

Ages 7-9 years

England/Wales: Rec Y3 & Y4, Scotland: P3 & P4

Lesson 1: The Forehand

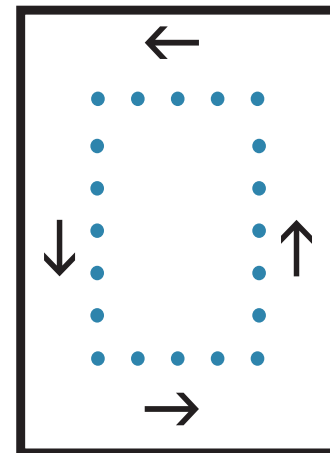


Warm up



Set up for jogging, changing direction, side stepping, jumping and bounce catch. For these activities the pupils should always be facing to the inside of the hall, with their feet, hips and shoulders pointing to the middle of the hall.

- Remember to stress to pupils the importance of a warm up. Whatever sport they are playing, the warm up prepares both their bodies and their minds.
- Warming up muscles helps to prevent injury.
- Warming up gets pupils focussed, it gets their mind on the game, and prepares them for the action ahead.



Jogging

- Jogging, being light on their feet, and being able to stop quickly and in control.
- Start the jogging with a verbal command and then tell the class to stop by using a clap of the hands, or by shouting stop.

- 1 Jog on toes
- 2 Use arms
- 3 Head high
- 4 Stop like a cat

Harder

- Jog in between the cones.
- Increase the frequency of stopping.

Tips

- Check their stopped positions.
- Clap to get them jogging again.
- Ensure there is sufficient space between each child.



Changing Direction

- Jogging but instead of stopping the pupils then change direction. When changing direction pupils should push off, be in control and stay balanced.
- Start the jogging with a verbal command and then tell the class to change direction by using a clap of the hands.
- You may prefer to shout change!



- 1 Low to the ground
- 2 Push off with your feet
- 3 Stay balanced
- 4 Knees bent
- 5 Light on toes

Harder

- In and out of the cones.
- Increase the frequency of changing direction.

Tips

- Leave spaces between pupils.
- Emphasise on quality and control of the turn not the speed.



ABCs – Agility Balance and Co-ordination

Agility – In tennis the player must be able to move around the court efficiently and effectively, being quick but always be in control.

Balance – It is important to not only move around smoothly but when stopping to do

so evenly, with knees bent, back straight, head up and the player ready for action.

Co-ordination – The player must be able to co-ordinate all of the aspects that go into making a good shot, their footwork, racket control and their focus on the ball.

Agility – Sidestepping

- Sidestepping, pupils need to be balanced, weight on their toes, knees bent, heads up and ready to move.

- 1 Stay balanced
- 2 Sporty position
- 3 Low to the ground
- 4 Head up

Easier

- Pupils side step around the cones.

Harder

- Pupils side step in between the cones.

Tips

- Leave spaces between pupils.
- Point out it is not how fast they go, but how well they can do it. Head, shoulders, hips and feet all pointing to the inside of the hall.



Balance - Jumping

- Pupils need to explode as they jump over the cones bending the knees and driving the arms into the air, and pushing up from the floor.

- 1 Bend knees
- 2 Drive arms into the air
- 3 Explode
- 4 Land balanced

Variation

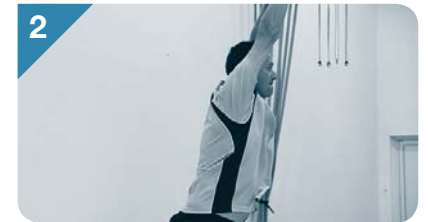
- Jump on right leg then.

Harder

- Touch the floor between each jump.

Tips

- Leave spaces between pupils.
- Encourage high jumps, but with control.



Co-ordination – Bounce Catch

- Sidestepping whilst bouncing and catching the ball at the same time.



- 1 Watch the ball
- 2 Let ball drop to floor
- 3 Cradle ball in both hands

Easier

- Side step around the cones.
- Allow two bounces.

Harder

- Go in between the cones.

Tips

- Encourage pupils to watch the ball and move with the ball.
- Get the pupil to say 'bounce' out loud when the ball bounces and 'catch' when they catch it.
- For less able children use a larger ball.

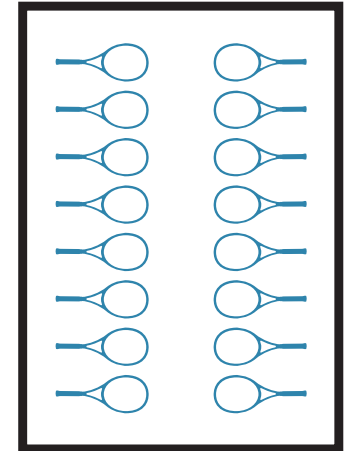


Creating Rallies



Set up for throw to throw, rolling rally, and bounce hit catch. For these activities pupils facing their partner along the outside of the long side of the hall, two steps apart from the middle of the hall.

Rallies involve playing in pairs, this requires player co-operation and gives the chance to introduce the element of competition. Key to this is each pair keeping and agreeing the score as they go along. This exercise also develops the importance of team work.



Throw to Throw

- Low underarm throw, up and over the imaginary net, aiming at their partner's racket.
- Pupils score every time the ball lands on their partner's racket (without a bounce).



- 1 In pairs
- 2 Aim for partner's racket
- 3 Throw underarm
- 4 Low to high
- 5 Keep a score

Easier

- Pupils to stand closer together.
- Ball is allowed to bounce before it hits the racket.

Harder

- Pupils stand further apart.

Tips

- Make sure the catcher watches the ball, that they are on their toes, and are ready to catch.
- At the end get each pair to call out their scores.



Rolling Rally

- Pupils roll the ball across the hall along the floor to one another. Using the racket to push the ball along.



- 1 Ball on floor
- 2 Racket behind ball
- 3 Strings facing partner
- 4 Push ball to partner
- 5 Stop ball with racket

Easier

- Pupil stops the ball before rolling it back.
- Stand closer together.

Harder

- Pupil does not stop the ball before sending it back.

Tips

- Get pupils to hold racket at the bottom of the grip.
- Pupils keep watching the ball.
- Working together will contribute to a higher rally.



Bounce Hit Catch

- One pupil throws the ball underarm to their partner who is standing opposite. The ball should bounce once before the hitter hits the ball back to the catcher.



1 Stand sideways

2 Watch the ball move

3 Low to high push

Easier

- Catcher can allow the ball to bounce before catching it.
- Stand closer to each other.

Harder

- Introduce scoring, one point for each successful hit and catch.

Tips

- Hold the racket at the bottom of the grip.
- Swing from low to high.
- Strings facing partner.
- Don't forget to tell hitters and catchers to swap over. Do this collectively as a group to ensure all hitters are always on the same side of the hall.



Games



Set up for games, keepy-up tennis, forehand slalom and target tennis. For this exercise split class into 3 teams.

Game 1 Keepy-up tennis

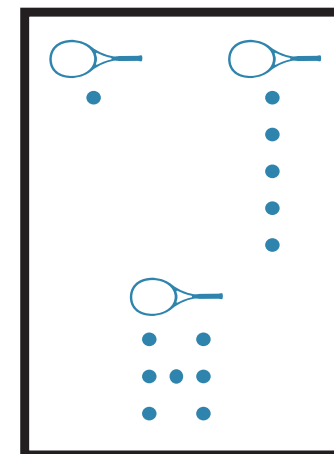
- Bounce and hit it up.
- Continue until you miss.

Game 2 Forehand Slalom

- Little steps in and out of the cones - little hits.
- Keeping the ball under control.

Game 3 Target tennis

Drop the ball, hit the forehand and aim for the cone in the middle.



Games



Tips

- The class should be split into 3 equal teams, and placed at each station or activity. Once a player has had an agreed number of turns at each activity, change the group over so all groups play each activity.

