

Year 5 - Tennis

Lesson Plan

COMPETING
EDSTART

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

EDSTART KNOW

- I can explain what the ready position is
- I can describe how to hold a racket using the "shake hands" grip
- I can understand why I should return to the centre after each shot

EDSTART GO

- I can stand in the ready position with balance
- I can hold my racket correctly for control
- I can return to the middle quickly after shots

EDSTART SHOW

- I can respect my partner when taking turns
- I can encourage others during racket control challenges
- I can support my team during rallies and games

Key Questions

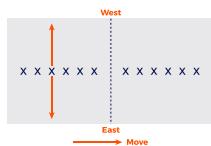
Why do we use a ready position in racket games? The ready position helps us stay balanced, react quickly, and move in any direction to reach the ball safely and efficiently.

Warm Up

SMASH & DASH: Pupils jog around the area, changing direction to avoid each other while listening for commands. When the teacher calls "SMASH!", pupils jump into the air and mimic an overhand shot, focusing on reaching high and following through. When the call is "READY POSITION!", pupils land lightly with knees bent, racket in front, and eyes forward. This develops alertness and prepares children for quick reactions on court. **PROGRESSION:** Add "SERVE!" where pupils step forward, toss an imaginary ball, and serve, or "DROP!" where they lower to a defensive stance.

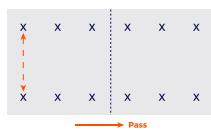
Main Activity

RACKET MASTERY: Each pupil has a racket and ball in their own space. Demonstrate a series of control tasks such as keep-ups (bouncing the ball on the racket), ground taps (bouncing the ball on the floor and catching it), and flip control (alternating between upward and downward bounces). Emphasise correct grip with a relaxed hand, thumb and fingers wrapped comfortably around the handle, and the racket face kept flat to the sky for control. Children maintain a wide, balanced stance with knees bent, head still, and eyes locked on the ball. Wrists stay soft to cushion the impact while fine finger movements guide the ball's height and direction. Children progress through levels only when consistent control is shown. **PROGRESSION:** Add movement challenges, dribble the ball while walking or balance it while sidestepping cones.



DIRECTION DASH: Pupils form a line in the centre of the playing area, all facing forward. Two lines of cones mark "West" and "East." When the coach calls out a direction, pupils sprint to that side and step over the line with the opposite foot before returning to the middle. Encourage strong side steps, quick feet, and body control while holding a racket safely. **PROGRESSION:** Add fake calls or multiple directions ("West, East, West!") to increase reaction time and concentration.

CALL & RECOVER: In pairs, one partner stands at the middle cone while the other calls out one of three coloured cones (left, right, or front). The active partner sidesteps or sprints to that cone, touches it, and returns to the centre ready position. Partners swap after six calls. **PROGRESSION:** The caller increases speed or adds racket touches at each cone to raise difficulty.



RALLY KING: Pairs rally a soft ball across half a court, counting how many consecutive hits they can make without the ball bouncing twice or going out of bounds. Focus on control, positioning, and communication ("Mine!" "Yours!"). Encourage smooth underarm rallies first, progressing to gentle overhand exchanges. **PROGRESSION:** Play timed challenges — "How many rallies can you make in 60 seconds?" or add targets for accuracy.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wider areas for beginners, narrower for challenge.

TASK

Start with racket control, progress to rallies.

EQUIPMENT

Use balloons/beanbags for beginners, tennis balls for challenge.

PEOPLE

Work individually, then in pairs, then in groups.

Cooldown

CHAMPION'S CIRCLE: Children form a circle and pass a soft ball gently around while performing slow arm swings and shoulder rolls. After every few passes, one child shares their proudest skill of the lesson ("I improved my rally count" or "I moved my feet faster"). The activity finishes with deep breathing and gentle stretches for shoulders and legs to support recovery and calm reflection. **PROGRESSION:** Challenge the group to keep the ball moving without dropping it as they reflect.

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.

Year 5 - Tennis

Lesson Plan

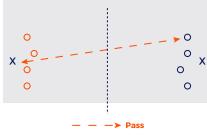
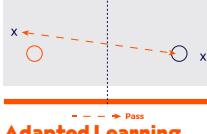
COMPETING
EDSTART

Lesson Objective	To play the forearm shot under control			Lesson 2/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.			
Success Criteria	Children can: <ul style="list-style-type: none">Look to get to the ball as soon as possibleShould make their forward swing of the racket from low to highShould make contact with the ball at around waist height			
EDSTART KNOW	<ul style="list-style-type: none">I can explain when to use a forehand shotI can describe how to swing from low to highI can understand why contact at waist height is important		EDSTART GO	<ul style="list-style-type: none">I can perform the forehand shot with controlI can rally with a partner using forehandsI can aim my forehand shot into a target area
EDSTART SHOW	<ul style="list-style-type: none">I can respect my partner in ralliesI can encourage teammates during forehand practiceI can celebrate others' improvements			
Key Questions	What is the correct technique for a forehand shot? Stand side-on, keep eyes on the ball, swing the racket low to high, and follow through across the body for accuracy and power			
Warm Up	RALLY RUMBLE: Each child has a racket and a ball, tapping the ball gently upward on their racket to keep it in the air for as long as possible. Encourage steady eyes on the ball, soft hands, and balanced feet. Ask pupils, "What helps you keep control?" (answers may include watching the ball, gentle touches, and bending knees). Then, in pairs, each player uses their racket to keep the same ball moving, one hits up, then the other, with only one bounce allowed between hits. Focus on rhythm, teamwork, and accuracy. PROGRESSION: Challenge pairs to keep a rally going for 10 continuous hits or move around small areas while maintaining control.			
Main Activity	PARTNER PRECISION: In pairs, one pupil is the feeder while the other holds the racket in a ready position with a relaxed grip and correct hand placement on the handle. The feeder gently tosses balls to alternate between the forehand and backhand sides. The hitter moves side-on to the ball, tracks it with steady eyes, allows one controlled bounce, then swings with a short, smooth action, striking the middle of the racket face and following through towards the target. Feet stay light with small adjustment steps to maintain balance. Swap roles after five turns. As confidence grows, hitters try to return the ball before it bounces using quicker preparation and earlier contact in front of the body. PROGRESSION: Add movement, feeders vary direction slightly so hitters adjust their position before each strike. TARGET TENNIS: Demonstrate the correct forehand using a strong side-on stance with knees bent, non-racket shoulder pointing towards the target, and eyes fixed on the ball. The racket starts low behind the body, swings low to high, and follows through smoothly across the body with the wrist relaxed and the face of the racket square to the target at contact. In pairs, the feeder drops the ball in front of the hitter to practise controlled forehand contact with early preparation and contact made in front of the leading foot, then underarm throws from 3m away to develop timing. Add an end zone target for accuracy, hitters aim to land shots in the zone using controlled power rather than force. Place two cones in the zone corners for directional accuracy. Finally, partners rally forehand-to-forehand, aiming for consistency, balance, and recovery back to ready position after every shot. PROGRESSION: Increase the distance or reduce bounce allowance (e.g. "no bounces allowed before return"). RALLY CHALLENGE: Pairs now take to half a court, rallying to see how many consecutive shots they can make without the ball bouncing twice or going out of bounds. Focus on using forehands and maintaining rhythm and cooperation. Players count their total each round and aim to beat their own score. PROGRESSION: Play "Beat the Teacher" or "Class Record," where pupils collectively try to reach a shared rally target (e.g. 50 total hits).			
Adapted Learning (Differentiation) (Challenge)	SPACE Shorter distances for beginners, longer for advanced.	TASK Start with static feeds, progress to rallies and end zone shots.	EQUIPMENT Use sponge balls/large rackets for support, tennis balls for challenge.	PEOPLE Pairs for practice, groups for rally challenges.
Cooldown	RALLY REFLECTION: Form small circles of four. Using soft underarm passes, pupils gently toss and catch a ball around while discussing one thing they improved ("I watched the ball better," "I used my body to turn sideways"). Gradually slow down to walking pace and finish with shoulder rolls and slow swings of the racket to relax the muscles and lower heart rate. PROGRESSION: Ask pupils to show one calm rally movement as they stretch, for example, a smooth slow-motion forehand swing.			
Key Technical Points	Forearm: <ul style="list-style-type: none">Stand sideways to the ballRacket strings facing forwardEyes on the ballRacket swings from low to high position to hit ball			

Year 5 - Tennis

Lesson Plan

COMPETING
EDSTART

Lesson Objective	To play a rally with a partner using the forearm shot	Lesson 3/6		
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.			
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Aim to meet the tennis ball in front of them, at about waist height• Track the ball all the way from once it leaves their partners racket• Aim to get the racket back before the ball has bounced			
EDSTART KNOW	<ul style="list-style-type: none">• I can explain how to track the ball when rallying• I can describe why I should get my racket back early• I can understand how to meet the ball in front of me	EDSTART GO <ul style="list-style-type: none">• I can rally with a partner using forehand shots• I can move into position quickly for each return• I can aim my shots into targets in games	EDSTART SHOW <ul style="list-style-type: none">• I can respect opponents in rally games• I can encourage my partner to keep rallies going• I can celebrate success fairly in competitions	
Key Questions	<p>What helps you improve your control and consistency in racket games? Watching the ball carefully, using soft hands, moving your feet into position, staying balanced, and practising regularly with control rather than power.</p>			
Warm Up	<p>RALLY BUILDER: Children work in pairs – one is the feeder, the other the hitter. The feeder throws the ball alternately to the forehand and backhand side, encouraging the hitter to let the ball bounce once before returning it. This helps pupils practise coordination, control, and movement to both sides. Swap roles after several turns. As pupils grow in confidence, encourage them to return the ball before it bounces to replicate real rally play. Focus on correct grip, watching the ball, and smooth follow-through. PROGRESSION: Add movement, feeders vary throw height or direction slightly so hitters adjust their footwork before each return.</p>			
Main Activity	<p>CONE CLASH: Set up a line of markers with scattered cones between two players. The goal is to strike the ball using forehand or backhand and knock over or hit as many cones as possible. Players alternate hits, aiming to control the direction and power of their shots. Emphasise a side-on stance with knees slightly bent, eyes fixed on the ball, and early racket preparation. Pupils swing low to high with a relaxed grip, striking the centre of the racket face and following through towards the target to guide accuracy. For every cone they hit, they collect it as a point. Encourage pupils to stay balanced, recover to ready position after each shot, and keep their body side-on to the target. PROGRESSION: Move the cones further apart or reduce their size for a harder challenge, or introduce time limits to increase pace.</p>  <p>RALLY CHALLENGE: Pairs rally across half a court, keeping the ball in play for as long as possible. The aim is to count how many consecutive passes they can make without the ball bouncing twice or going out of bounds. Emphasise teamwork, communication, and gentle, controlled strikes. Encourage steady rhythm and consistency over power. PROGRESSION: Use smaller rackets or lighter balls to adjust difficulty, or play timed rounds to see which pair maintains a rally the longest.</p>  <p>CHAMPIONSHIP LADDER: Create a "Wimbledon ladder" by marking serving zones or hoops between two facing lines of players. Players take turns to serve the ball underarm so that it bounces once before entering the opposite box or hoop. If it lands successfully, the player earns a point. After a set time or score, winners move up the ladder to face a tougher opponent; those who lose move down. Continue until one player becomes the class "Wimbledon Champion." Encourage sportsmanship and fair play between matches. PROGRESSION: Increase serving distance, reduce hoop size, or add forehand/backhand alternation for greater challenge.</p> 			
Adapted Learning (Differentiation) (Challenge)	SPACE <p>Use half courts for beginners, full courts for advanced.</p>	TASK <p>Start with Target Tennis, progress to Wimbledon Championships ladder.</p>	EQUIPMENT <p>Use cones/hoops for targets.</p>	PEOPLE <p>Work in pairs, progress to ladders with rotation.</p>
Cooldown	<p>COURT WALK REFLECTION: Players slowly walk around the court performing gentle racket swings and shoulder rolls. After each swing, pupils call out one thing they improved today ("My aim was better," "I watched the ball more"). The activity finishes with controlled breathing and a calm group rally using soft underarm hits to maintain focus and relaxation. PROGRESSION: Challenge pupils to pass the ball around the group five times without dropping it while continuing the reflection.</p>			
Key Technical Points	<p>Forehand:</p> <ul style="list-style-type: none">• 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			

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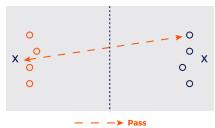
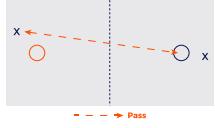
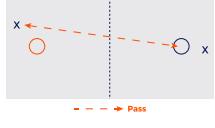
COMPETING
EDSTART

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	<p>Children can:</p> <ul style="list-style-type: none"> 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 			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<ul style="list-style-type: none"> I can explain when to use the backhand shot I can describe how to swing with two hands across my body I can understand how to step with the correct foot 	<ul style="list-style-type: none"> I can perform a backhand shot with control I can rally using forehands and backhands I can aim my backhand into target zones 	<ul style="list-style-type: none"> I can respect teammates when they attempt backhands I can encourage others when they try new skills I can support my partner in rally challenges 		
Key Questions	When do you play the backhand shot?			
Warm Up	<p>BOUNCE & RALLY: Each child has a racket and ball, keeping the ball bouncing up on their racket for as long as they can without losing control. Ask, "What helps you keep it steady?" (answers may include soft hands, eyes on the ball, bending knees). Encourage pupils to count their highest total. Then, in pairs, pupils share one ball and take turns keeping it in the air, allowing only one bounce between hits. The focus is on control, timing, and teamwork rather than power. PROGRESSION: Challenge pairs to move around a small area while maintaining their rally or switch between forehand and backhand hits.</p>			
Main Activity	<p>PARTNER RALLY BUILDER: Working in pairs, one pupil acts as the feeder while the other is the hitter. The feeder gently throws balls alternately to the forehand and backhand sides. The hitter adopts a balanced side-on stance with knees bent, relaxed grip on the handle, and eyes fixed on the ball. The racket is taken back early, the swing moves low to high, and contact is made in front of the body with the centre of the racket face before a smooth follow-through towards the target. The hitter allows the ball to bounce once before returning it using controlled, accurate swings. Swap after five turns. Once accuracy improves, the hitter tries to return the ball without letting it bounce, mirroring real rally play through quicker preparation and earlier contact. PROGRESSION: Encourage feeders to vary throw height or direction to help hitters improve footwork and positioning.</p> <p>BACKHAND BUILDER: Demonstrate correct backhand form: side-on stance, both hands near the handle, knees bent, swing low to high, eyes on the ball, and follow through across the body. In pairs, one pupil feeds by dropping the ball slightly in front of the hitter, who plays a controlled backhand. The feeder then throws underarm from 3m away to build timing and power. Add targets behind the feeder (cones or hoops) — hitters aim to land their backhand shots into these zones for points. Finally, partners rally to each other's backhand side, keeping the ball moving and counting how many shots stay in play. PROGRESSION: Reduce bounce allowance or increase feeding distance to encourage sharper reactions and control.</p> <p>RALLY MARATHON: Pairs rally across half a court, using both forehands and backhands, aiming to see how many consecutive shots they can sustain. The ball must not bounce twice or go out of bounds. The activity encourages communication, patience, and consistent striking. PROGRESSION: Challenge pairs to reach a class record or maintain a rally within time limits (e.g. "Can you rally for 30 seconds?").</p>			
Adapted Learning (Differentiation) (Challenge)	SPACE Closer throws for beginners, wider rallies for advanced.	TASK Start with ball feeds, progress to live backhand rallies.	EQUIPMENT Use sponge balls for beginners, tennis balls for advanced.	PEOPLE Pairs for practice, groups for rally games.
Cooldown	<p>COURT STROLL REFLECTION: Children walk slowly around the court while gently bouncing the ball on their racket, performing shoulder rolls and light arm swings. Ask, "What made your backhand better today?" and "What will you focus on next time?" Finish with a relaxed group rally, pupils softly pass one ball around the circle using controlled backhand touches to end calmly and collaboratively. PROGRESSION: Add a "quiet rally" challenge — see if the group can keep the ball moving silently for five passes.</p>			
Key Technical Points	<p>Backhand:</p> <ul style="list-style-type: none"> 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

COMPETING
EDSTART

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	<p>Children can:</p> <ul style="list-style-type: none"> 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 						
EDSTART KNOW	<ul style="list-style-type: none"> I can explain the rules for serving in tennis I can describe the technique for an underarm serve I can understand why accuracy is important when serving 				EDSTART GO		
	<ul style="list-style-type: none"> I can serve underarm over the net with control I can aim my serve into target areas I can use my serve to begin rallies fairly 				EDSTART SHOW		
Key Questions	<p>What helps you serve and hit the ball accurately in tennis games? Using a balanced side-on stance, watching the ball closely, striking with a smooth controlled swing, following through towards the target, and choosing control over power all help improve accuracy.</p>						
Warm Up	<p>SERVE & SINK: Children work in pairs, setting up five cones each, one as the "hitting mark" and four as "ships." The hitter stands behind their mark, bounces the ball, and strikes it using a forehand or backhand to try and hit the coloured "ships." Before each shot, they must call out which cone they are aiming for to encourage focus and control. Each player has four lives, if they miss all four times, the opponent wins the round. The player who sinks all their opponent's ships first wins the game. PROGRESSION: Increase hitting distance, reduce target size, or use alternating forehand/backhand shots to make the challenge harder.</p>						
	 <p>CONE COMMAND: Set up a line of markers with scattered cones between two players. Children take turns hitting the ball underarm or with a gentle rally stroke, aiming to strike one of the cones placed in the middle zone. For every cone they hit, they collect it as a point. Emphasise a balanced side-on stance with knees slightly bent, eyes tracking the ball from release to contact, and a relaxed grip on the racket handle. The swing begins low, travels smoothly through the line of the shot, and finishes with a controlled follow-through pointing towards the target to guide accuracy and power. Pupils recover back to ready position after each strike to prepare for the next shot. PROGRESSION: Add time limits, vary the target distances, or challenge players to hit only with their weaker hand for extra difficulty.</p>						
	 <p>SERVE ZONE CHALLENGE: Children line up in two facing rows, with service boxes or hoops between them. Each player takes turns serving underarm so the ball bounces once before landing inside a target box or hoop. If they succeed, they earn a point and move up the ladder to face a stronger opponent; if they miss or lose a rally, they move down. Encourage focus on control over power, practising accurate serving and positioning. PROGRESSION: Reduce hoop size, increase service distance, or challenge players to alternate between forehand and backhand serves.</p>						
	 <p>CENTRE COURT SHOWDOWN: Set up two parallel lines of players facing each other across a marked "court." Each pair rallies underarm, aiming for the ball to bounce once and land inside the target service area or hoop opposite. A successful serve earns one point. After each round, winners move up the ladder to face new opponents, while those who lose move down to find fresh challengers. Continue until one player remains at the top as the "Wimbledon Champion." Encourage fair play, handshakes after matches, and cheering for others. PROGRESSION: Allow overarm serves or two-ball rounds for advanced players to improve power and timing.</p>						
Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE			
	Use closer service boxes for beginners, regulation size for advanced.	Start with Target Tennis, progress to Serving Ladder games.	Use hoops for target zones, tennis balls for serves.	Pairs for technique, groups for serving competitions.			
Cooldown	<p>RALLY & REFLECT: Players rally softly in pairs, gradually reducing power until they are gently tapping the ball back and forth. Ask reflective questions such as, "What helped you serve more accurately today?" and "How did you stay focused during your games?" Finish with light stretches for wrists, shoulders, and legs while bouncing the ball slowly on the racket for coordination and relaxation. PROGRESSION: Challenge pupils to end with a silent rally — five controlled hits without any noise or dropped balls.</p>						
Key Technical Points	<p>Serving:</p> <ul style="list-style-type: none"> Keep the ball toss low as the ball is played waist level 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 5 - Tennis

Lesson Plan

COMPETING
EDSTART

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

EDSTART KNOW

- I can explain the rules of doubles tennis
- I can describe where to stand when playing as a pair
- I can understand how to rotate serving and scoring

EDSTART GO

- I can play doubles games fairly
- I can combine forehand, backhand, and serving skills
- I can follow rules in small-sided matches

EDSTART SHOW

- I can respect referees, teammates, and opponents
- I can encourage my partner during doubles matches
- I can show fairness whether I win or lose

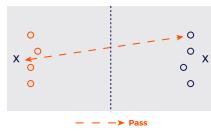
Key Questions

What helps you win rallies and score points in tennis games? Good racket control, watching the ball carefully, using smooth accurate shots, moving your feet into position, and working well with a partner all help you win rallies and score points.

Warm Up

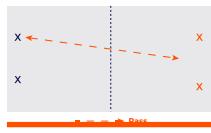
RALLY BATTLES: Working in pairs, pupils set up five cones each, one cone marks the "hitting spot," and the other four become their "ships." The hitter stands behind their mark, bounces the ball, and uses a controlled forehand or backhand shot to try and hit an opponent's ship. Before every shot, the hitter must call out the colour of the cone they are targeting. Each player has four lives, and the first to sink all four opponent ships wins. Encourage accurate control and steady racket preparation rather than power. **PROGRESSION:** Players move further back from the target or must alternate between forehand and backhand shots.

Main Activity



CONE COMMANDER: Two players face each other with cones scattered across the centre zone between them. Players take turns to rally under control, aiming to hit the cones (targets) using either a forehand or backhand stroke. Every time a cone is hit, the player keeps it as a point. Emphasise a balanced side-on stance with knees slightly bent, eyes tracking the ball from release to racket contact, and a relaxed but secure grip on the handle. Players prepare the racket early, swing low to high, strike the centre of the racket face, and finish with a smooth controlled follow-through pointing towards the target to guide accuracy. After each strike, pupils recover quickly back to ready position to maintain consistent rally rhythm. **PROGRESSION:** Add time limits for speed challenges or require alternating forehand and backhand hits before each attempt.

DOUBLES DASH: Split each court in half so that eight children can play doubles simultaneously. Each pair alternates serves regardless of who wins the point, the focus is on learning the rhythm of gameplay. A rally begins with an underarm serve, and points are won when the ball bounces twice or goes out of play. The first pair to reach five points wins their mini match and rotates opponents. Encourage communication between partners, calling "Mine!" or "Yours!", to avoid confusion. **PROGRESSION:** Players must use one forehand and one backhand shot per rally, or play to seven points to extend endurance and consistency.



CENTRE COURT CLASH: Children now compete in short three-minute matches on half courts. End zones or target hoops are marked on each side to reward precision. Players earn one point each time the ball bounces more than once in their opponent's half, and two bonus points if they win a rally by hitting into a target zone. Rotate opponents after every round so pupils face different playing styles and skill levels. **PROGRESSION:** Introduce small "serve zones" to practise accuracy under pressure or require a minimum of three consecutive rallies before points can be scored.

Adapted Learning (Differentiation) (Challenge)

SPACE

Half courts for beginners, full courts for advanced.

TASK

Start with short matches, progress to tournament scoring.

EQUIPMENT

Use cones/hoops for targets, nets for matches.

PEOPLE

Teams of 2, rotate opponents in ladder tournaments.

Cooldown

RALLY & REFLECT: Players rally gently with a partner, gradually slowing the pace. Ask reflective questions such as, "Which stroke helped you win the most points today?" and "How did teamwork help in doubles?" Finish with gentle shoulder rolls and light racket taps to keep control and calm focus. **PROGRESSION:** Pairs work together to complete a cooperative rally of ten consecutive passes without dropping the ball before ending the session.

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)