):

- Place end zones in each court
- Each doubles pair to play 3 minute matches against an opponent, then swap who children play against
- 1 point scored for every time the ball bounces more than once in opposition's side of court
- Bonus points scored for every shot hit in end zone/hoops/corner zones. 2 points scored if point is won by being hit in end zone/hoops/corner zones

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

- Points are awarded in scores of 15, 30, 40 (15 is the equivalent of 1 point, 30 of 2 and 40 of 3 points)
- A point is awarded to the other team when you are unable to return the ball over the net
- One team serves for the duration of a game, then the other team serves
- Tennis matches consist of games, and there are 6 games in a set
- A game is played until the team wins 4 points (15, 30, 40 - Win)