



Learning Objectives

Children will:

- be introduced to playing points in a round robin format.

Warm-up Ball and racquet familiarisation.

1. Walk/jog while balancing the ball in the middle of the racquet.
2. Roll the ball around the racquet without losing control, clockwise and anti-clockwise.
3. Bounce a ball into a hoop on the court; try to hit it 20 times.
4. Bounce the ball on the racquet with control, about eye height (wrist facing the sky, palm guidance).
5. Bounce ball on the backhand with control, about eye height. (wrist facing down, knuckle guidance).
6. Alternate bouncing the ball on the backhand then forehand side of the racquet.

Game Sharks are coming

1. Make one child the evil shark, one child the friendly whale and all other children innocent fish. All children move around a marked area balancing a ball on their racquet.
2. The shark moves around trying to touch fish on the shoulder to freeze them. When frozen, fish need to bounce the ball on their racquet until the friendly whale comes to the rescue, by tapping them on the shoulder.
3. Fish also become frozen when they lose control of the ball and it drops on the ground or when they run out of the marked area. After one minute change the shark and whale to other children.

Key points

Children need to look up and use peripheral vision to ensure they do not collide.

Play tennis

1. Place a pile of cones at the net and demonstrate playing points using cones.
2. When a child wins a point they place a cone on their side of the court to represent their winning point. This helps children remember what the score is.

Rules

To start play, children use an overarm serve, if they hit a fault the second serve can be a bounce hit serve.

The server should alternate after every two points

The game finishes when one child gets five cones on their side of the court.

Steps

1. Divide children into two teams and get them to name their team.
2. On a large sheet write the names of the two teams (see picture A).
3. Using the 'Round Robin sheet' children play each other for three minutes. At the end of each game, children call out their team name and score for the deliverer (or assistant) to record. At the end of play, add up the points for each team and announce a champion team.

Key points

Encourage them to implement what they have learnt during previous sessions and praise them for doing it well even if they lose the point.

Variation

Play games up to 11 points.

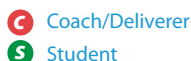
Give bonus points for correct technique or for a tactical theme, such as winning with a volley.

Debrief/questions to ask

Congratulate children on their fair play and remind them to shake hands.

In pairs children have two minutes to get their longest rally. Record their results and compare them to their first lesson.

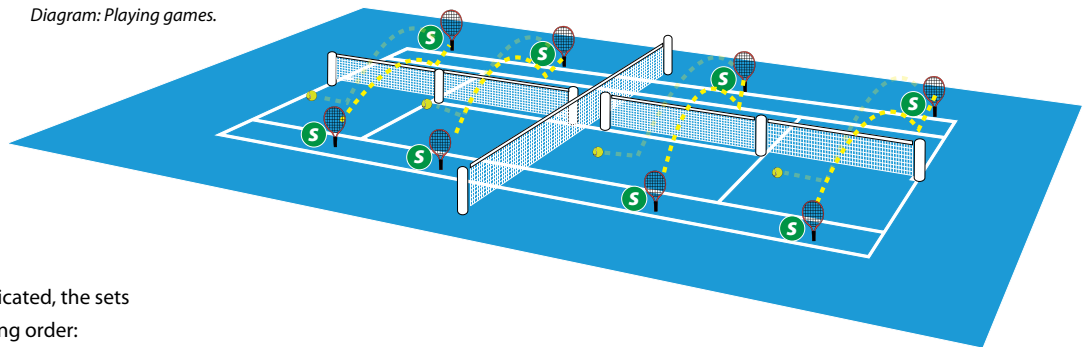
Key



Round Robin Draw

Name	1	2	3	4	5	6	7	8	Total
1									
2									
3									
4									
5									
6									
7									
8									

Diagram: Playing games.



For total number of players indicated, the sets should be played in the following order:

5 Players	6 Players	7 Players	8 Players
1 v 2	1 v 2	1 v 2	1 v 2
3 v 4	3 v 4	3 v 4	3 v 4
5 v 1	5 v 6	5 v 6	5 v 6
2 v 3	1 v 3	1 v 3	7 v 8
4 v 5	5 v 2	2 v 4	1 v 3
1 v 3	6 v 4	5 v 7	5 v 2
5 v 2	1 v 5	1 v 4	7 v 4
4 v 1	6 v 3	2 v 3	8 v 6
3 v 5	4 v 2	6 v 7	1 v 5
2 v 4	1 v 6	1 v 5	7 v 3
	4 v 5	2 v 6	8 v 2
	2 v 3	3 v 7	6 v 4
	1 v 4	1 v 6	1 v 7
	2 v 6	2 v 5	8 v 5
	3 v 5	4 v 7	6 v 3
		1 v 7	4 v 2
		3 v 6	1 v 8
		5 v 4	6 v 7
		2 v 7	4 v 5
		3 v 5	2 v 3
		4 v 6	1 v 6
			4 v 8
			2 v 7
			3 v 5
			1 v 4
			2 v 6
			3 v 8
			7 v 5