

ACTIVITY 1

SINGLES DOUBLES

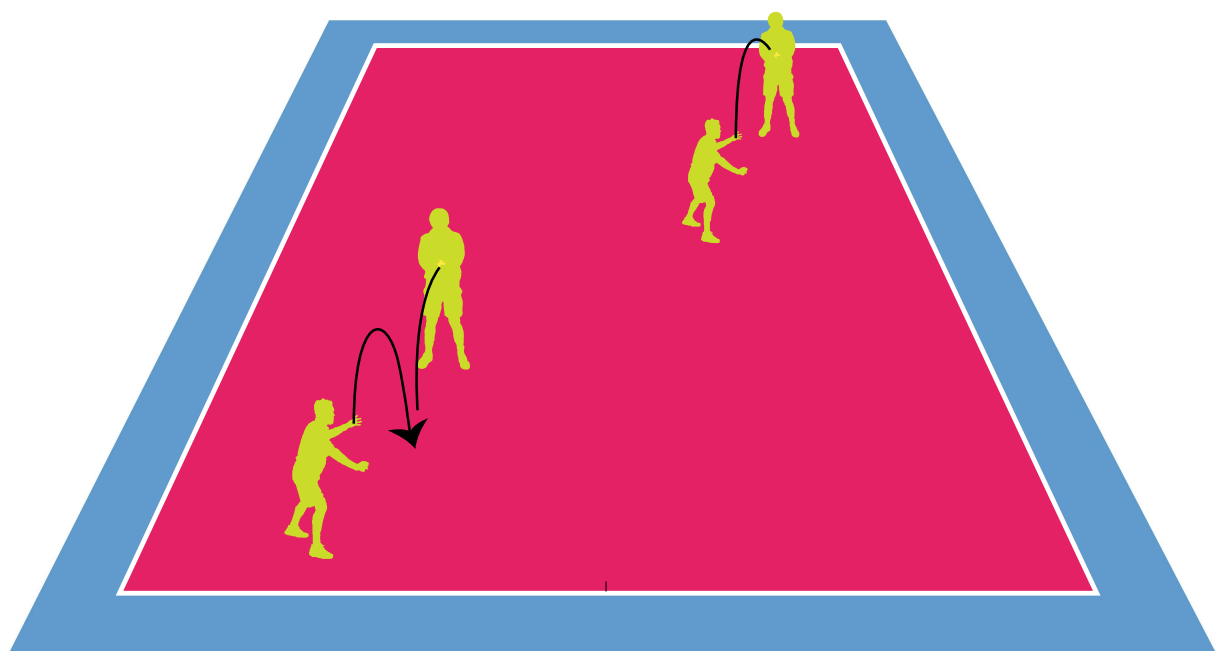
10 minutes

Instruction

- Students form pairs and find a safe space with one tennis ball each
- Teacher announces “balls up” and students with an underarm throwing action are to project their ball into the air and attempt to catch after one bounce with their dominant hand
- Teacher announces “singles” and students attempt to catch their partner’s ball after two bounces with their dominant hand
- Teacher announces “doubles” and pairs are to nominate one student to project both balls into the air with the other student to catch after two bounces with their dominant hand

Variations

- Students throw or catch with their non-dominant hand
- Increase or decrease the volume of bounces allowed



ACTIVITY 2

PARTNER CATCH FOREHAND

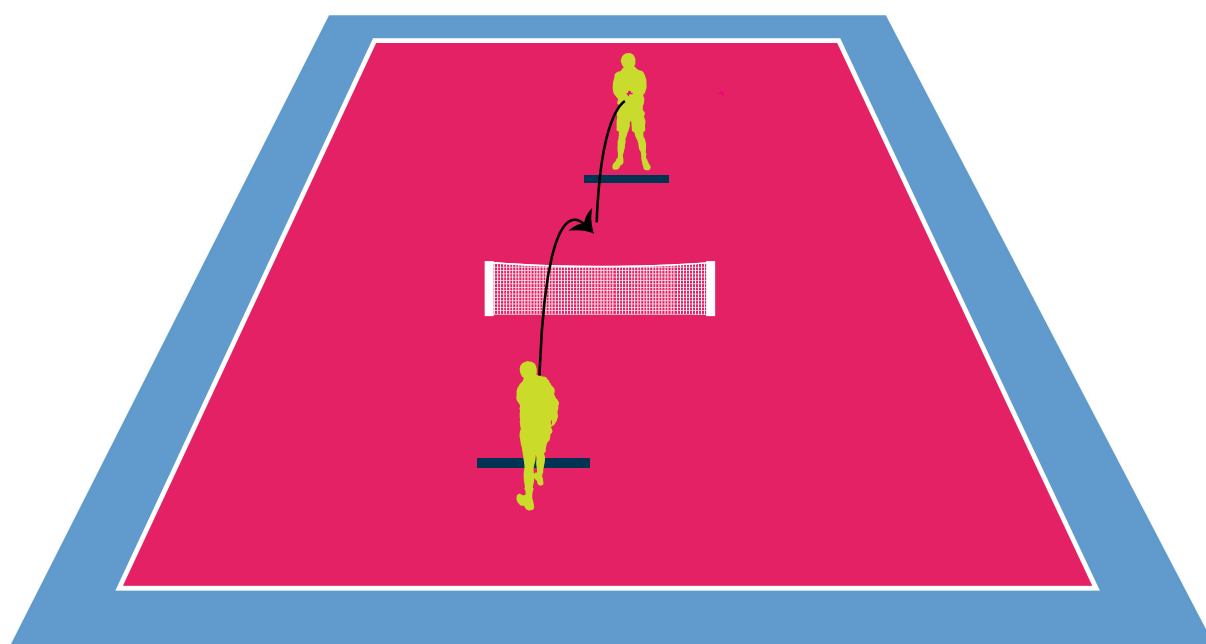
15 minutes

Instruction

- Students form pairs and are positioned opposite each other on either side of a net approximately four metres apart with one tennis ball and two drop down lines
- Drop down lines are positioned approximately two metres back from the net on each side and indicate all starting positions for students
- Student 1 commences the rally by projecting the ball with an underarm throwing action on their forehand side (dominant hand) over the net, aiming to land the ball on the forehand side of student 2
- Student 2 catches the ball and continues the rally by returning the ball with an underarm throwing action off their forehand side to student 1
- Students continue the rally, scoring one point for each time the ball is caught
- The teacher indicates an appropriate amount of time or a number of points the students are to achieve

Variations

- Students throw off both the forehand and backhand side of the body
- Increase the pace of the ball or adjust where the ball is placed, moving partner's to various locations on the court



ACTIVITY 3

FOREHAND SCRAMBLE

15 minutes

Instruction

- Students form pairs and are positioned opposite each other on either side of a net approximately four metres apart with one tennis ball, one racquet, two drop down lines and one peg
- Drop down lines are positioned approximately two metres back from the net on each side and indicate all starting positions for students. The peg is positioned at the net
- Student 1 commences the rally by projecting the ball with an underarm throwing action on their forehand side (dominant hand) aiming to land the ball over the net and on the forehand side of student 2
- Student 2 tracks the movement of the ball, allowing it to bounce once before returning the ball with a forehand action across the net
- Student 1 receives the ball by catching it with two hands after one bounce
- Students score one point each time the ball is returned and a bonus point if the ball is caught
- Students use the peg at the bottom of the net to move up the rungs after each throw, hit and catch sequence
- The teacher indicates an appropriate amount of time or a number of points the students are to achieve

Variations

- Students return the ball off both the forehand and backhand side of the body
- Both students use racquets to project the ball and a trap is made instead of a catch

