

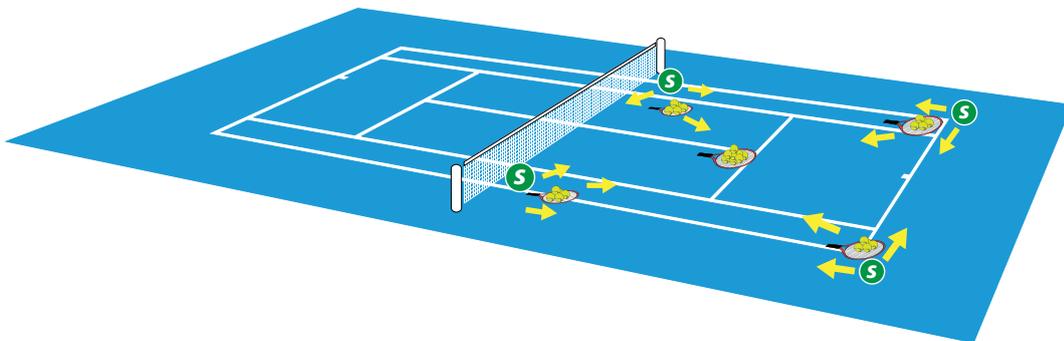


Warm-up Rob the nest

Learning Objectives

Children will:

- develop tracking and locomotion skills.
- develop rallying on a red court.

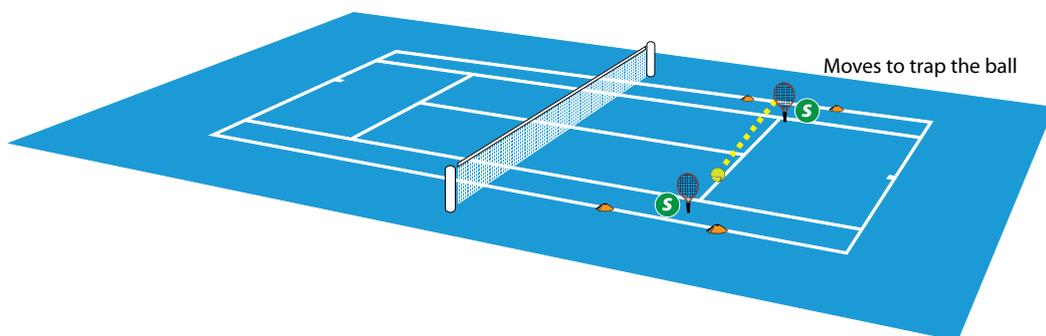


1. Divide children into even teams and place a racquet with five balls on it in front of each team. Place one racquet in the middle of all teams with ten balls on it.
2. On 'go', children take turns to pick up one ball at a time from the middle and place it onto their team's racquet. When all balls from the centre are gone, children can rob from other teams.
3. On a signal children stop and count up the balls on their racquet, the team with the most balls is the winner. Repeat the activity with children hopping, skipping or jumping to collect the balls.

Key points

This activity develops spatial awareness and agility. Children need to keep their eyes up to avoid colliding into others while maintaining balance when changing direction, speed and levels.

Play development Floor tennis



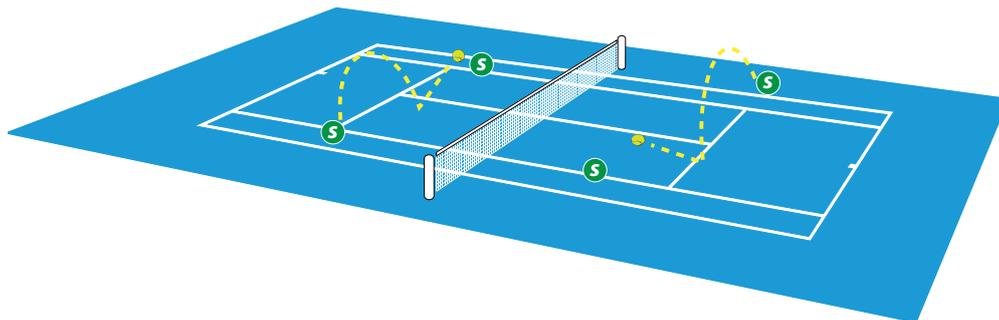
1. Mark out two goals four metres apart. In pairs, children stand opposite each other in their respective goals.
2. One child places the ball on the ground, looks for open space in their partner's goal and using the racquet, pushes the ball towards it. The receiver traps the ball with their racquet and then pushes the ball back into their partner's goal.
3. Without trapping the ball, children then engage in a continuous floor rally.

Key points

Children are encouraged to watch and move in the direction of the ball.

When pushing the ball palm guidance should be encouraged.

Throw tennis

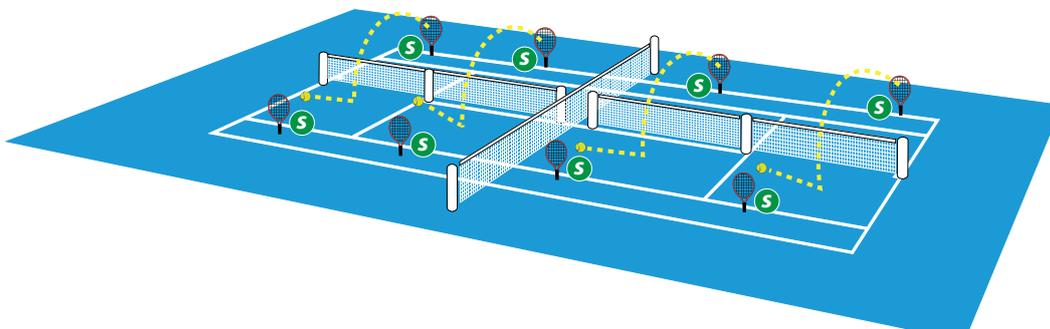


1. In pairs children find a space on the court. In turns, one child throws a ball up in the air away from their partner who has to move to the ball, let it bounce once and catch it. Repeat activity with children using one hand to catch.
2. In turns, one child uses a racquet to hit the ball instead of throwing the ball.
3. To add a competitive element, children can count the number of catches they receive in one minute.

Key points

Children are developing control over power and direction of their strokes. Ensure that the racquet head begins to drop below the ball for a low to high swing.

Playing tennis Rallying over the net



1. Demonstrate a short rally involving a bounce hit serve and return. Allow children time to explore this on their own red court. You can use markers for children to aim at.
2. Children attempt small rally exchanges over the net.
3. Children count their longest rally in a two minute period. If time permits, children change partners and repeat exercise. Record rally results.

Key points

Children swing forward from low to high.

Debrief/questions to ask

What have you learnt today?

How do you hit the ball?

Why should you always watch the ball?

What is rallying?

Key

