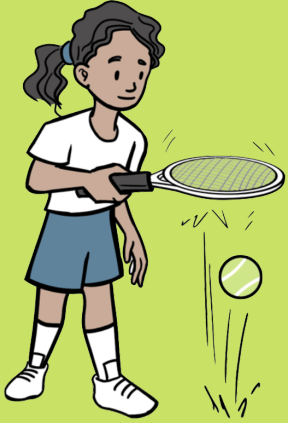


Safe space PE

KS2

Tennis

Lesson number: 1



Learning objective:

To develop ball control using a tennis racket.

Success criteria:

Hit the ball in the centre of the racket.

Use a strong wrist to hold the racket.

Whole child objectives:

Social: I can work with and support my partner to achieve their best.

Emotional: I can challenge myself to achieve my personal best.

Thinking: I can devise my own tennis challenge.

Equipment: 1 x racket and ball per pupil, 2 x hoops and 1 x bench if no wall.

10

Mins

Warm Up and Introduction

Teacher note: if possible (in the classroom) go over the stations with the pupils and give them some ownership over which stations you will focus on and how you will safely set them up to allow for space for social distancing (approx. four children at each station). Take time to listen to the pupils if they want to suggest their own station (something they might have tried at home) and if appropriate add it. All pupils will need their own tennis racket and ball throughout the circuit.

Hit and run:

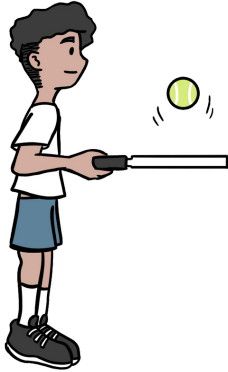
Pupils work in pairs, with a racket and ball each. One pupil will begin with a racket and ball and the other pupil is the runner (2m away leave the racket and ball on the ground).

All pupils begin at one end of the teaching space. The runner completes six lengths of the teaching area whilst their partner counts how many they can do in a row for each skill below (their personal best score).

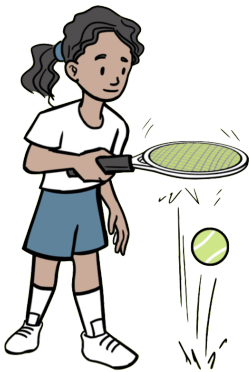
They must start counting again if they make a mistake. Every six lengths the pairs switch roles.

Individual racket and ball skills could include:

- Tap ups: hitting the ball up to themselves.
Try to hit the ball in the centre of the racket.



- Alternating tap ups: hitting the ball up to themselves but turning the racket over between each hit.
Hit the ball to head height.
- Tap downs: bouncing the ball down towards the floor.



- Alternating tap downs: bouncing the ball down towards the floor but turning the racket over between each bounce.
- Edges: using the edge of the racket to hit the ball up or down.

Stay within your safe space when completing your racket skills.

Make this easier by using a sponge ball.



30

Mins

Skill Development

Pupils working in pairs, pupils complete the following stations as a carousel. Pupils will work in pairs (plan for supportive partners) Pupil A will be doing the challenge while Pupil B is counting and coaching.

Introduce the idea of a personal best score. The highest number you can get in a row without making a mistake. After 2 mins they swap roles. Their final score can be a combined.

The teacher will central time and call every 2minutes.

Explain the stations:

Before starting the carousel remind the class what is required at each station and use pupils to demonstrate the tasks if required. This can be done in the classroom if easier.

- A** How many taps up can you do in a row without dropping the ball.
Remember to start counting again if you make a mistake.

Hit the ball in the centre of the racket face

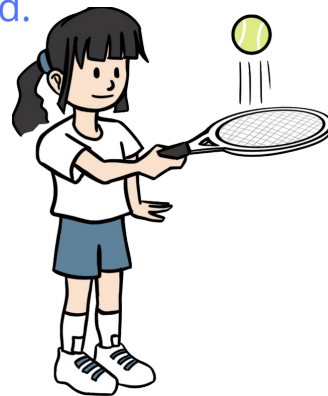
Hit the ball up to head height.

Make this harder by using your weaker hand.

- B** Alternating tap ups: How many can you do in a row?

On the spot, tap the ball up to head height with wrist facing upwards then turn wrist to hit ball up with a backhand.

Make this harder by standing on one foot.



- C** Wall challenge: How many times can you hit or roll a ball at a wall in a row (use a low bench if no wall). If wall space is not an option replace with tap downs challenge from the warm up.

Start in the ready position, with feet apart, knees bent and eyes on the ball. Swing the racket from low with one hand over to the other shoulder high. Fast feet between shots.

Make this easier by rolling along the floor instead of hitting.

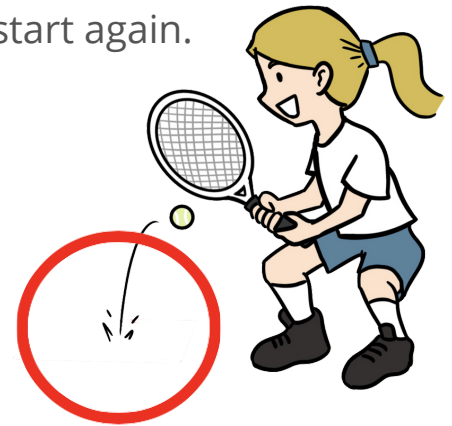
D Hoop challenge: individual tap ups. How many can you get in a row?

Using a hoop in the teaching space, tap the ball up in the air each time to head height, let it bounce in the hoop and then tap it up again. Keep repeating one bounce, one tap up trying to get the ball to land in the hoop each time. If you lose control of the ball, stop and start again.

Use small movements, not big hits.

Make this harder by doing one forehand tap, then one backhand tap.

Make this easier by catching the ball on the racket in between taps.



E Line tennis: How many individual tap up rallies can you get over a line using a forehand followed by a back hand stroke, making sure the ball bounces on alternate sides of the line each time?

Use small movements, not big hits.

Fast feet between shots.

Make this easier by just using a forehand stroke.

F Pupil choice: Pupils to come up with their own challenge that they can do in their zone with a racket and a ball.

Do not to share equipment

Remember the 2m rule.



5 **Plenary**
Mins

Give the pupils the chance to demonstrate to the class the challenge they created. Get them to demonstrate teaching and encouraging another person to complete their challenge.

Ask the pupils where is the best place on the racket to hit the ball when trying to have good control?