

Year 1 - Intro to Racket Skills

Lesson Plan

Lesson Objective	To make contact with a ball with their hand and a small piece of equipment	Lesson 1/6
Equipment Needed	Cones, hoops, balloons, markers, beach ball, bean bag, tennis ball, pompom balls, spiky ball, tennis rackets, cricket bats.	
Success Criteria	Children can: • Hold the variety equipment safely and can make contact a ball/object • Feed a ball to them and be able to contact it • Track the ball and show good hand/eye coordination	
Adapted Learning (Differentiation) (Challenge)	Use a lighter, larger bat to increase success of making contact.	
Key Questions	What is hand eye coordination?	
Warm Up	A Doctor's Diet: Split the class into four teams and spread out all of your cones randomly in your playing area – explain to the children that one of Doctors' jobs is to check people eat healthy foods! Pupils take it in turns to run out and pick a coloured cone. Only one child can run out from each team at a time. Healthy foods (Apple, Banana, Strawberry) are worth two points. Unhealthy foods (Ice Cream, Pick 'n' Mix) are worth one point. The team with the most points wins.	
Main Activity	Tap Up: One ball/balloon per child, they aim to hit the ball continuously – How many can you do? Judging The Flight: Children throw/bounce their ball into the air, they are then asked to clap once they think the ball has reached the top of its flight. Encourage children to keep their eyes on the ball as it travels, so they can watch the flight of the ball. Beat The Ball: In teams of six, children hit ball with their hand into the area. Set up three zones. There must be a fielder in each of these. Batter hits the ball off a cone and must run through these zones and return to base before the fielding team can throw the ball through each of these the zones.	
		
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Keep eye on the object, and make contact with hand.	

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Lesson Plan

Lesson Objective	To hold a tennis racket correctly, and be able to balance a ball on their racket	Lesson 2/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Know what hand they will mostly hold their racket in and be able to hold racket at the bottom of the grip • Know where they need to hold their racket in relation to the body	
Adapted Learning (Differentiation) (Challenge)	Use lighter rackets, larger balls, or bean bags.	
Key Questions	How do we grip the tennis racket?	
Warm Up	Colour Run: Set out five different coloured lines (red, blue, green, white, yellow). The children middle of the five lines facing the coach. When they say a colour, they children side step towards the coloured line, and stand in the position ready to play tennis.	
Main Activity	How To Hold The Racket: Spend some time explaining this to the children and allow them chance to have multiple goes at holding the racket (ask them to shake hands with it). Make sure you have chance to see all of the children holding the racket so you can help them get it right as soon as possible. Find A Racket: Ask the children to place their racket on the floor in a space. They then move around, being careful not to kick/trip over a racket. Coach shouts 'find a racket, then the children must find a racquet, pick it up and hold it in the correct grip.  Egg & Spoon (Tennis Style): Split your class into groups of no more than four. Give them a racket and a ball each. For this activity they will play Egg & Spoon (but with a racket and ball instead). Children must balance the ball on the racket head and run to their teammate and hand them the shuttle. 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 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.	
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.	

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Lesson Plan

Lesson Objective

To keep the tennis ball off the floor by bouncing on racket

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Be encouraged to watch the ball and follow it with their racket
- Control the racket, keep it flat and move it smoothly
- Bounce the ball at waist height and hit it into the air

Adapted Learning (Differentiation) (Challenge)

Use lighter rackets, larger balls, or bean bags.

Key Questions

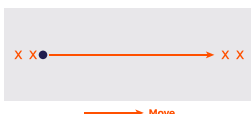
How can we keep the ball off the floor?

Warm Up

Find A Racket:

Ask the children to place their racket on the floor in a space. They then move around, being careful not to kick/trip over a racket. Coach shouts 'find a racket, then the children must find a racket, pick it up and hold it in the correct grip.

Main Activity



Egg & Spoon (Tennis Style):

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

The Mouse & It's House:

Hold the racket in the correct grip and place their ball on top "Mouse on the house". Walk the mouse (walk around the playing area balancing the ball on the strings of the racket). Bounce the Mouse (Allow the ball to bounce on the floor, then hit the ball upwards to allow it bounce again until a new instruction is called). Mouse Trap! (Squash the ball on the floor with the racket).

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 – 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.

Cooldown

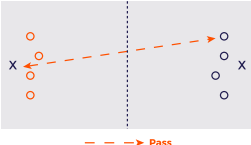
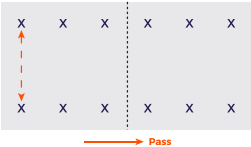
Recap and discuss Success Criteria.

Key Technical Points

Keep eye on the ball, and make contact with ball with the middle of the racket.

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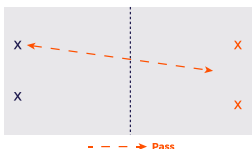
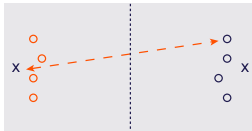
Lesson Plan

Lesson Objective	To hit a bouncing ball towards a partner	Lesson 4/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Be in balanced position when hitting the ball • Have their racket back before the ball has bounced • Have the strings of their racket facing their partner	
Adapted Learning (Differentiation) (Challenge)	Match children by ability and look to use differentiated equipment if needed.	
Key Questions	How do we move forward to play a shot?	
Warm Up	The Mouse & It's House: Hold the racket in the correct grip and place their ball on top "Mouse on the house". Walk the mouse (walk around the playing area balancing the ball on the strings of the racket), Bounce the Mouse (Allow the ball to bounce on the floor, then hit the ball upwards to allow it bounce again until a new instruction is called). Mouse Trap! (Squash the ball on the floor with the racket!)	
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.  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 (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.	
	 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.	
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.	

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Lesson Plan

Lesson Objective	To hit the ball over a net towards a target area	Lesson 5/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Hit the ball over a short distance towards a target area • Know to swing their racket from low to high and leave racket facing towards the target area	
Adapted Learning (Differentiation) (Challenge)	Match children by ability and look to use differentiated equipment if needed.	
Key Questions	How do we move forward to play a shot?	
Warm Up	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.	
Main Activity	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. Target Tennis: Set up a marker the children must hit their ball behind and scatter on your side of the court, the children take it in turns to hit the and aim to hit one of the cones between the two players. You keep what you hit, the child with the most cones wins. Edstart Championships: Each court will be divided in half to allow eight children to play on a court at a time. Play 2v2 on each half of the court. 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	Moving To A Ball: Right-handed player – move their left foot furthest forward when they hit the ball. Opposite for left handed players!	



Year 1 - Intro to Racket Skills

Lesson Plan

Lesson Objective	To play short rallies over a net with a partner	Lesson 6/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Play short rallies with a partner over a net • Move towards the ball and be able to play a shot to get the ball back towards their partner	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How do we rally with a partner?	
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 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 Singles 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	Rally: Keep the ball playing by hitting it back and forth with a partner.	

