

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce playing a rally with a partner using the forearm shot in tennis

Lesson 1/6

### Equipment Needed

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

### Success Criteria

Children can:

- Meet the tennis ball in front of them, at about waist height
- Track the ball all the way once it leaves their partner's racket
- Be ready with their racket back before the ball has bounced

### Adapted Learning (Differentiation) (Challenge)

Have larger balls for children who need most support with contacting the ball.

### Key Questions

When do you the forearm shot?

### Warm Up

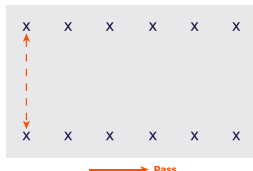
Ready Position:

Children in pairs, one ball per pair. Mark out three cones, approx. 2m's between each cone, three different coloured cones. One child starts at middle cone, other child 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 six goes. On second attempt partner who is calling to speed up their calling.

### Main Activity

Tap Up Tennis:

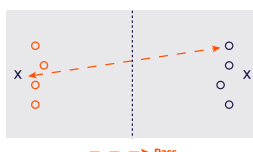
One ball and racket per child – children to hit the ball up on the racket continuously – How many can you do? PROGRESSION: In pairs – one ball per pair, both with racket – children to now take it in turns to hit the ball up and then keep the ball going, can only bounce once before hit again.



The Forehand Technique:

Teacher to demonstrate forehand 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 partner's racket. Feeder drops ball out in front of person with racket who then performs the forehand shot, after five goes swap.
2. Feeder to now under arm throw ball in from 3m away from partner – standing opposite partner
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.
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.
5. Partners to practice rallying using the forehand shot between each other. Rally with partner.



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.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Forearm:

Stand sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball.

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce the underarm serve over a net in tennis

Lesson 2/6

### 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 floor and make contact before it bounces a second time
- 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.

### Key Questions

How do I serve in tennis?

### Warm Up

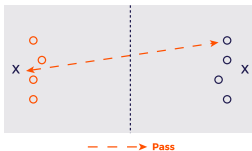
Tap Up Tennis:

One ball and racket per child – children to hit the ball up on the racket continuously – How many can you do? PROGRESSION: 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

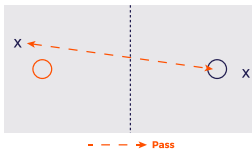
Serving Technique:

In 2's, children stand either side of the net. Player 1 aims to serve the ball towards their partner who catches it and rolls it back. Each player has ten serves and change. Children aim to 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.



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 their opponent's hoop – If you do, you get a point.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Serve:

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.

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce games of doubles tennis using the techniques shown and be able to follow the basic rules

Lesson 3/6

### Equipment Needed

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

### Success Criteria

Children can:

- Play a modified version of the game using the techniques shown
- Understand where they need to stand to be in the best position to play the shots needed

### Adapted Learning (Differentiation) (Challenge)

Group by ability.

### Key Questions

How do we play doubles tennis?

### Warm Up

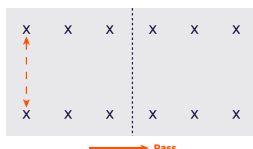
West Or East:

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.

### Main Activity

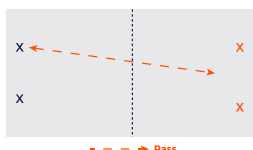
Tap Up Tennis:

One ball and racket per child – children to hit the ball up on the racket continuously – How many can you do?



The Longest Rally:

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.



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'.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

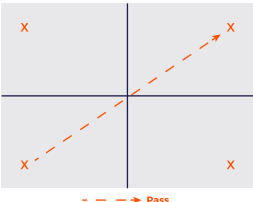

Game Play:

Use half court to play matches (as above)

- Place end zones in each court
- Children to play 3-minute matches against an opponent, then swap who children play against
- One point scored for every time the ball bounces more than once in opposition's side of court

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

<b>Lesson Objective</b>	To introduce the serving technique in badminton	<b>Lesson 4/6</b>
<b>Equipment Needed</b>	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Attempt a badminton serve with some success</li><li>• Keep the racket head below waist height when striking a serve</li><li>• Understand where to stand and how to position their body to serve</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Reduce the distance of the serve.	
<b>Key Questions</b>	How do we serve?	
<b>Warm Up</b>	<b>Find A Friend:</b> <p>Place as many racquets as you have children on the floor in your playing area. When you say jog the children must jog around avoiding the clubs and each other. When you call out 'find a friend' the children must find a racquet, pick it up and hold it in the correct grip! Remove two or three each time, if a child can't find a racquet in time, then must jog on the spot at the side of the playing area.</p>	
<b>Main Activity</b>	<div><div></div><div><b>Skill Acquisition:</b><p>Children work in 2's, one player serves the other catches. Children either side of the net, where player one aims to serve the shuttle into player 2's hands.</p><p><b>Get It In The Box (Best of 3):</b><p>Set out four boxes together with cones – with a child in each box! The aim of the game is to serve the shuttlecock into the box that is diagonally opposite you. When the children hit the shuttle is must is not be above their waist. Each time it is a child's turn they get three attempts to serve the shuttlecock into their opponent's box – the child with the highest number wins!</p><p><b>Half-Court Singles Matches:</b><p>Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. 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 five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!</p></p></p></div></div>	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Serving:</b> <ul style="list-style-type: none"><li>• Children should stand 2-3 feet behind the service line</li><li>• Relax their body and bend their knees slightly</li><li>• Hold the shuttle by the feathers and let it drop slightly as they hit it</li><li>• Follow through aiming at whereabouts you would like the shuttle to land</li></ul>	

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce the ready position and play small rallies with a partner

**Lesson 5/6**

### Equipment Needed

Rackets, shuttlecocks, cones, hoops, badminton net and posts.

### Success Criteria

Children can:

- Use the ready position
- Attempt a rally with a partner
- Know where they need to stand on the court and work with their partner

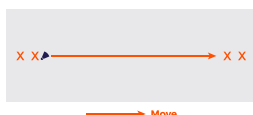
### Adapted Learning (Differentiation) (Challenge)

Vary the distance in which the children have to move.

### Key Questions

What is the ready position?

### Warm Up



#### Egg & Spoon (Badminton Style):

Split your class into groups of no more than four. Give them a racquet and a shuttlecock each. For this activity they will play Egg & Spoon (but with a racquet and shuttle instead). Children must balance the shuttlecock on the racquet head and run to their teammate and hand them the shuttle.

### Main Activity

#### 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, Step, Play:

In 3's has two flat markers either side of the player with the racket. Players 2 & 3 take it in turns to throw the shuttle towards the flat marker, as player 1 chasse steps towards the shuttle and passes back. Repeat on opposite side, player 1 adopts the ready position and moves across to play each shot.



#### Continuous Rally:

Children work in 2's, one player serves the other catches. Children either side of the net, where player one aims to serve the shuttle into player 2's who plays the shuttle back. The pair then see how many times they can hit the shuttle back and forth.

### Cooldown

Recap and discuss Success Criteria.

### Backhand Lift

#### The Ready Position In Badminton:

This is the position the children should adopt when waiting to return a shot, racquet high, knees bent, body balanced.

# Year 3 - Intro to Net & Wall Games

## Tennis & Badminton - Lesson Plan

**COMPETING**  
**EDSTART**

<b>Lesson Objective</b>	To introduce the rules of badminton and be able to play doubles matches	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Attempt to use attacking and defensive shots</li><li>• Know how to keep score</li><li>• Know how to move on the court and take turns serving</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Vary the distance in which the children have to move.	
<b>Key Questions</b>	What are the rules of badminton?	
<b>Warm Up</b>	<b>Continuous Rally:</b>  Children work in 2's, one player serves the other catches. Children either side of the net, where player one aims to serve the shuttle into player 2's who plays the shuttle back. The pair then see how many times they can hit the shuttle back and forth.	
<b>Main Activity</b>	<b>Name Your Spot:</b>  Place 4/5 hoops/objects out for every two children. The children take it in turns to take three shots. The children take it in turns to take three shots. They must describe to their partner which hoop/object they are aiming for. <b>Half-Court Singles Matches:</b> Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. 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 five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!	
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>• Children play first to seven matches in doubles matches</li><li>• Team not playing acts as scorer/referee</li><li>• Rotate the server every time, so that each play has the chance to start the game</li></ul>	