

WARM UP

Shadow Rackets

Pupils stand on a line / throw down line either side of the barrier tape net, with a spot on the floor half-way between them and the net.

Each pupil holds a racket and works individually.

Teacher calls out a series of actions: Forehand, Backhand, Volley.

Forehand and backhand – pupils move forwards, step onto the spot with the correct shoe and shadow play the called shot.

Volley – pupils move past the spot, step forward with correct shoe and shadow play a volley.

Between each shot pupils recover back to the line into the ready position.

Teaching Points:

- Pupils start and return to the ready position – shoes, shoulder width apart, racket out on front, knees slightly bent
- Use preferred hand to hold the racket
- Stand side on with opposite shoe forward to the side the racket swing is on
- Clear communication.

Skill UP

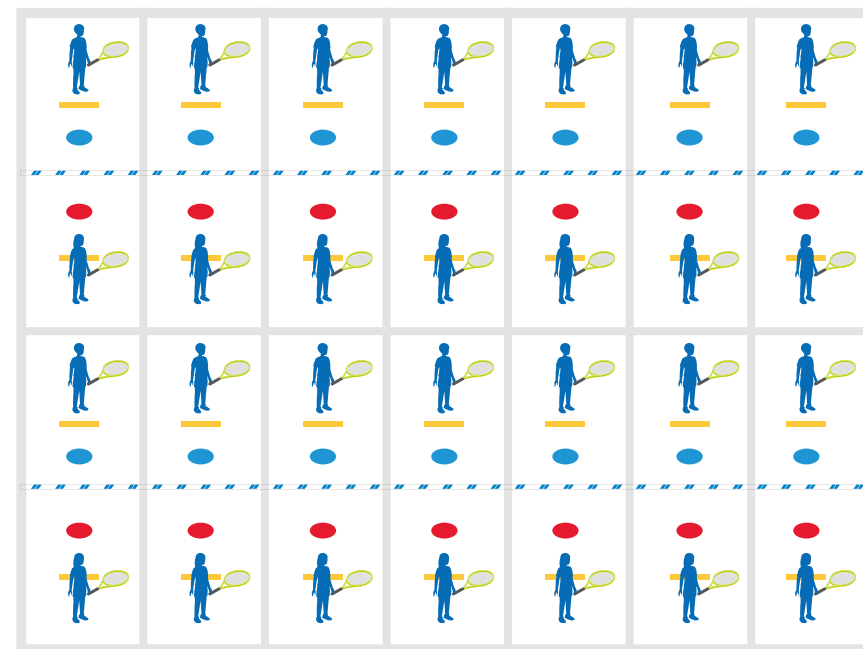
Pupil 1 puts their racket down and 'calls the shots' for their partner opposite to perform. Pupils observe each other and give feedback.

Switch roles with Pupil 2 'calling the shots'.





Improving shoe and body movement for selected shots

15

Example of whole class activity set up:



Equipment:

-  Rackets
-  Throw down lines
-  Throw down spots
-  Barrier tape (net)

Activity set up:

