



P.E. CURRICULUM ACTIVITIES

ACTIVITY CARDS

P.E. CURRICULUM ACTIVITIES

Introduction

This resources contains a series of activities presented in three units of six lessons. The activities mirror the eighteen Activity set uped lesson plans and accompanying videos that can be found at www.lta.org.uk/schools

The content is centered on teaching fundamental movement skills and developing physical literacy to deliver curriculum outcomes. Activities are designed to be delivered to a whole class in a school hall, with equipment that, in the main, a school is likely to have.



Lessons 1 to 6

are designed for pupils aged 5-7 to introduce tennis and racket-based activity, all of which have a foundation in the fundamental movement skills of agility, balance and coordination, which are applied in suitable small sided games.

Lessons 7 to 12

are designed for pupils aged 7-9 to develop their tennis-based racket skills, building upon the fundamental movement skills of agility, balance and coordination with particular emphasis on linking movements together into sequences and applying them in a broad range of collaborative learning opportunities, as well as in modified competitive games.

Lessons 13 to 18

are designed for pupils aged 9-11 to develop and extend their tennis-based racket skills taught in Lesson Plans 1-12, with particular emphasis on applying sequences of movement, understanding scoring and officiating both in personal challenges and competitive games. The pupils will have opportunities to communicate with each other, work collaboratively to practice and apply more advanced tactics.

For each activity a description with the key teaching points, the equipment needed, and a diagram of how to set up the activity is given. All of the activities are designed to be fully inclusive, and the **STEP** framework at the start of the resource gives suggestions on how to differentiate the activities to ensure all pupils can participate and progress.

Each lesson is divided into four distinct sections each with a **Skill Up** for extending learning where more able pupils need further challenge.

WARM UP

In this section the activities develop and build upon the five step patterns needed for all movement and the equivalent throwing and catching skills, both in isolation and combination.

BODY & BALL

In this section the pupils will develop body control alongside controlling a variety of ball types. They explore the flight and bounce of the ball and how to adjust their body in sending and receiving the ball.

RACKET & BALL

In this section the pupils start by using their hands as rackets and gradually build up to holding and hitting with rackets in simple and gradually more complex sequences.

SKILL APPLICATION (GAME)

In this section the pupils apply the skills learnt earlier in the lessons in fun games including a variety of individual personal challenges, pairs challenges and team opportunities.

The activities and lessons can be used as they are, or mixed and matched to create lessons based on the ability of the pupils.

There are six key character skills which are fundamental for tennis and can be developed through the activities: Cooperation, Passion, Perseverance, Personal Best, Resilience, and Respect.

STEP Framework for Tennis

This guidance provides a framework for differentiation. It gives examples of how tennis activities and practices can be adapted to meet learning outcomes.

By tweaking the different elements of the STEP framework to make an activity easier or harder, either in separation or in combination will ensure a progressive and inclusive learning experience for all children.

SPACE

Where is the activity happening?

- Indoors or outdoors, what type of playing surface?
- Can the area or distance in the activity be modified?
- Can the level from which the task is being completed be changed?
- Can the surface be altered or changed?

Designate a space without a net:

- Make the space larger, smaller, wider, narrower
- Introduce target areas, service box, baselines as appropriate.

Designate a space with a net:

- Line on the floor, skipping rope on the floor, cones, bench, low net, barrier tape, portable net
- Gradually increasing the height of the net/barrier.

Using a wall area:

- Basic wall space for rebound games, wall with a low line marked gradually increasing the height to mini red.

TASK

What is happening?

- Can the objective be changed?
- Can the rules, scoring or time allocation be modified?
- Can the speed of the activity be altered to allow more time to react?
- Can the individuals/group do different tasks at the same/different times?

Sending:

- Roll or Throw (underarm or overarm) with racket hands; using a racket roll the ball; using a racket hit the ball.

Receiving:

- Splat the ball when rolled then roll back; Catch the ball then place on floor and roll back; Catch the ball then self-feed and hit back; Tap the ball up to self, let it bounce, then hit back; Hit the ball straight back.

STEP

EQUIPMENT

What is being used?

- Can the type of racket and/or ball being used be changed?
- Can the size or type of targets being used be changed?
- Can additional or alternative equipment be used?
- Can the height or type of the net be altered?

Rackets:

- Racket hands, Hit Mitts, rackets with short handles and large hitting areas then gradually building up to use rackets with longer handles (19", 21", 23") when ready.

Balls:

- Balloons, beach-balls, bean bags, fluff balls, softer balls, harder balls, larger and smaller balls. Consider using brightly coloured balls or balls with bells inside to assist pupils with visual impairment. Gradually build up to using the mini red balls when ready.

PEOPLE

Who is involved?

- Are pupils working independently, in pairs or in groups?
- Do the pupils have the same roles?
- Are the pupils grouped by age, size, ability or friendships?

Recommendation:

- Individual, pairs, groups, teams, large teams for different activities and practices gradually building to mini red singles.

CONTENTS

Lesson plans 1-6

Targeted at

England & Wales: Reception / Y1 / Y2 Scotland: P1 / P2 / P3

	SECTION	ACTIVITY	SUMMARY AIM OF THE ACTIVITY	PAGE
LESSON 01	Warm Up	Shoe-Work Patterns	Introducing shoe patterns and the ready position	12
	Body & Ball	Roll & Recover	Introducing rolling and receiving a ball	14
	Racket & Ball	Space Explorer	Introducing racket hands to roll and receive a ball	16
	Skill Application	Floor Tennis	Introducing rackets to send and receive a ball	18
LESSON 02	Warm Up	Ready, Spot, Step	Developing the 5 fundamental shoe patterns	20
	Body & Ball	Drop Catch	Developing confidence in throwing and catching a ball	22
	Racket & Ball	Spot & Roll	Developing racket confidence	24
	Skill Application	Squirrels & Magpies	Developing racket confidence in a pairs challenge	26
LESSON 03	Warm Up	Ladders	Developing confidence in shoe patterns	28
	Body & Ball	Drop & Catch Ladders	Connecting foot patterns with the ball bouncing and throws	30
	Racket & Ball	Serve Catch	Introducing a push serve action	32
	Skill Application	Target Hoops	Developing the push serve with targets and challenges	34
LESSON 04	Warm Up	Patter Cake	Developing hand patterns and sequencing	36
	Body & Ball	Balloon Up	Introducing a volley action through sending and receiving over a basic net	38
	Racket & Ball	Balloon Hoop	Developing a volley action with a target	40
	Skill Application	Balloon Up Challenge	Challenges to develop the volley action	42
LESSON 05	Warm Up	Hoop Up, Spot Down	Linking body and shoe movements with direction	44
	Body & Ball	Lily Pond	Developing throw and catch sequences in pairs	46
	Racket & Ball	Up & In	Introducing an upward tapping action with rackets	48
	Skill Application	Team Up & In	Upward tapping action team challenges	50
LESSON 06	Warm Up	Warm Up Match	Linking key words to shoe and hand patterns	52
	Body & Ball	Hand Tennis	Introducing a throw and catch rally	54
	Racket & Ball	Over & In	Introducing rallying with rackets	56
	Skill Application	Team Hand Tennis	Introducing a scoring system and understanding IN and OUT	58

Lesson plans 7-12

Targeted at

England & Wales: Y3 / Y4 Scotland: P4 / P5

	SECTION	ACTIVITY	SUMMARY AIM OF THE ACTIVITY	PAGE
LESSON 07	Warm Up	Colour Play	Developing right and left hand confidence with direction	64
	Body & Ball	Puma Play	Introducing aiming at targets and developing reactions	66
	Racket & Ball	Double Defender	Rolling at targets and tapping back using rackets	68
	Skill Application	Planet Earth Defenders	Aiming at targets and applying simple tactics in a competitive game	70
LESSON 08	Warm Up	Rats & Rabbits	Develop hand and shoe movement confidence	72
	Body & Ball	Shadows	Develop hand and shoe movement whilst tracking a ball	74
	Racket & Ball	Throw, catch, hit	Developing hitting towards targets	76
	Skill Application	Floor/Tap Tennis	Playing a rally game, using forehand and backhand actions	78
LESSON 09	Warm Up	Clap & Catch	Throw, catch, bounce sequences	80
	Body & Ball	Ace Slam Battle	Developing an understanding of ball flight with targets	82
	Racket & Ball	Elephant Play	Introducing the words and actions for forehand and backhand	84
	Skill Application	Floor/Tap Tennis	Playing a rally game, using forehand and backhand actions	86
LESSON 10	Warm Up	Dishes & Domes	Developing agility and shoe movement confidence	88
	Body & Ball	Toss & Cross	Introducing the upward toss of the ball for serving	90
	Racket & Ball	Serve & Catch	Developing an overarm tap serve	92
	Skill Application	4's a Treat	Throw serve game with forehand and backhand returns	94
LESSON 11	Warm Up	Relay Races	Practicing racket and ball skills	96
	Body & Ball	Mix & Switch	Understanding the bounce of the ball and developing lunges	98
	Racket & Ball	Skill Stations	Applying racket and ball skills in a series of skill stations	100
	Skill Application	Skill Stations	Applying racket and ball skills in a series of skill stations with scoring	102
LESSON 12	Warm Up	Meet Up	Applying movement skills with ball bouncing	104
	Body & Ball	Play & Call	Throw rally games, scoring points	106
	Racket & Ball	Rally Rackets	Throw, catch and racket rally game	108
	Skill Application	Mini Games	Catch, throw, racket game with mini courts and scoring	110

CONTENTS

Lesson plans 13-18

Targeted at

England & Wales: Y5 / Y6 Scotland: P6 / P7

	SECTION	ACTIVITY	SUMMARY AIM OF THE ACTIVITY	PAGE
LESSON 13	Warm Up	Colour Play Throw & Go	Developing hand and shoe movements in combination	116
	Body & Ball	Puma Play	Aiming at targets with hands and rackets	118
	Racket & Ball	Racket Receivers	Developing forehand and backhand actions, aiming at targets	120
	Skill Application	Rally 1-2-3-4	Forehand and backhand rally with challenges	122
LESSON 14	Warm Up	Criss Cross Catch	Throwing and catching, building rhythm and sequence	124
	Body & Ball	Through the Legs	Developing reactions to a moving ball	126
	Racket & Ball	Colour Up	Forehand and backhand return practice	128
	Skill Application	Double Trouble	Serve and receive rally game	130
LESSON 15	Warm Up	Shadow Rackets	Improving shoe and body movement for selected shots	132
	Body & Ball	Ace Slam	Tracking the flight of the ball	134
	Racket & Ball	Elephant Play	Developing forehand and backhand actions	136
	Skill Application	Team of Teams	Forehand and backhand throw and hit challenges	138
LESSON 16	Warm Up	Rock Drop	Introducing playing into the space	140
	Body & Ball	Toss & Cross	Developing an overarm serving action	142
	Racket & Ball	Blitz Hits	Developing serving and sending / receiving actions	144
	Skill Application	Play & Call	Throw and hit game aiming for space	146
LESSON 17	Warm Up	Walking the ball	Developing competence in movement using sequences	148
	Body & Ball	Net Cross	Throwing and catching to develop a volley action	150
	Racket & Ball	Push Volleys	Developing the volley action with rackets	152
	Skill Application	Step Back Volleys	Developing the volley action and applying it in a competitive game	154
LESSON 18	Warm Up	Ladders	Shoe patterns in sequence, linking to a sending-receiving action	156
	Body & Ball	Hand Tennis	Throw and catch game on a court	158
	Racket & Ball	Tap Serve Rally	Mini court game with tap serve and rallies	160
	Skill Application	Mini Matches	Mini court tennis with scoring	162



Lesson plans 1-6

Targeted at

England & Wales: Reception / Y1 / Y2

Scotland: P1 / P2 / P3



TAB AREA GUIDE



LESSON PLANS 1-6



WARM UP

Shoe-Work Patterns

Pupils move around the space, using the 5 step patterns determined by the teacher. When the teacher calls stop, pupils have to stop and hold a Ready Position.

Repeat each step pattern a few times before moving onto the next one.

Jump from 2 shoes and land on 2 shoes (2-2)

1. Hop on Red shoe (right) – 1 shoe to 1 shoe (1-1)
Hop on Blue shoes / left – (1-1)
2. Take off from 2 shoes and land on Red shoe (2-1)
Take off from 2 shoes and land on Blue shoe (2-1)
3. Take off from Red shoe and land on 2 shoes (1-2)
Take off from Blue shoe and land on 2 shoes (1-2)
4. Red shoe to opposite Blue shoe and vice versa (walking, jogging).

Teaching Points:

Ready position:

- Shoes side by side, shoulder width apart
- Knees slightly bent
- Racket hands out in front of the body above shoes.

5 basic step patterns:

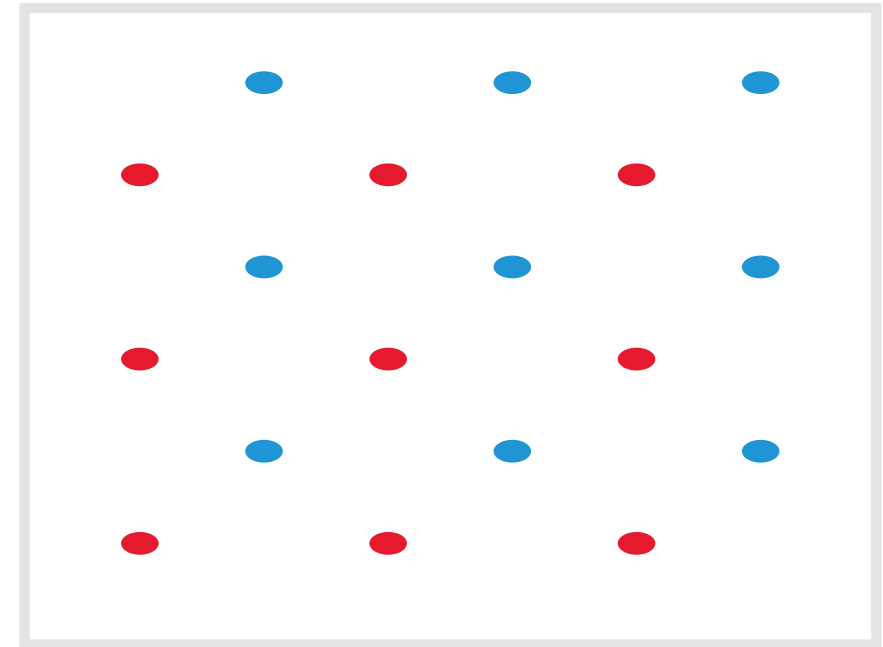
- Stop safely and with control
- Knees bent on landing
- Use arms to balance
- Head up.

Skill UP

Pupils collect a throw down spot each, and space these out around the space. The pupils move around the space, when the teacher signals stop the pupils have to jump onto the spot using the different footwork patterns called out by the teacher, or pupils can select which pattern they perform.

Introducing shoe patterns and the ready position

Example of whole class activity set up:



Equipment:

 Throw down spots

01

BODY & BALL

Roll & Recover

In pairs with 1 line each. Pupils start facing each other, shoes touching. They take 2 big steps backwards and place their own line on the floor and stand behind it. They place a throw down spot in the middle between their lines.

1 large ball per pair.

Pupil 1 rolls the ball to Pupil 2 over the spot. Pupil 3 stops the ball and rolls it back.

Repeat.

Guide the pupils through using a similar pattern as with the shoes.

- Send with both hands, receive with both hands
- Send with right (red), receive with right (red)
- Send with left (blue), receive with left (blue).

Teaching Points

- Eyes tracking the ball
- Stand side on to roll the ball with opposite shoe to hand rolling with i.e. left shoe and roll with right (red) hand, or right shoe forwards and roll with left (blue) hand
- Whole arm swinging towards partner
- Knees slightly bent when stepping forward.

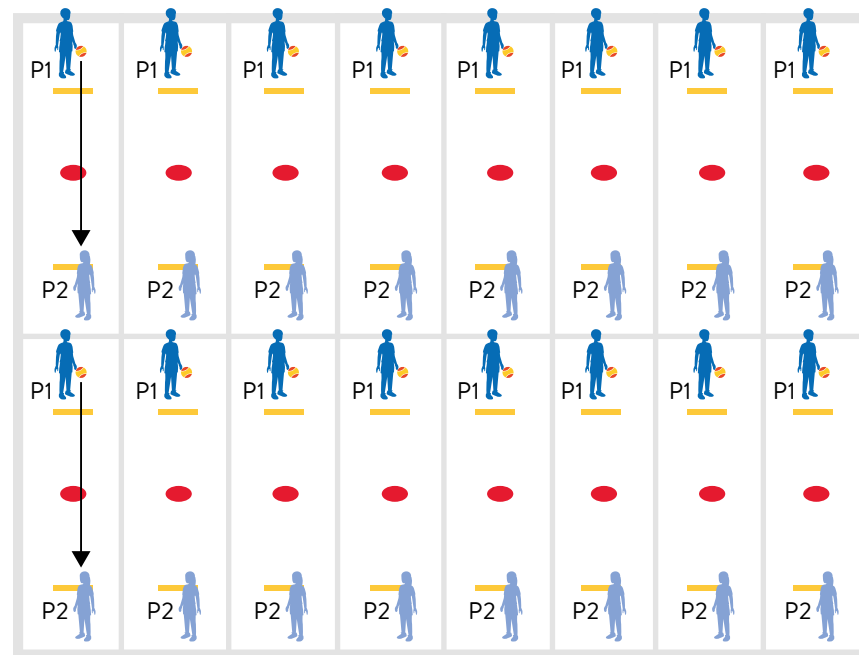
Skill UP

If the ball rolls over the spot the pupil takes a step backwards and replaces their line behind their heels gradually increasing the distance between them and their partner. If the ball does not roll over the spot, the pupil takes a step forward moving their line accordingly. Pupils may now be a different distance from the spot compared to their partner.




Introducing rolling and receiving a ball

01

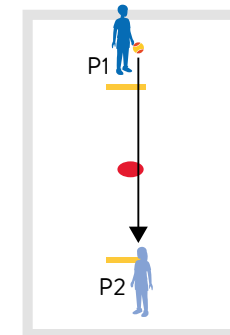
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:



RACKET & BALL

Space Explorer

Pupils in pairs, standing behind throw down lines facing each other. Pupil 1 starts with the ball and rolls the ball across the floor to Pupil 2. Pupil 2 uses either hand to stop the ball and then push it back using the palm of their hand. Pupil 1 then stops the ball and pushes it back. Continue.

Teaching Points

- Control when stopping / splatting the ball
- Stop the ball in front of shoes
- Push the ball with the palm of racket hand
- Step forward with opposite shoe to racket hand
- Bottom edge of their racket hand 'drawing a line on the floor.

Skill UP

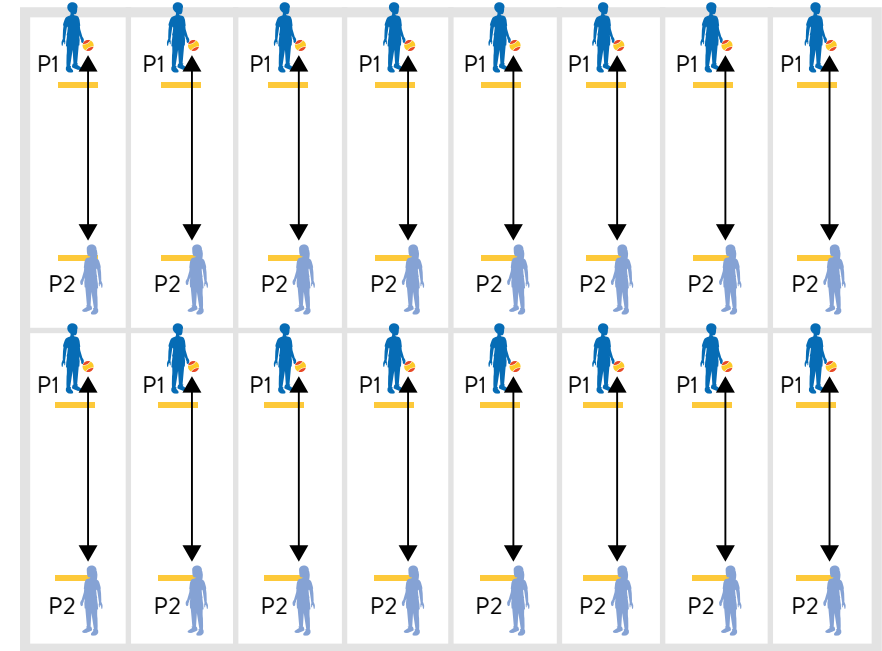
Repeat exercise with Pupil 1 using a racket.

Repeat exercise, with both pupils using rackets.




Introducing racket hands to roll and receive a ball

01

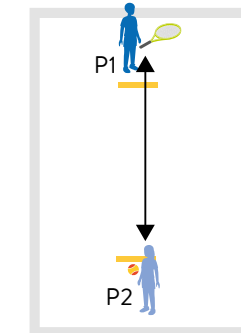
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:



SKILL APPLICATION

Floor Tennis

In pairs, both pupils standing on a throw down line a short distance apart. Both pupils have a racket and 1 ball between them. Pupils push the ball to each other along the floor to practice rallying. Pupils swap the hand that the racket is in depending on which side the ball comes to. They can either stop the ball before hitting or hit it straight back.

Teaching Points:

- Eyes tracking the ball
- Contact with the ball in front of the shoes
- Push towards your partner
- Swap the racket to the side where the ball is.

Skill UP

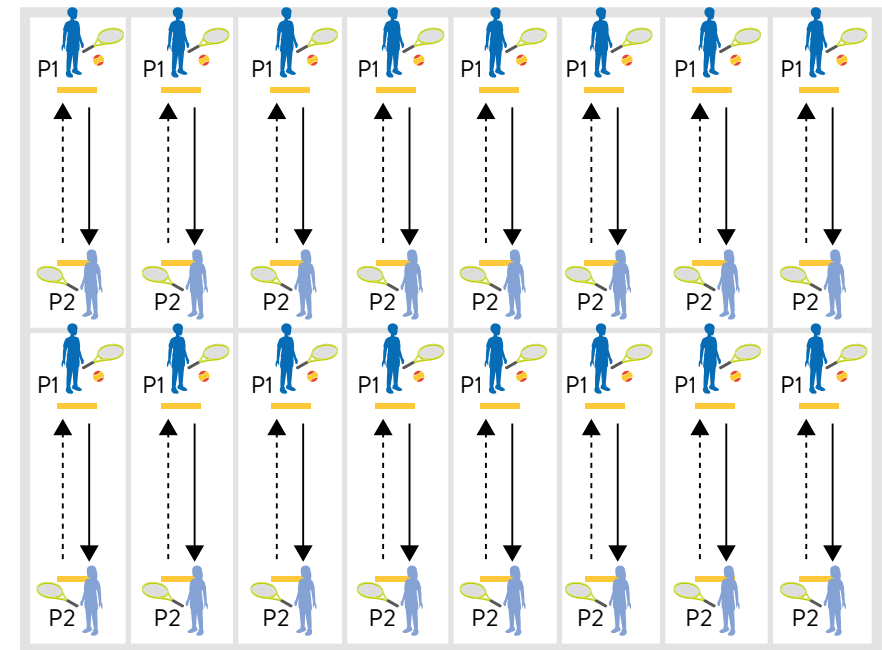
Set challenges:

- Which pair can reach a floor rally of 10 first?
- How many rolls can you get between the rackets in 30 seconds
- Can you beat your score?




Introducing rackets to send and receive a ball

01

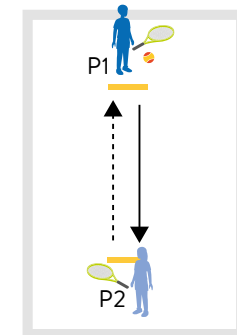
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:



WARM UP

Ready, Spot, Step

Throw down spots, enough for 1 per pupil, are placed randomly around the floor. Pupils move around the space and when the teacher calls stop, the pupils go from the ready position and land on a spot using the one of the 5 footwork patterns, i.e:

- Hop on left (blue) shoe
- Hop on right (red) shoe
- Take off from 1 shoe and land on 2 shoes
- Take off from 2 shoes and land on 1 shoe
- Jump from 2 shoes and land on 2 shoes.

Pupils could work in pairs and watch each other.

As above, but once teacher says 'go' pupils come out of their balance into the ready position before they continue to move around the space.

Teaching Points;

5 basic step patterns:

- Stop safely and with control
- Knees bent on landing
- Use arms to balance
- Head up.

Ready position:

- Shoes side by side, shoulder width apart
- Knees slightly bent
- Racket hands out in front of the body above shoes.

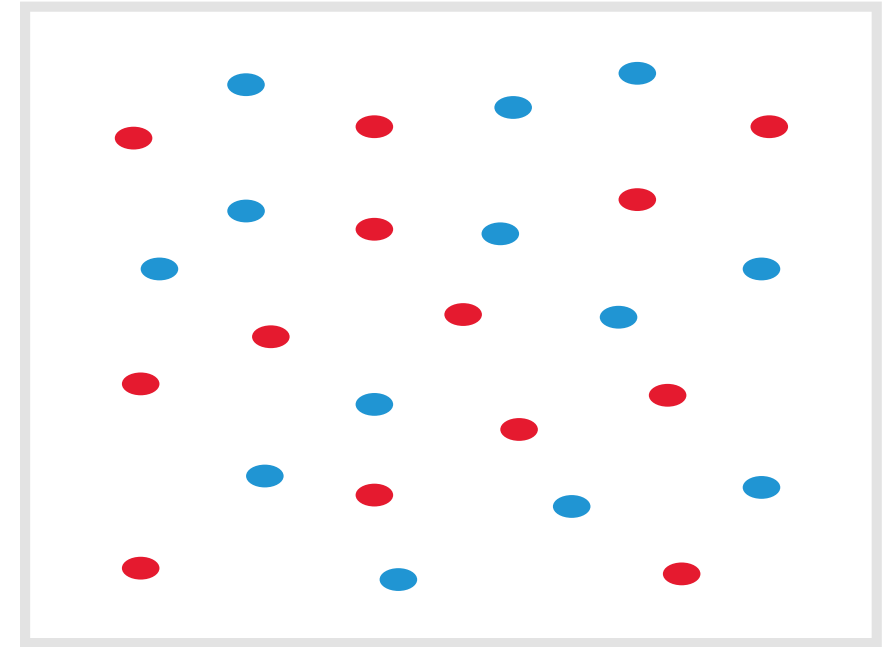
Skill UP

Pupils now move continuously around the space and when they come to a spot they jump 2 shoes onto the spot and then 2 shoes off the spot.

Developing the 5 fundamental shoe patterns

02

Example of whole class activity set up:



Equipment:

 Throw down spots

BODY & BALL

Drop Catch

Working individually, pupils have a ball each and stand behind a spot. Pupils hold the ball in two racket hands above the spot, drop the ball onto the spot and catch with two racket hands. Repeat.

Pupils hold the ball in 2 racket hands and gently throw upwards and let the ball bounce on the spot and catch in 2 racket hands after each bounce. Instruct the children to keep the ball under control and below head height.

Teaching Points:

- Shoes either side of the spot
- Knees slightly bent
- Racket hands out in front of the body above shoes
- Pupils cup their hands together to catch the ball.

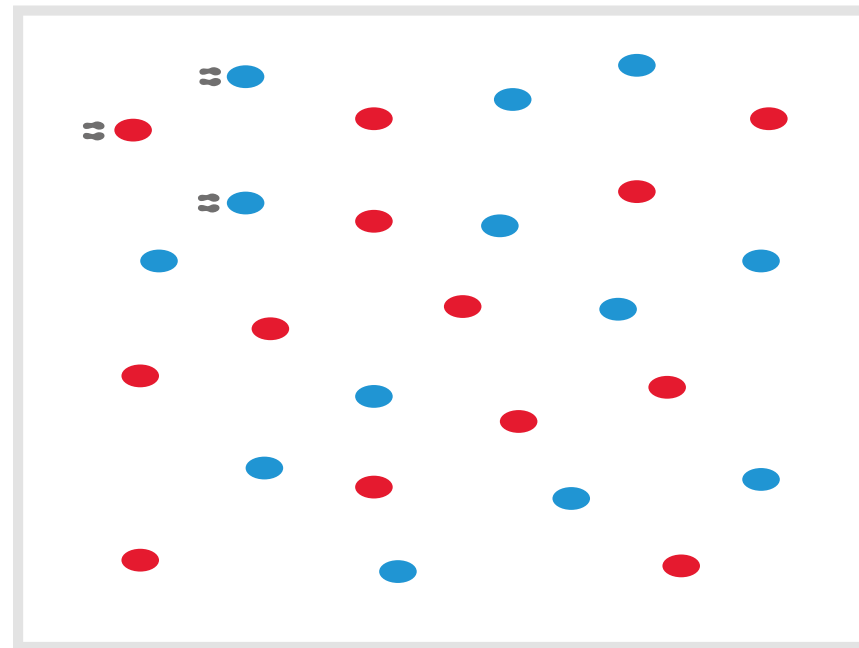
Skill UP

Pupils throw the ball up, touch a body part, and allow the ball to bounce before catching (Up, Touch, Bounce, Catch sequence) e.g. touch shoulders / knees / toes or clap before catching.

02

Developing confidence in throwing and catching a ball

Example of whole class activity set up:



Equipment:



Balls



Throw down spots

Activity set up:



RACKET & BALL

Spot & Roll

Working individually, standing behind a spot, racket in the right hand, roll the ball over the spot taking the ball from the right side of the body, across the spot to the left side. Change the racket to the left hand and return, moving the ball from left to right.

Then stand in the middle of the spot. Using the right hand, roll ball all the way around the spot. Repeat using left hand.

Teaching Points:

- Eyes tracking the ball
- Tip of the racket should be touching the floor
- Keep the racket away from the body.

Skill UP

In pairs, Pupil 1 has two rackets, one in each hand with 2 spots in front of them – 1 to the right (red) and 1 to the left (blue).

Pupil 2 stands on a throw down line approx. 3m away.

Pupil 2 rolls the ball over one of the spots to Pupil 1, who then pushes the ball along the floor back to Pupil 2. Pupil 1 uses the corresponding racket to spot i.e. left racket if ball is on left spot, right racket if on right spot.

Pupils change roles and repeat.

Skill UP

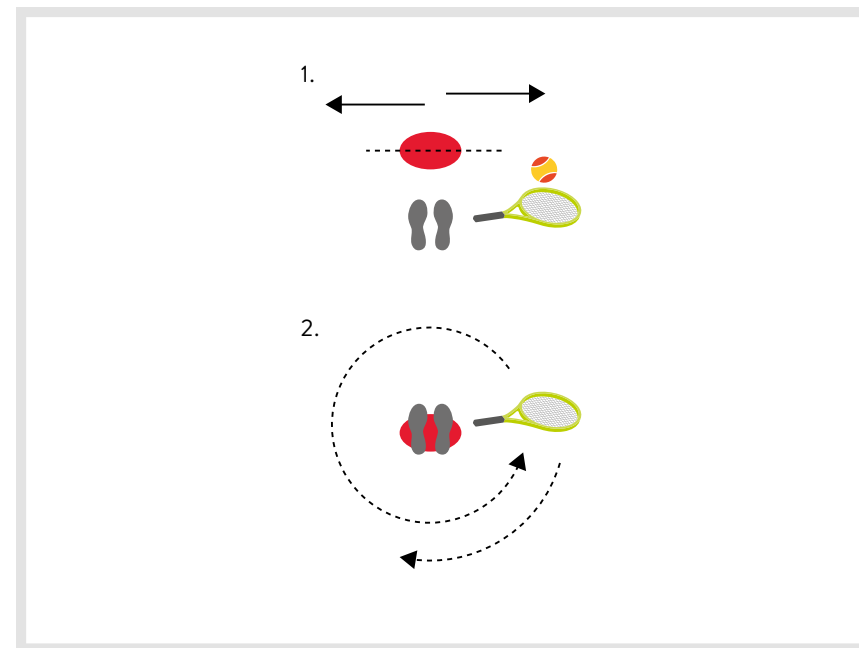
Contact the ball to the side of the body in front of the shoes.

Pushing action towards partner with tip of the racket touching the floor.

Developing racket confidence

02

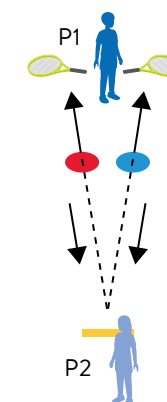
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots

Skill UP



SKILL APPLICATION

Squirrels & Magpies

In pairs, Pupil 1 stands in front of 4 cones, with a ball on top of each cone. They select one ball and push the ball using a racket over a spot to Pupil 2. Pupil 2 stops the ball with their racket and turns 180° and dribbles the ball into a hoop a short distance ahead of them. They then return to their starting position. Pupil 1 then pushes the second ball to Pupil 2 and repeat. Once all 4 balls are in the hoop Pupil 2 and 1 then switch roles, placing the balls back onto the cones to start.

Pupils repeat and practice.

Teaching Points:

- Pushing action towards partner
- Eyes tracking the ball
- Ball at the tip of the racket just in front of the shoes.

Skill UP

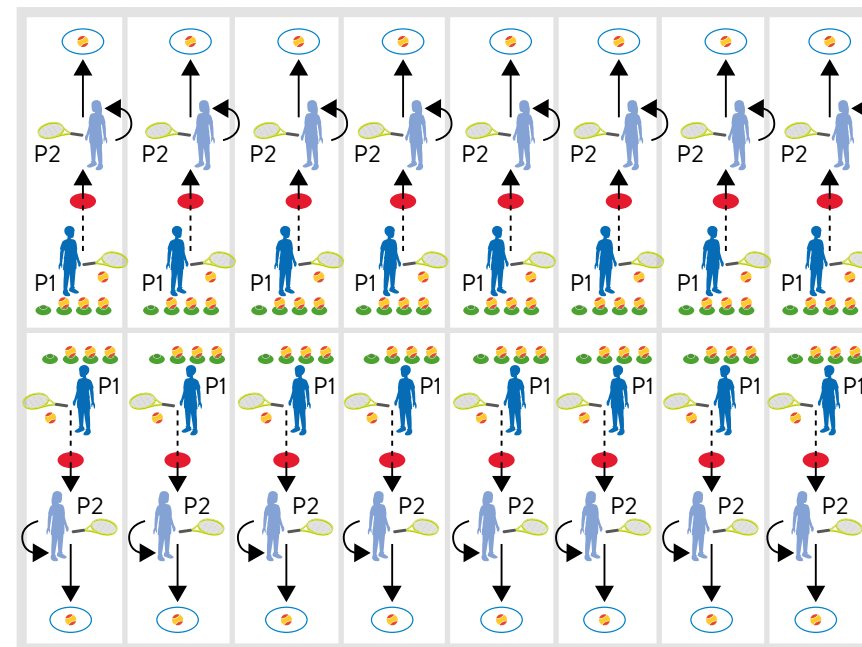
Set up as above but now in a competitive game.

- How quickly can you get the 4 balls into the hoop?
- Which team can get their 4 balls into the hoop first?

Developing racket confidence in a pairs challenge

02

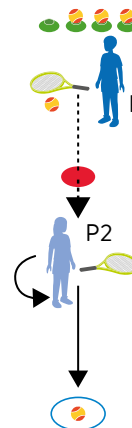
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Cones
- Hoops

Activity set up:



WARM UP

Ladders

Throw down spots (2 different colours) and throw down lines are placed in channels: line, left spot, right spot, line, left spot, right spot, line.

Pupils are in teams and follow each other to move up their ladder and return to the start. When they reach a line they jump and land with 2 shoes on the line (ready position). At a spot on the right (red) they hop onto it landing on the right (red) shoe, and on the left (blue) spot they hop onto their left (blue) shoe.

Teaching Points:

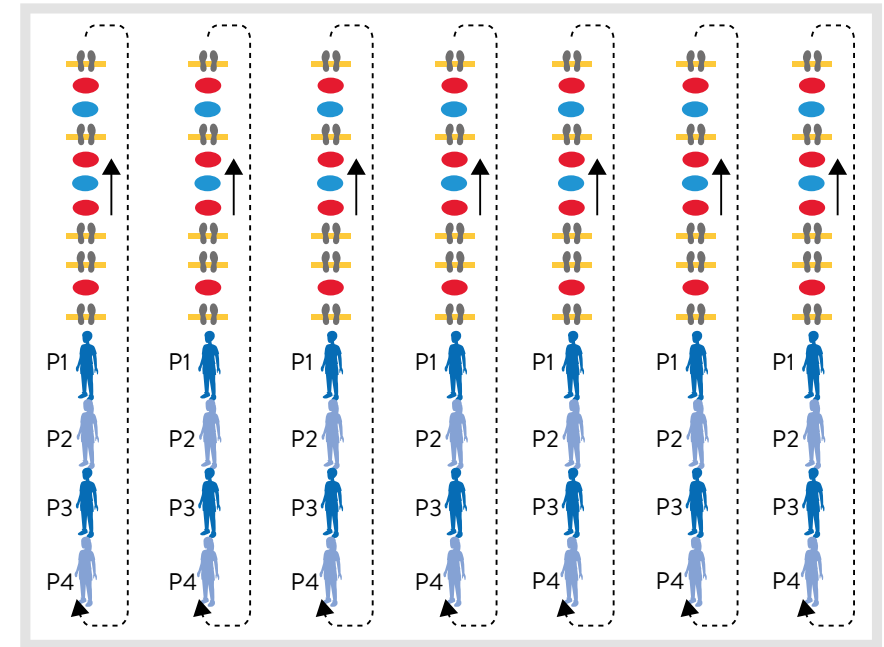
- Light on their shoes
- Hop on right shoe at right spot, left shoe at left spot
- Jump into the ready position.

Skill UP



Repeat above, but this time when come to a line, both shoes go wide outside of the line.

Developing confidence in shoe patterns

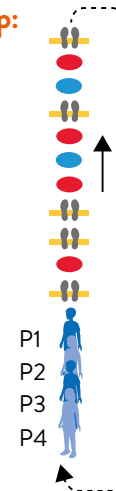
Example of whole class activity set up:



Equipment:

-  Throw down lines
-  Throw down spots

Activity set up:



BODY & BALL

Drop & Catch Ladders

Throw down spots (2 different colours) and throw down lines are placed in 6/8 channels (right spot, left spot, line) across the room. Pupils are in teams and follow each other to move up their ladder and return to the start.

Each pupil has a ball.

Pupils execute a double handed bounce of the ball on the spot and catch it and jump with 2 shoes outside of line.

Bounce, Bounce, 2 shoes sequence.

When they come to the right hand spot they throw the ball up in the air using their right (red) hand and try to bounce the ball on the spot. Catch the ball with two hands. , Then move to the left spot, where they throw the ball up using their left (blue) hand.

Up, Bounce, Catch sequence.

Teaching Points:

- Ready position with shoes either side of the line
- Use right hand on right spot, and left hand on left spot
- Throw the ball to head height
- Cup hand underneath the ball to catch it.

Skill UP

Pupils now use their hand as a racket.

Pupils drop the ball on the spot, let it bounce, tap the ball up using the palm of their hand, then catch the ball in two hands after it bounces a second time.

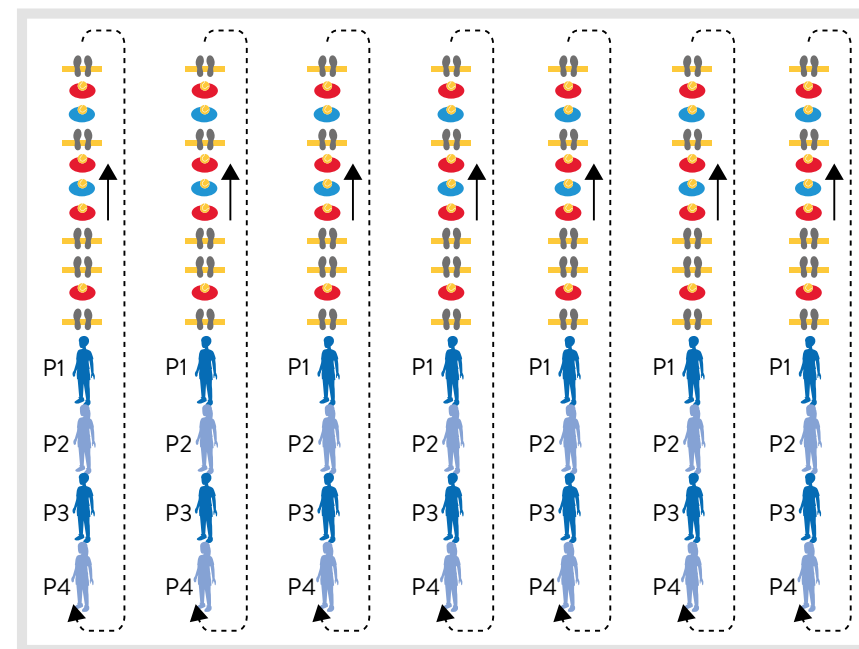
Up, bounce, tap up, bounce, catch sequence.

Change hands according to the colour of the spot. Drop with Red hand, tap up with blue hand and vice versa.




03

Connecting foot patterns with the ball bouncing and throws

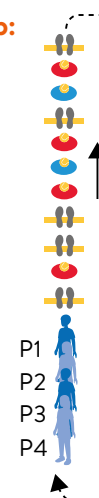
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:



RACKET & BALL

Serve Catch

In pairs, Pupil 1 is the server and places a throw down line on the floor and stands behind it (a back line). Pupil 2 is the receiver and stands opposite, a short distance apart, with their line perpendicular to Pupil 1. Pupil 2 has their shoes either side of their line in a ready position.

Pupil 1 stands sideways behind their line, with their left (blue) foot forwards. They place the ball in the flat palm of their left (blue) racket hand and using their right (red) hand serves the ball by pushing it off towards Pupil 2.

Pupil 2 moves to catch the ball after it has bounced. They then throw it back to Pupil 1 underarm from where they caught the ball.

Repeat 5 times then switch roles.

Repeat again with left (blue) racket hand. Right (red) shoe forward, and ball balanced on palm of right (red) hand.

Repeat 5 times then switch roles.

Teaching Points:

Server:

- Stands with opposite shoe to racket hand forward
- Balances the ball in non-hitting hand
- Uses a pushing action with racket hand contacting underneath the ball.

Receiver:

- Starts in the ready position
- Eyes tracking the ball.

Skill UP

Turn both throw down lines to create back lines opposite each other (parallel). Pupil 1 and Pupil 2 stand behind their lines and push serve to each other letting the ball bounce each time before moving towards the ball to catch it. Pupils return to their line to serve.

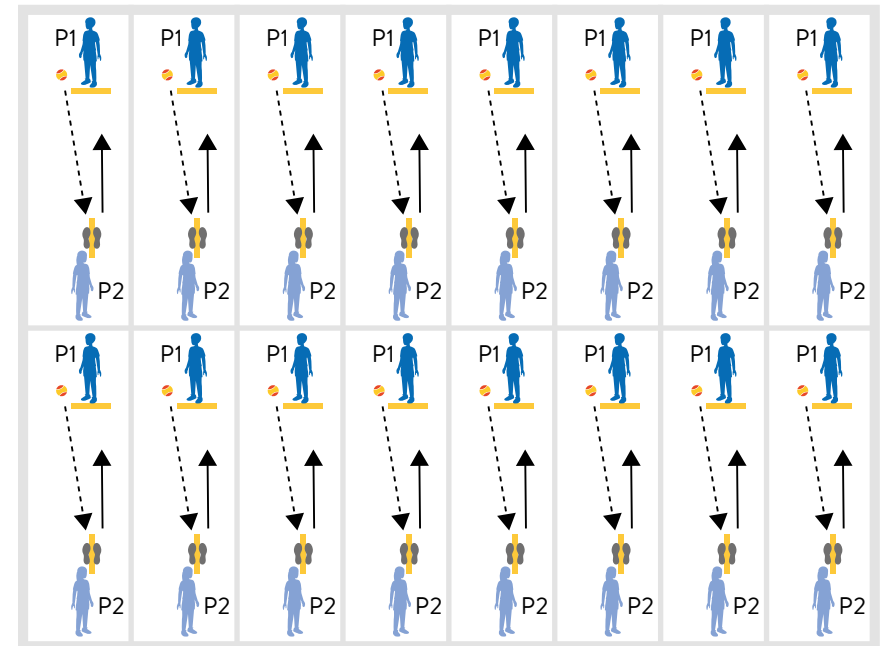
Pupils take it in turns.

Lesson 3

Introducing a push serve action

03

Example of whole class activity set up:



Equipment:

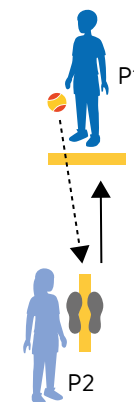


Balls



Throw down lines

Activity set up:



SKILL APPLICATION

Target Hoops

Pupils self-select to use either their racket hand or a racket.

In pairs, pupils stand opposite their partner either side of a net. Each pupil stands behind a line and has a hoop on the floor in front of them.

Pupil 1 push serves the ball aiming to get the ball to land in Pupil 2's hoop, scoring 1 point if the ball bounces in the hoop. Pupil 2 then push serves the ball back aiming to bounce the ball into Pupil 1's hoop.

Repeat.

Teaching Points:

Server:

- Stands with opposite shoe to racket hand forward
- Balances the ball in non-hitting hand in front of the shoes
- Uses a pushing action contacting underneath the ball.

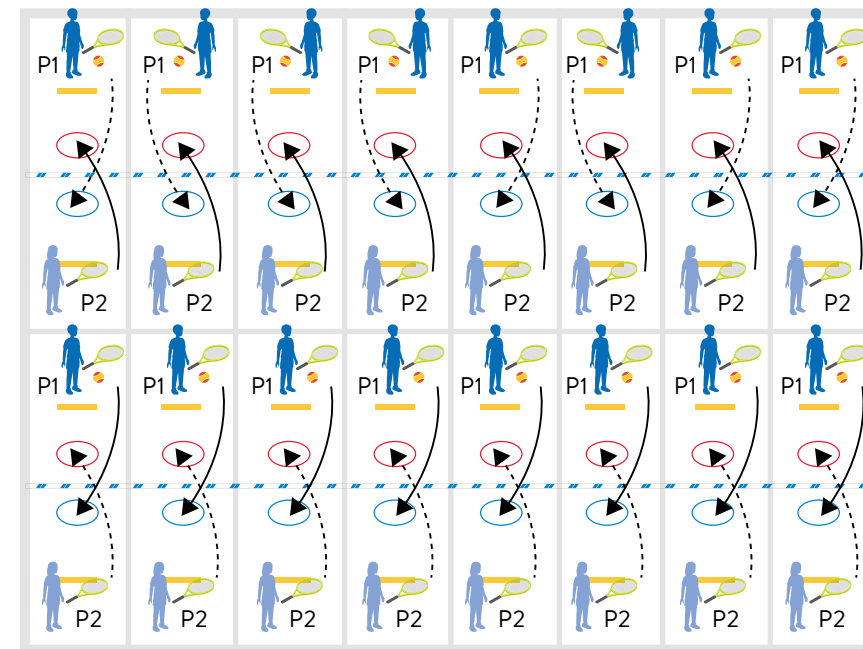
Skill UP

- How many points can you score?
- Can you beat your score?






03

Developing the push serve with targets and challenges

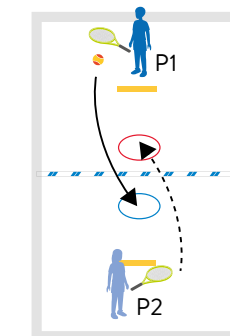
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Hoops
-  Barrier tape (net)

Activity set up:



WARM UP

Patter Cake

In pairs, pupils facing each other either side of a net or throw down line. Pupils work together to complete a sequence.

1. Pupil 1 right (red) hand to Pupil 2 left (blue)hand (straight)
2. Pupil 1 left (blue) hand to Pupil 2 right (red) hand (straight)
3. Diagonally – right (red) to right (red)
4. Diagonally – left (blue) to left (blue)
5. Double high five – both hands.

Sequence: Straight, straight, diagonal, diagonal, both. Repeat.

Perform by introducing a new action but each time starting again from number 1, i.e. first time is just action 1. Then 1 and 2. Then 1, 2 and 3 etc. until all 5 actions are included.

Teaching Points:

- Working co-operatively and in a rhythm.
- Soft hands
- Watching your partners racket hands.

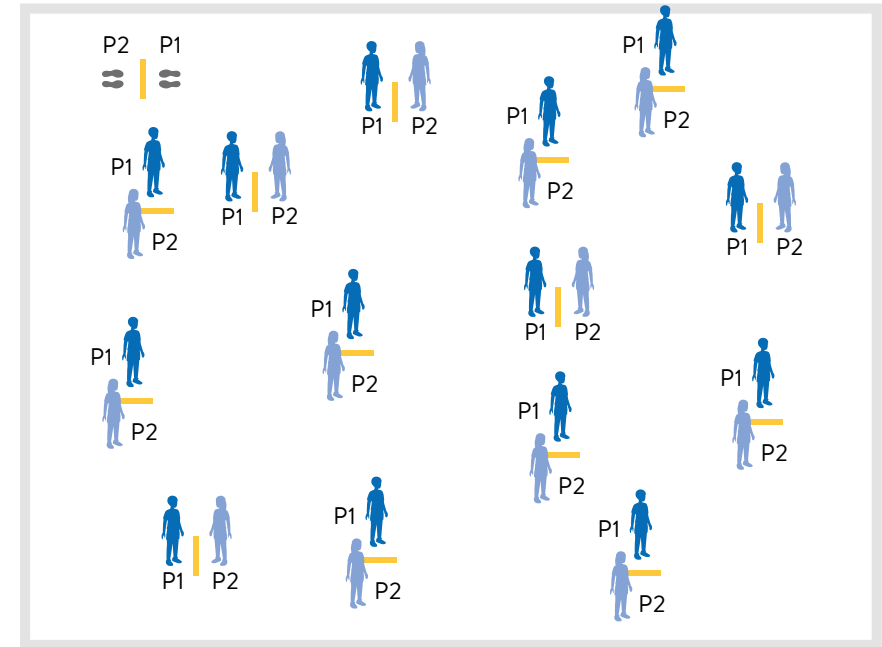
Skill UP

In pairs, pupils make up their own hand pattern sequence.

Ask a pair to demonstrate their sequence.

Developing hand patterns and sequencing

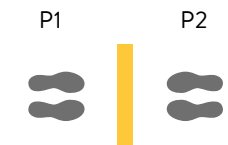
Example of whole class activity set up:



Equipment:

— Throw down lines

Activity set up:



BODY & BALL

Balloon Up

Explain to pupils that hitting the 'ball' before it bounces is called a volley.

In pairs using a balloon with a barrier tape net between them. Both pupils should stand close to the net as this is where a volley is played.

Pupil 1 throws the balloon up to Pupil 2, who pats the balloon back using either racket hand, for Pupil 1 to then catch.

Repeat several times then switch over.

Teaching Points:

- Keep hands upright hand with fingers pointing up
- Contact the balloon in front of the shoes
- Step forward with opposite shoe to racket hand.

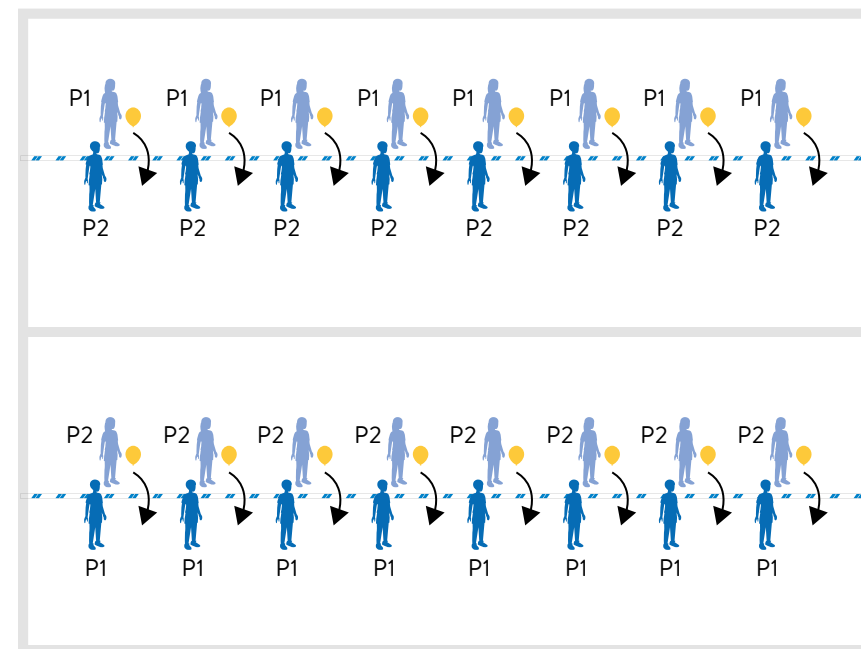
Skill UP

Pupil 1 and Pupil 2 keep the balloon up in the air and tap it to each other over the net.



04

Introducing a volley action through sending and receiving over a basic net

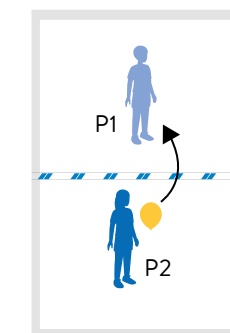
Example of whole class activity set up:



Equipment:

-  Balloons
-  Barrier tape (net)

Activity set up:



RACKET & BALL

Balloon Hoop

In pairs, facing each other with a barrier tape net between them. Pupil 1 is the sender and starts with the balloon and has a hoop placed on the floor in front of them. Pupil 2 is the volleyer, with a racket / hit mitt and is standing close to the net.

Pupil 1 throws the balloon up to head height for Pupil 2, who taps the balloon downwards with their right (red) hand. Repeat 5 times then swap positions and roles.

Pupils then repeat the exercise using their left (blue) hand.

Teaching Points:

- Fingertips pointing upwards
- Adapt to the balloon
- Short push action downwards (not full arm swing).

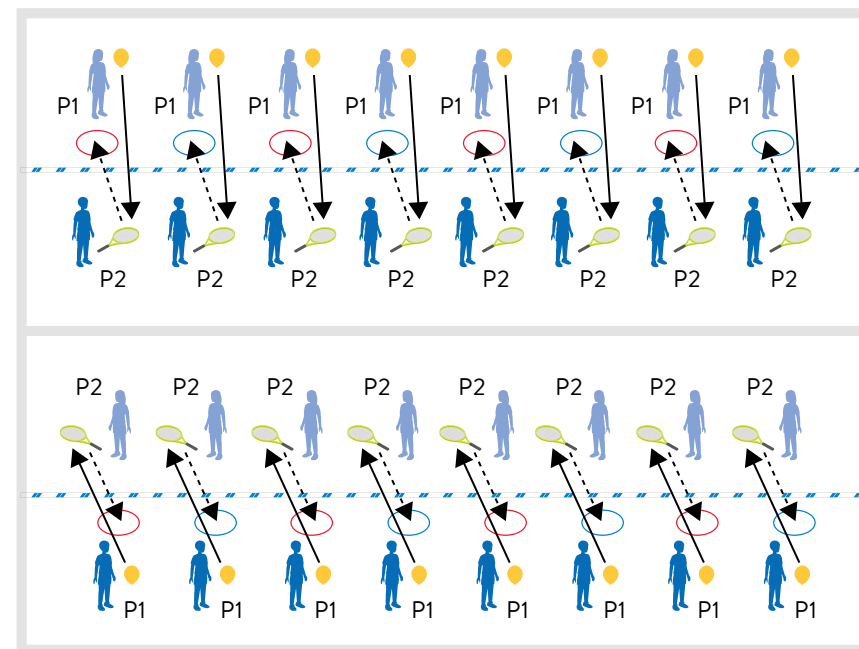
Skill UP

Swap the balloon for a lightweight ball.





04

Developing a volley action with a target

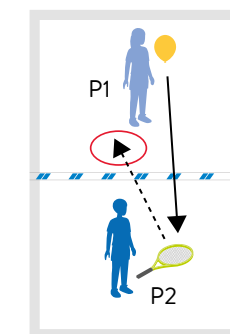
Example of whole class activity set up:



Equipment:

-  Balloons or large lightweight balls
-  Rackets
-  Hoops
-  Barrier tape (net)

Activity set up:



SKILL APPLICATION

Balloon Up Challenge

In 4s with 2 pupils each side of a net. Pupils 1 and 2 are on one side, and Pupils 3 and 4 on the other side.

Pupil 1 starts the rally with an underarm upwards throw over the net to Pupil 3. Pupil 3 taps the balloon back to Pupil 2 who has moved forward in front of Pupil 1. Pupil 2 taps the balloon over to Pupil 4, who taps it back to Pupil 1, and the sequence continues. If the balloon touches the floor, the rally stops and they start a new volley rally with a throw.

Teaching Points:

- Adapt to the balloon
- Fingertips pointing upwards
- Forward step on the opposite shoe
- Contact in front of the shoes with a short push action.

Skill UP

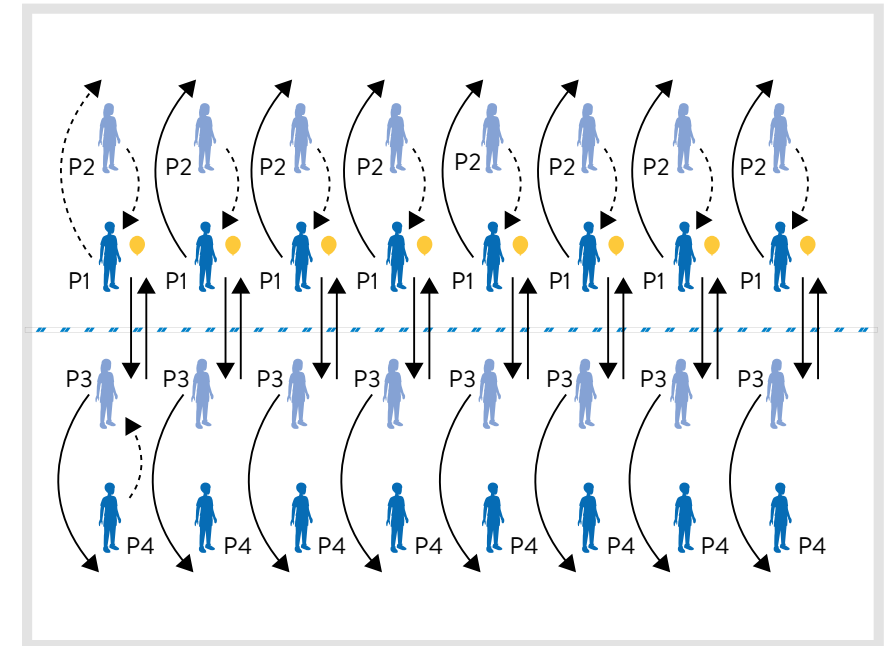
Use a variety of challenges for pupils:

- How many volleys can they hit continuously in a rally? Then try to beat their team score.
- How many volleys can they hit in a minute? Then try to beat their team score.



04

Challenges to develop the volley action

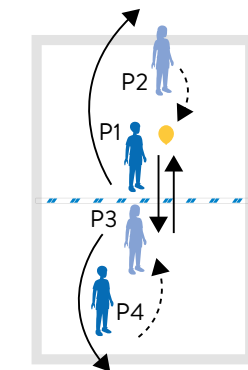
Example of whole class activity set up:



Equipment:

-  Balloons
-  Barrier tape (net)

Activity set up:



WARM UP

Hoop Up Spot Down

Throw down spots and small hoops are placed randomly on the floor (enough for 1 per pupil).

Pupils hop into hoops, balance and then move on.

Pupils land with 2 shoes on the spot and then with shoes either side of the spot, show the ready position then move on.

Teacher calls out the method of moving around the space:

- Vary the speed: quickly, slowly
- Vary the direction: sideways, forwards, criss-cross etc
- Move using the 5 shoework patterns.

Teaching Points:

- Perform the action accurately with good balance
- Eyes track the ball
- Split hands apart to allow the ball to drop
- Throw ball underarm just above head height
- Cup hands together to catch the ball.

Skill UP

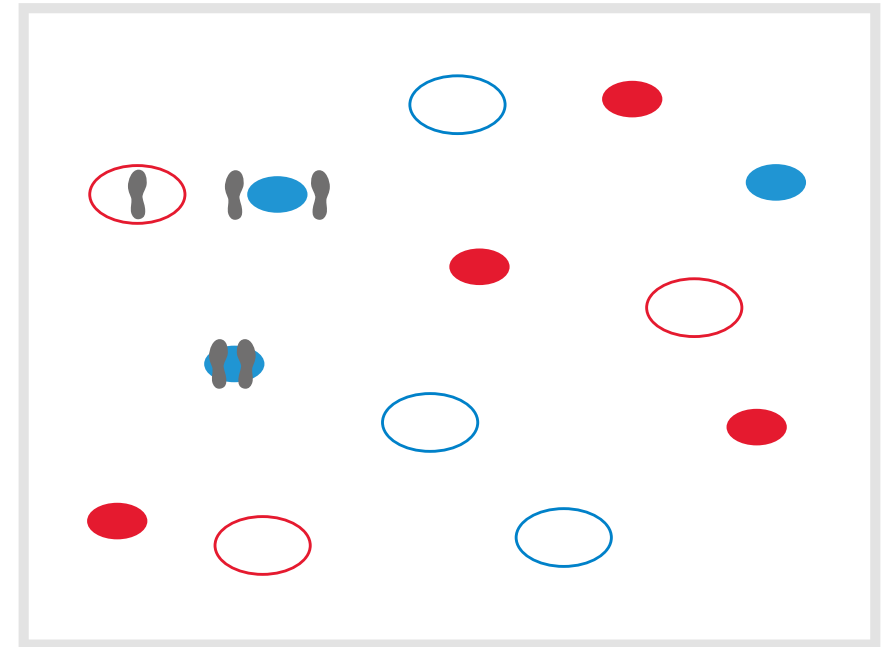
Pupils carry a ball and move around the space, when they come to a:

- Spot – drop the ball down on the spot using 2 hands and catch it. Drop, bounce, catch.
- Hoop – throw the ball up to bounce in the hoop, then catch.

05

Linking body and shoe movement with direction

Example of whole class activity set up:



Equipment:



Balls

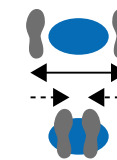


Throw down spots



Hoops

Activity set up:



Skill UP



BODY & BALL

Lily Pond

Pupils work in pairs.

Spots and hoops are placed around the space.

Half the pairs work on a spot and half with a hoop.

Each pair has a ball.

At Spots pupils throw the ball down to bounce on the spot then their partner catches it – Drop, bounce, catch sequence.

At Hoops pupils throw the ball up to land in the hoop, then their partner catches it – Up, bounce, catch sequence.

Pupils switch over from spots to hoops and vice versa.

Teaching Points:

- Throw ball underarm just above head height at hoop
- Throw the ball down on spots
- Encourage catching with 2 hands
- Eyes track the ball.

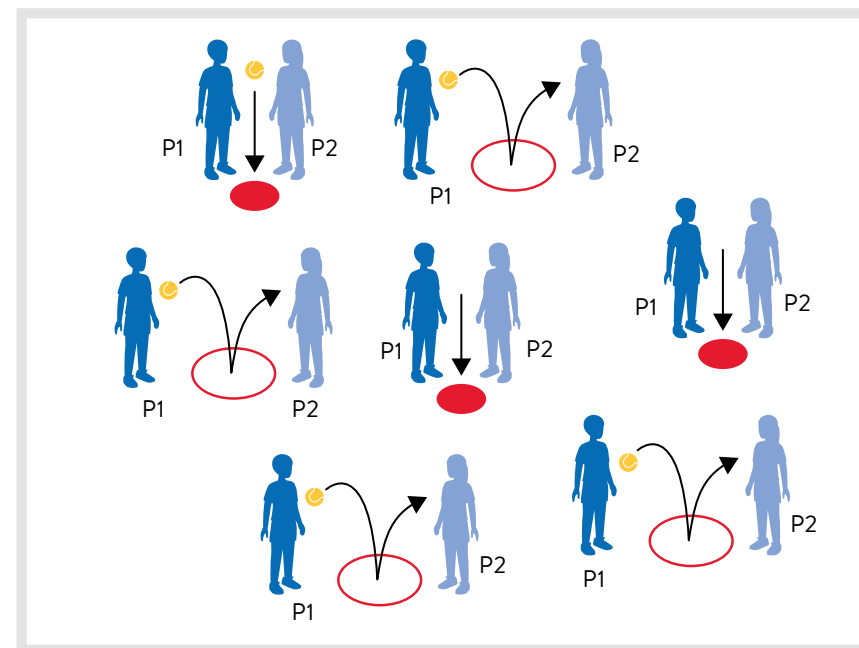
Skill UP

In pairs, pupils move around the space selecting whether they go to a hoop or spot. They throw down at spots for their partner to catch, and throw up at hoops.

05

Developing throw and catch sequences in pairs

Example of whole class activity set up:



Equipment:



Balls

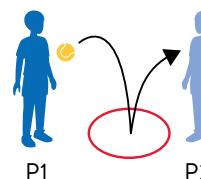
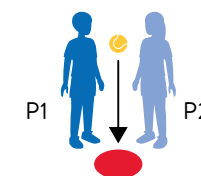


Throw down spots



Hoops

Activity set up:



RACKET & BALL

Up & In

Pupils have a racket and a ball each.

They stand on their spot and try and tap the ball up with their racket strings, let the ball bounce and catch it between the racket strings and free hand.

Up, bounce, catch sequence.

Teaching Points:

- Gently tap / push the ball (no higher than head height)
- Palm and racket strings facing upwards
- Eyes tracking the ball.

Skill UP

In pairs with a spot between them.

Pupil 1 taps the ball up and Pupil 2 catches it after it bounces. Pupil 2 then taps the ball up for Pupil 1 to catch after the bounce.

Up, bounce, catch, Up, bounce, catch sequence.

Pupils count how many times they can consecutively tap the ball to land on the spot and catch it.

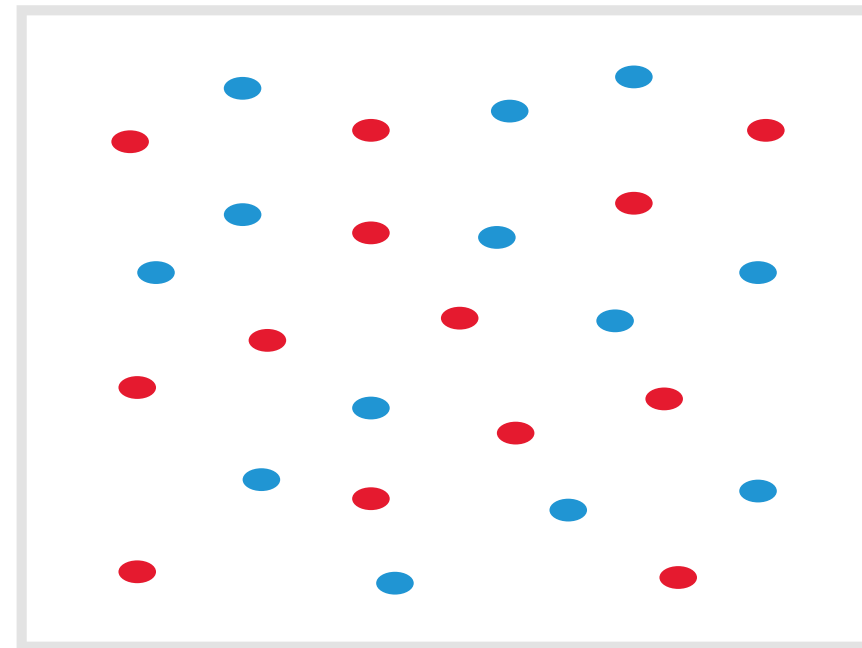
Pupils remove the catch and try to increase their sequence tapping alternatively.

Up bounce, up, bounce sequence.




05

Introducing an upward tapping action with rackets

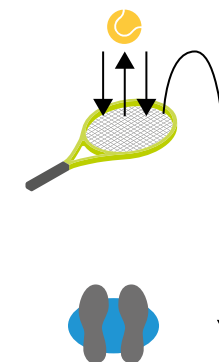
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down spots

Activity set up:



SKILL APPLICATION

Team Up & In

Pupils work in 4s, Pupil 1 and 2 standing behind a throw down. Pupils 3 and 4 opposite behind their throw down line. A spot is placed halfway between the pupils. Pupils use racket hands or rackets as appropriate.

Pupil 1 moves forward and taps or underarm throws the ball up aiming to land it on the spot. Pupil 3 moves forward, lets the ball bounce on the spot, catches it and taps it up for Pupil 2 who comes forward, catches and taps the ball, Pupil 4 then catches, and the sequence continues. Each time the pupils aim to land the ball on the spot, and after their turn recover back to their start line.

Teaching Points:

- Start in ready position
- Palm / racket strings facing upwards
- Low to high upward action for throw / tap
- Eyes track the ball.

Skill UP

As a team, how many can you tap up without a mistake?

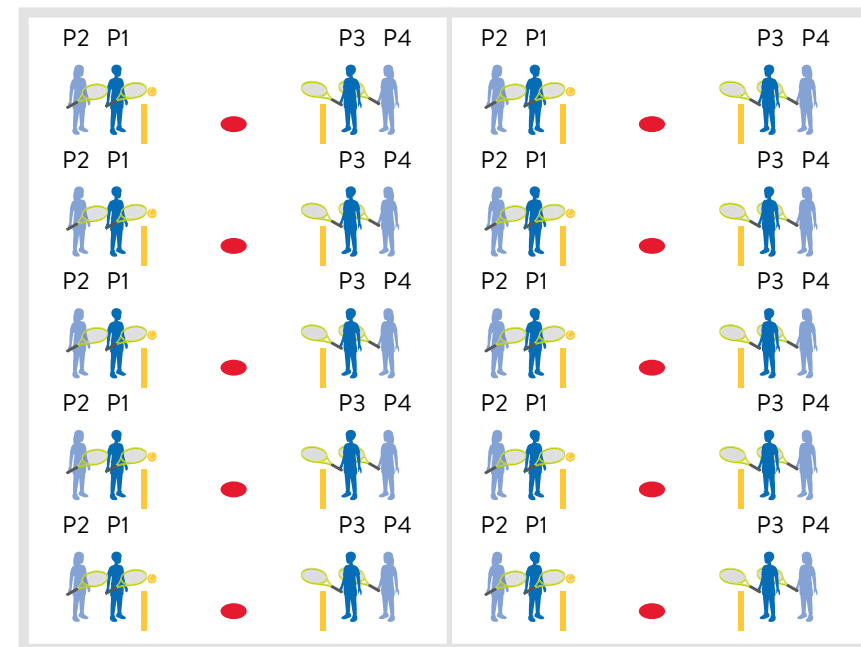
Team challenge – can you beat your score?

Which team can score the most points?

05

Upward tapping action team challenges

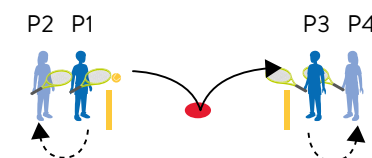
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots

Activity set up:



WARM UP

Warm Up Match

The Teacher asks the pupils if they can name any words used in tennis, then allocate a shoework action to each word.

Pupils move around the space and perform the action based on the teachers call e.g.

- “Rally”: Jump from 2 shoes to 2 shoes shoulder width apart (split step)
- “Forehand”: hop on right (red) shoe
- “Backhand”: hop on left (blue) shoe.

Pupils continue to move around the space, and the teacher now calls hand actions. Pupils link up to do a high 5, high 10, low 5, low 10 and then continue to move around.

Teaching Points:

- Perform action slowly with good balance
- Hands at head height for high 5/10
- Hands below waist height for low 5/10.

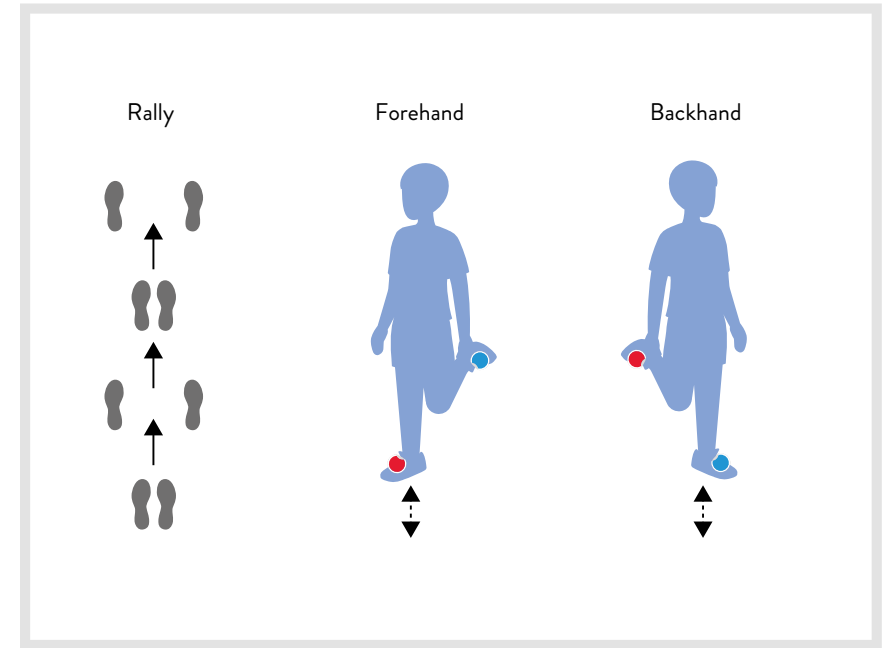
Skill UP

Combine shoe and hand movements. For example:

- Rally – (jump from 2 feet together to 2 feet apart) then high 10
- Forehand – hop on right then high 5 etc.

Linking key words to shoe and hand patterns

Example of whole class activity set up:



Equipment:

None required

BODY & BALL

Hand Tennis

Pupils pair up, with 1 ball between 2 and a throw down line between them (net), and a spot on either side of the net.

Pupil 1 throws the ball underarm over the line to try and bounce it on Pupils 2's spot. Pupil 2 lets the ball bounce once then catches the ball and throws it back from where they caught it, aiming for Pupil 1's spot. Repeat taking it in turns to start the rally.

Encourage pupils to use both left and right hands.

Teaching Points:

- Underarm throws
- Step into the throw with opposite shoe to throwing hand
- Ready position when receiving
- Adapt to the ball
- Catch the ball in front of shoes.

Skill UP

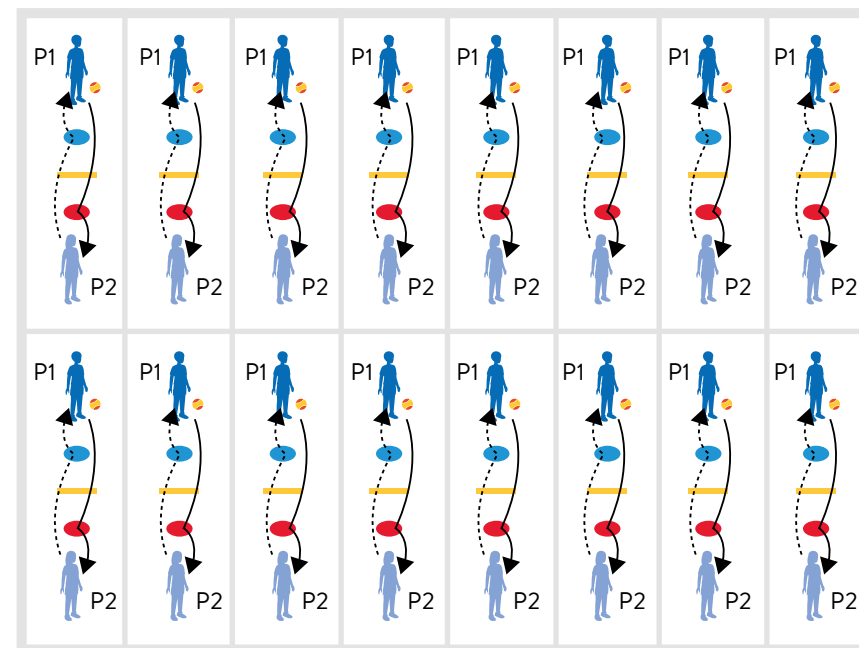
Pupil 1 throws underarm and Pupil 2 uses their hand to tap the ball back, still aiming to land on the spot. Pupil 1 then catches the ball.

Repeat and teacher indicates when to swap roles.




06

Introducing a throw and catch rally

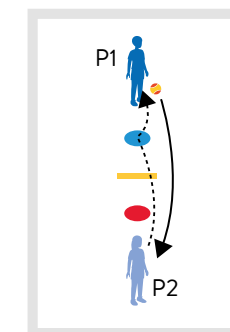
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:



RACKET & BALL

Over & In

In pairs, over a net / bench / line / barrier tape and with a zone which identifies IN & OUT.

Pupil 1 throws the ball underarm (serve) to pupil 2 who taps it over the net with the racket / racket hand.

Pupil 1 catches the ball after it bounces. Together they score a point if they can keep the ball in the court.

Repeat 5 times then switch roles.

Teaching Points:

- Adapt to the ball
- Contact the ball out to the side and in front of the shoes
- Catch the ball in front of the shoes
- Calling in or out each time.

Skill UP

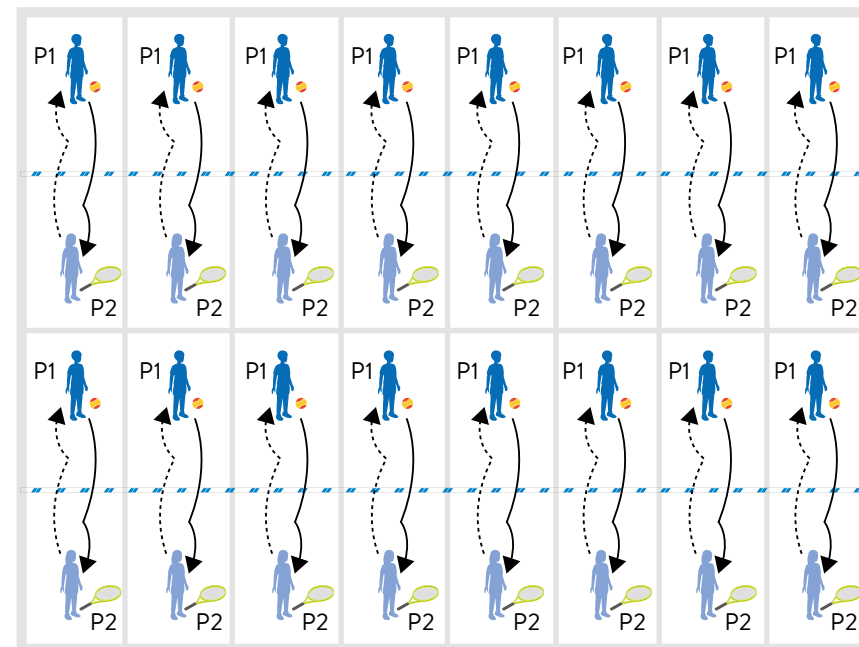
Identify with pupils the court area and what is in and out.

As above Pupil 1 throws for Pupil 2 to hit. Pupils call each time whether the ball is in or out. Pupil 1 throws from where they catch it as long as it is IN. If OUT they stop and go back into the court to start again. Repeat 5 times then switch roles. Call each set of 5 throws a GAME.





Introducing rallying with rackets

06

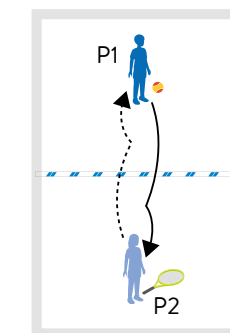
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

Team Hand Tennis

In 4's. 2v2 either side of the net / barrier tape, playing against the other pair. A square zone "court" is marked out.

Pupils throw the ball over the net and catch it after 1 bounce. Pupil 1 throws and moves to the back of the court, for Pupil 2 to come forward to catch and throw. Pupil 2 then moves to the back and Pupil 1 comes forward again. Pupils 3 and 4 switch in the same way.

If the ball lands outside of the court it is OUT and they start another point.

Teaching Points:

- Ready position
- Adapt to the ball
- Catch the ball in front of the shoes
- Call in or out each time
- Call the score after each point.

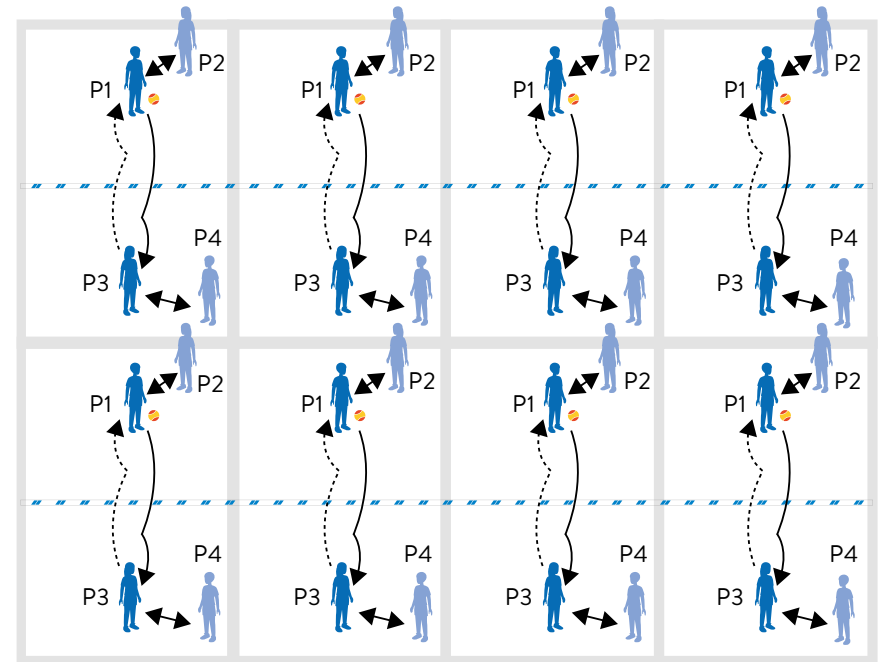
Skill UP

Pairs now scoring points if the ball is out, or bounces more than once, or doesn't go over the net. Play to a set target e.g. first to 3 points is the winner, or play for a set time.




Pairs could compete against another pair, depending on time available.

Introducing a scoring system and understanding IN & OUT

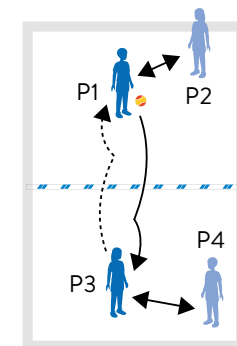
Example of whole class activity set up:

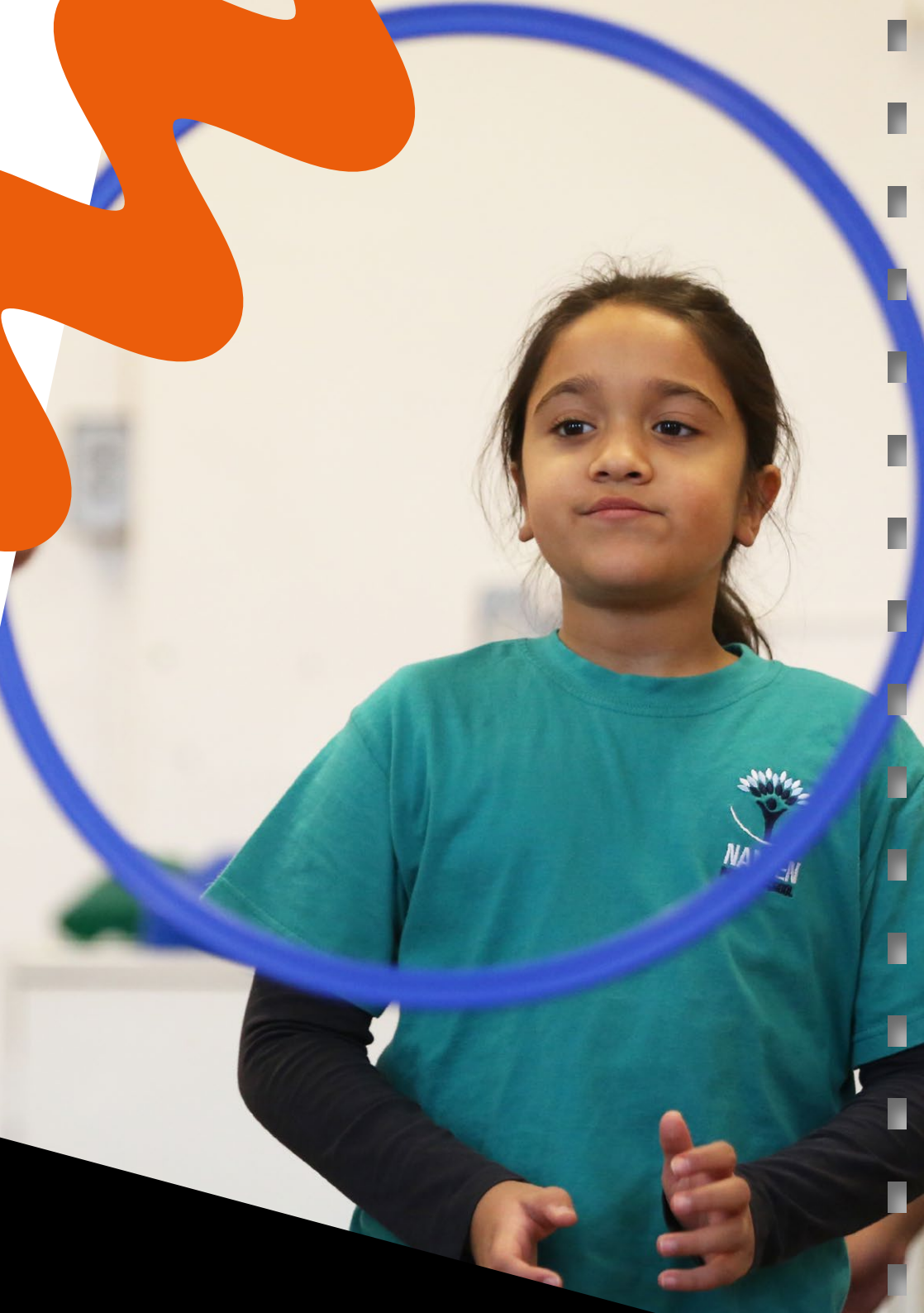


Equipment:

-  Balls
-  Throw down lines
-  Barrier tape (net)

Activity set up:





LTA SCHOOLS

YOUTH

LESSON PLANS 7-12

Lesson plans 7-12

Targeted at

England & Wales: Y3 / Y4

Scotland: P4 / P5



LESSON PLANS 7-12



WARM UP

Colour Play

Working in pairs. Both pupils stand behind a throw down line with two spots placed a short distance in front of them about 1m apart (red spot to the right, blue spot to the left) Pupils start in their ready position, then Pupil 1 chooses which spot to run to, touches that spot, then recovers back behind the line. If they go to the right (red) spot then they use their right hand, and if the left (blue) spot they use their left hand to touch the spot. Pupil 2 copies Pupil 1.

Repeat several times.

Pupil 1 stands on the line in the ready position. Pupil 2 calls the colour of either spot and Pupil 1 responds as quickly as possible by running forward and touching the spot, then recovering back to the line. Pupil 1 then calls the colour for Pupil 2 who runs forward touches the spot and recovers back. Repeat.

Teaching Points:

- Ready position: Shoes shoulder width apart on the throw down line, knees slightly bent, body balanced
- Stepping forward towards the spot with the opposite shoe to hands
- Bent knees getting low to touch the spot
- Hand must be in front of shoes when tapping back
- Roll must be along the floor.

Skill UP

Pupil 1 moves to face Pupil 2 with the 2 spots half-way between them. Pupil 2 places a throw down line in a vertical position and stands with their shoes on either side.

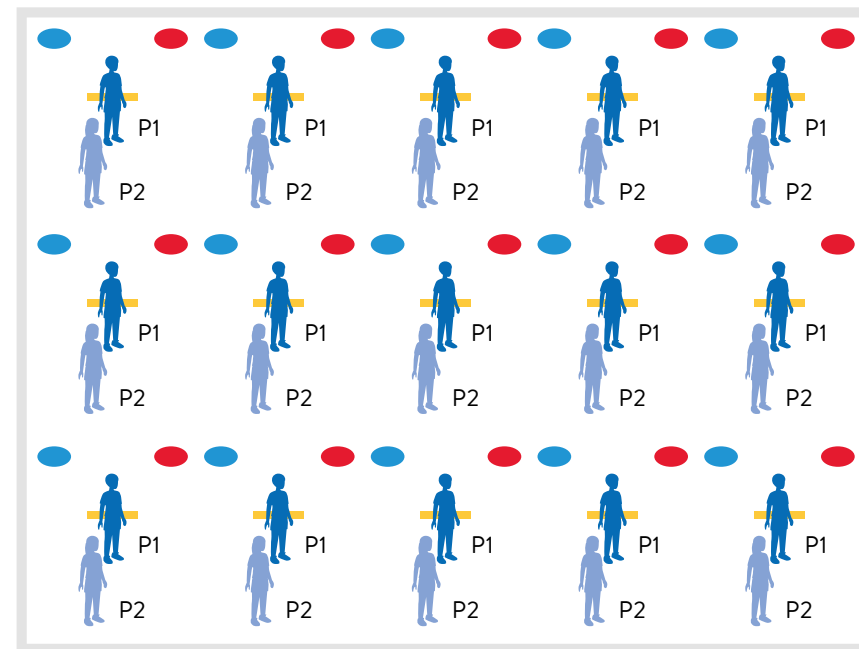
Pupil 1 rolls the ball towards either of the spots e.g. red or blue. Pupil 2 reacts to the roll and moves to the selected spot and taps it back with the corresponding hand e.g. if rolled to red spot, pupil taps back with red hand.

Repeat and after 10 goes, switch over roles.




Developing right and left hand confidence with direction

07

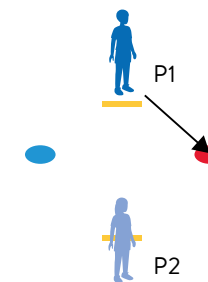
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Skill UP



BODY & BALL

Puma Play

Working in Pairs.

Pupil 1 starts in the ready position facing forward, with 2 spots (different colours) approx. 2m in front of them, 1 placed to the right and the other to the left.

Pupil 2 stands behind Pupil 1, and rolls a ball towards either the right (red) or left (blue) spot using the right or left hand as appropriate.

Pupil 1 runs to collect the ball.

Repeat 3 times and then switch roles.

Teaching Points:

- Start in the ready position
- Use corresponding hand to spot i.e. right to right, left to left
- Roll the ball at the right speed for your partner
- Bend low to stop the ball
- Low to high underarm throw.

Skill UP

Pupil 1 now throws the ball, using an underarm throw over Pupil 2's head towards the right or left spot aiming to bounce on the spot.

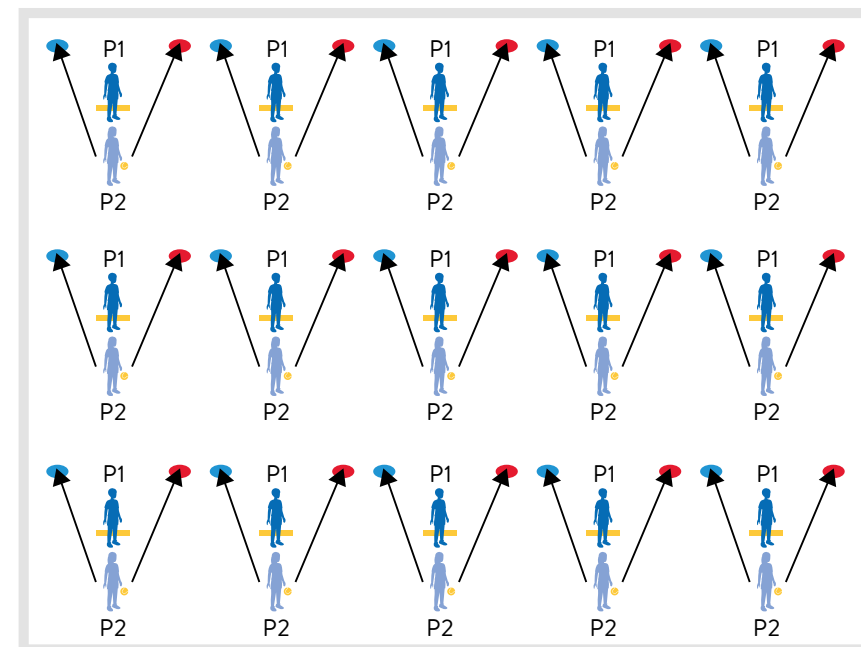
Pupils 2 runs and catches the ball after it bounces.

3 goes each and switch rolls. Repeat.




Introducing aiming at targets and developing reactions

07

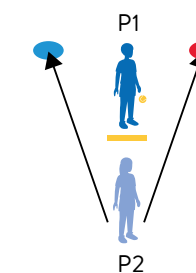
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Throw down spots

Activity set up:



RACKET & BALL

Double Defender

In pairs, opposite each other, both standing behind a throw down line.

2 different coloured spots are placed side by side (2m apart) half-way between them. Pupil 2 has 2 upturned cones just in front of their line. Pupil 1 has a racket and faces Pupil 2.

Pupil 2 rolls the ball, using either their right hand to roll to the right (red) spot or their left hand to roll to the left (blue) spot.

Pupil 1, moves towards the appropriate spot, meets the ball, stops it with the racket strings behind the ball and then taps back aiming at the upturned cones.

Repeat x 5 and switch.

Teaching Points:

- Start in the ready position
- Stop the ball in front of the shoes
- Racket to the side of the body
- Strings pushing towards the cones when rolling the ball
- Low to high action to hit.

Skill UP

Pupil 1 now stops the ball, picks it up and self feeds and taps back aiming at the upturned cones. Use the right hand to hit back or left hand corresponding to side they receive the ball.

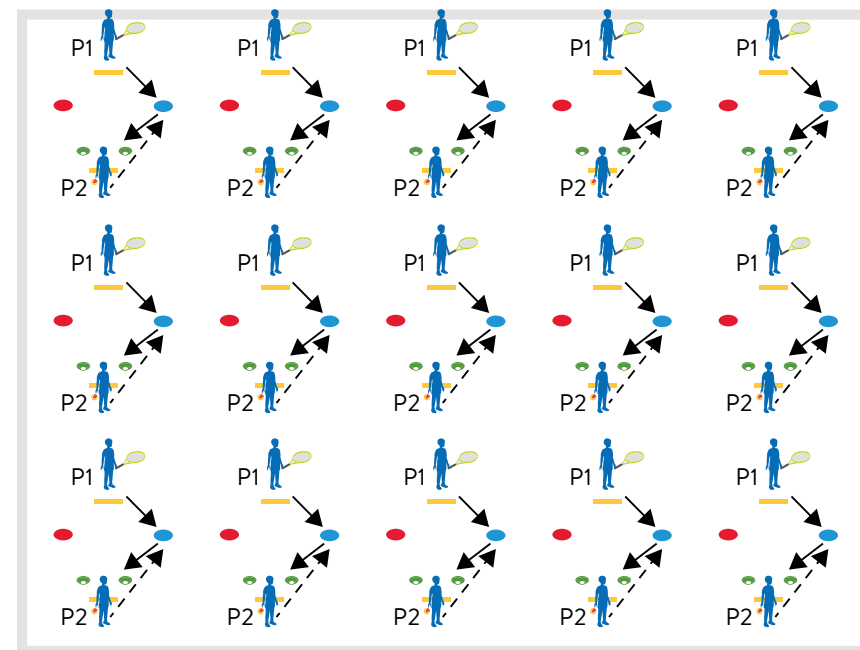
Pupil 2 uses the right hand when rolling to the spot on the right as they face, or left hand to the spot on the left.

Repeat x 5 and switch.

07

Rolling at targets and tapping back using rackets

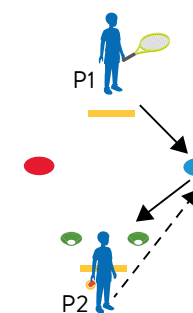
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Throw down spots
-  Cones

Activity set up:



SKILL APPLICATION

Planet Earth Defenders

Split the class into 2 teams. Team 1 are the attackers (aliens attacking Earth) and stand along a row of spots with a bucket of sponge balls on their side of the space.

Team 2 are the defenders (Defenders of Earth) and are on the other side of the space in the ready position. Behind Team 2 there is a row of cones each with a ball placed on the top (Earth). In front of Team 2 are throw down lines marking the length of the space. Team 2 must stay between the cones and the throw down lines (in the ozone layer).

On the call "Go" Team 1 takes a sponge ball, stands on a spot and rolls a ball with the aim of trying to knock the ball off the cone. Encourage pupils to alternate using right and left hands.

Team 2 defend their cones by stopping / catching the balls and rolling them back.

Switch over after a set time or when all the balls have been knocked off the cones.

Teaching Points:

- Use right and left hands to roll and defend the ball
- Straight arm to roll the ball
- opposite shoe steps forward when rolling
- Side stepping action when defending
- Stop the ball in front of the shoes when defending.

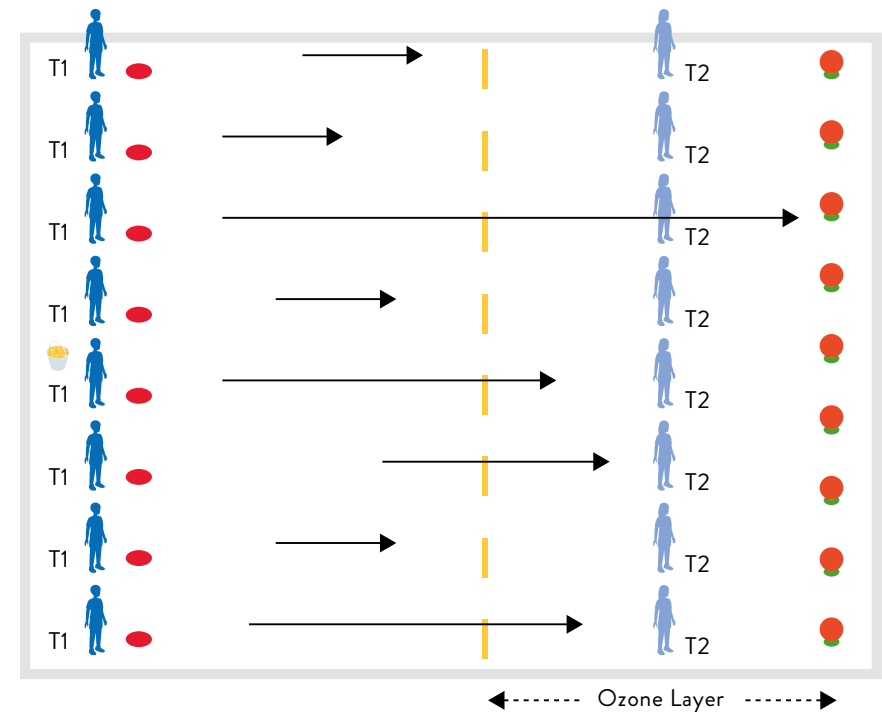
Skill UP

Team 2 now have a racket and Team 1 may throw the ball underarm. The ball should still be rolled back.

Aiming at targets and applying simple tactics in a competitive game

07

Example of whole class activity set up:



Equipment:

- Large balls
- Balls
- 🏸 Rackets
- Throw down lines
- Throw down spots
- 🟢 Cones

WARM UP

Rats & Rabbits

Pupils in pairs, standing in the middle of the space back to back (with 1 step in between). One side are called Rats and the other side are Rabbits.

Teacher calls out either Rats or Rabbits.

If the teacher calls “Rabbits”, the Rabbits have to run forward to the edge of the space. At the same time the Rats turn, chase the Rabbits trying to tag them with their hand.

If the teacher calls “Rats” then the Rats run forward and the Rabbits turn and chase.

Repeat mixing up the calls.

Teaching Points:

- Ensure the pupils have 1 step between each other
- Quick turn of the body
- Light on feet
- Ready position, shoes shoulder width apart, knees bent.

Skill UP

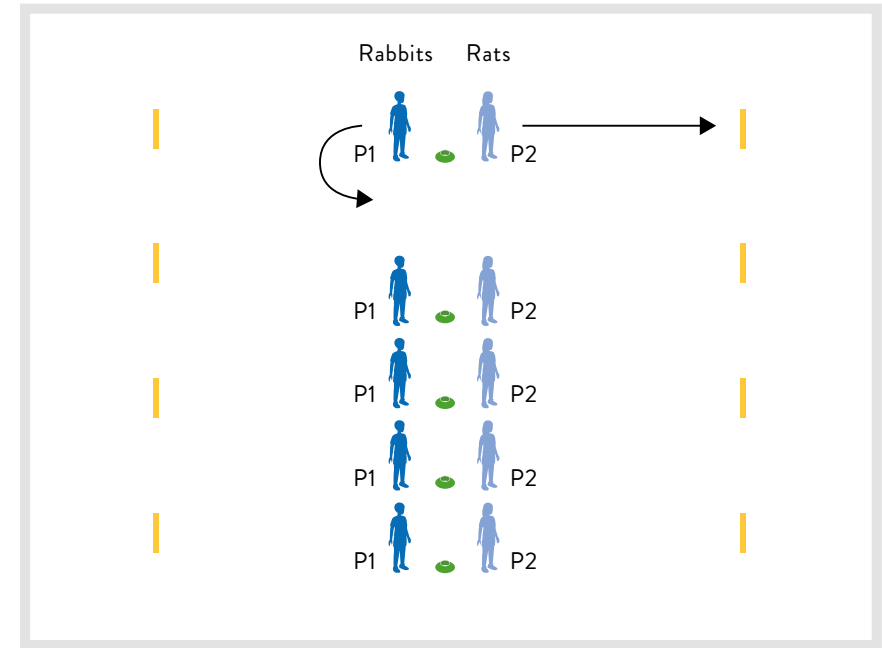
The pupils have a sponge ball on the floor between them. Still starting back to back. When the teacher calls “Rabbits,” the Rabbits run towards their edge as before. The Rats turn, stay in the middle and underarm throw the sponge ball at their Rabbit, and get a point if they hit the Rabbit before they get to the edge. Rabbits get a point if they are not hit by ball before reaching the edge and vice versa.

Repeat mixing up the calls.

Develop hand and shoe movement confidence

08

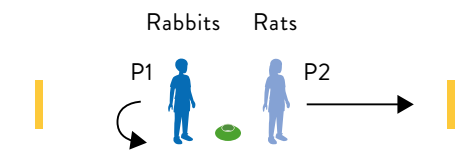
Example of whole class activity set up:



Equipment:

- Sponge balls
- Cones

Activity set up:



BODY & BALL

Shadows

Pupils in pairs, standing opposite each other with a line between them (2 throw down lines). Both have a ball. Pupil 1 can move along the line and can roll (between hands) / bounce / catch the ball in any way they wish using both their right and left hands.

Pupil 2 has to mirror the movement.

Switch over and repeat.

Teaching Points:

- Shoes either side of the line
- Knees bent, like the ready position
- Keep watching your partner, head up
- Keep the ball under control.

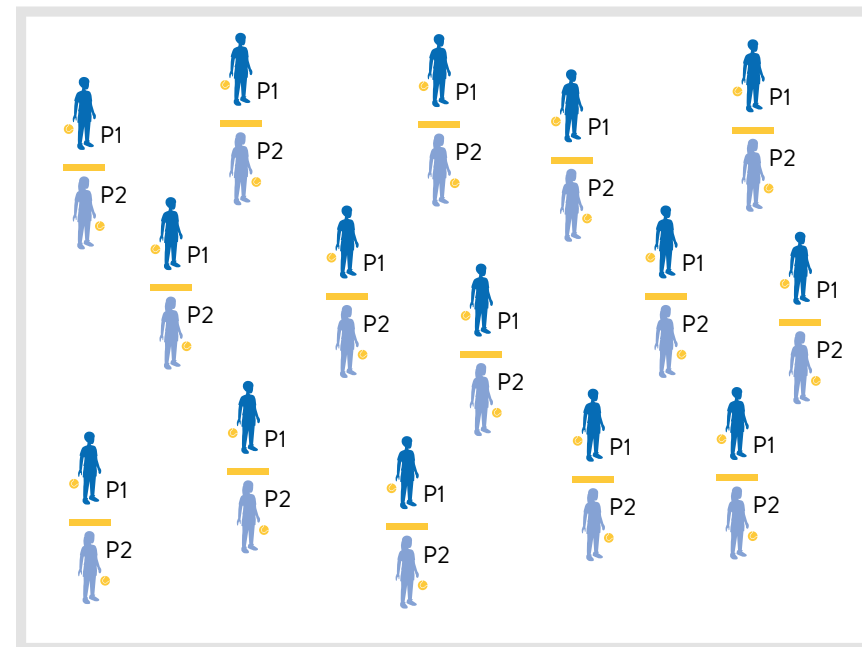
Skill UP

The pupils now have rackets and roll, bounce down or tap up. Partner mirrors actions. Switch over and repeat.




Develop hand and shoe movement whilst tracking a ball

08

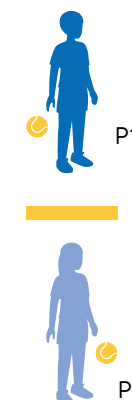
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:



RACKET & BALL

Throw, Catch, Hit

Pupils in 3's, Pupil 1 is the thrower, standing on a throw down line. Pupil 2, the hitter stands opposite Pupil 1. There is a throw down line creating a net between Pupil 1 and Pupil 2. There are two spots on the floor between Pupil 2 and 'the net'.

Pupil 3 stands behind Pupil 1. Pupil 1 throws underarm over the net line towards either of the spots; the ball should bounce before the spot. Pupil 2 moves towards the spot and catches the ball, places it on the floor and rolls it to Pupil 3 who has moved sideways to be level with the selected spot. Pupil 3 collects the ball and passes it back to Pupil 1.

After 3 goes, switch positions.

Repeat with the hitter (Pupil 2) using their hands to hit the ball back to Pupil 3 who catches the ball after it bounces.

After 3 goes, switch positions.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- When rolling and hitting, use the right hand at the right spot, and left hand at the left spot
- Contact in front of the shoes
- Pushing action to hit.

Skill UP

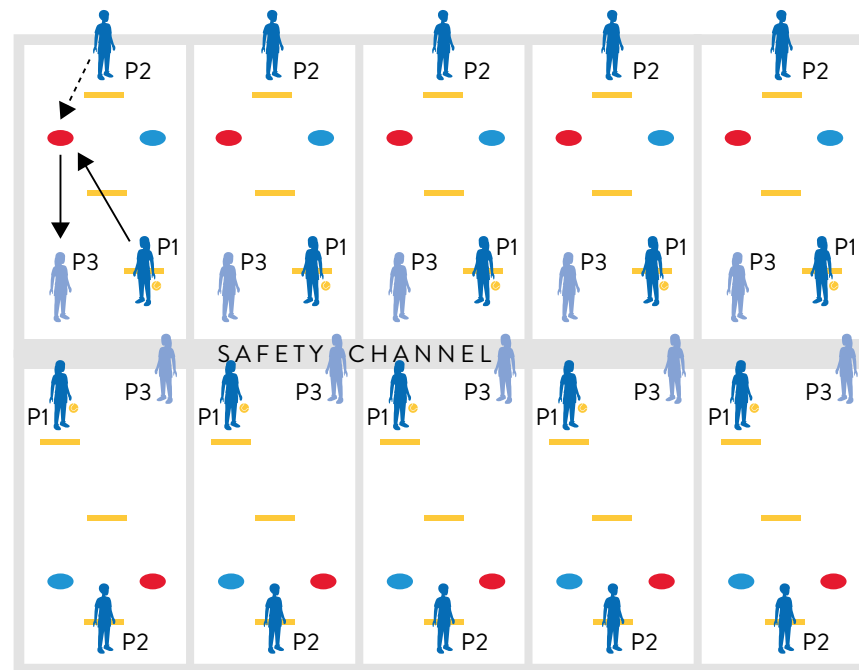
Throw, catch and hit – in 3's, Pupil 1 is the thrower, Pupil 2 is the hitter and has a racket, Pupil 3 is the collector / catcher. Throw underarm over the net to either the right or left spot. The hitter, using a racket to either hit straight back (or drop feed and then hit the ball back) over the net line for the collector to catch.

3 goes each and switch.

Developing hitting towards targets

08

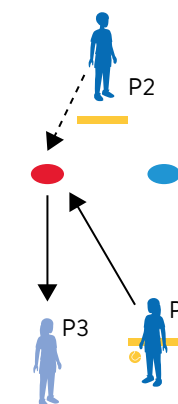
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots

Activity set up:



SKILL APPLICATION

Against the Clock

Pupils work in 3s. Pupil 1 and Pupil 2 stand opposite each other a few metres apart with a throw down line between them creating a net. There are 2 spots (red and blue) placed side by side (1m apart) between Pupil 2 and the net. Pupil 3 stands at the net holding a hoop in a vertical position.

Pupil 2 has a racket.

Pupil 1 throws underarm over the hoop towards the right spot aiming for the ball to bounce near the spot.

Pupil 2 holds the racket in their right hand, moves towards the right spot, lets the ball bounce, and taps the ball back over the net, aiming through the hoop to Pupil 1.

Pupil 3 can move the hoop to try and ensure the ball travels through it.

Repeat twice on the right spot, and twice on the left spot, and then switch roles.

The team score a point each time the ball passes through the hoop.

Teaching Points:

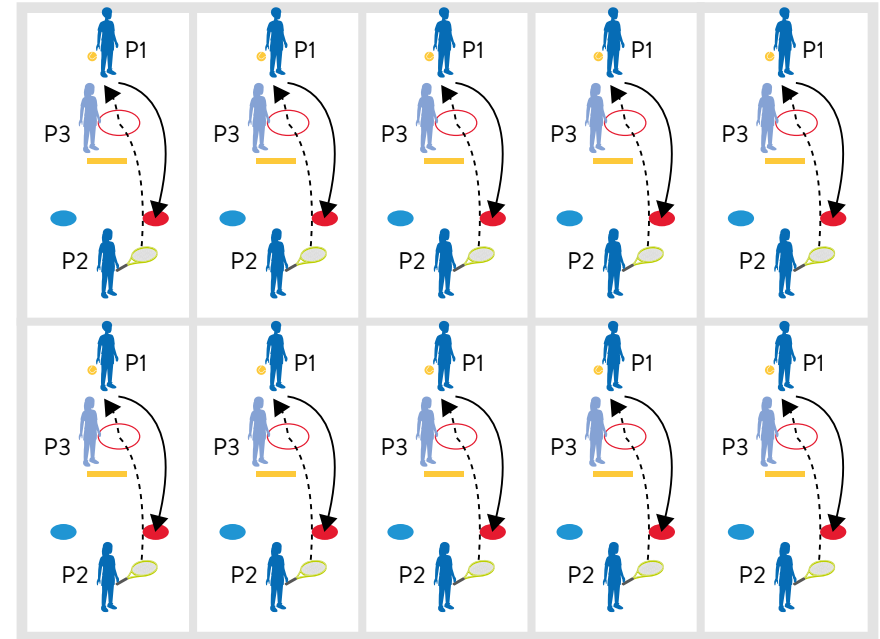
- Use corresponding hand to side (i.e. right hand at right spot, and left hand at left spot)
- Eyes tracking the ball
- Pushing action with hand to hit
- Working as a team
- Keeping count.

Skill UP

- How many points can you get in 1/2/3 minutes?
- Swap roles and keep adding up your score
- Personal Best: Can you beat your last score?

Aiming towards targets and scoring points in a team

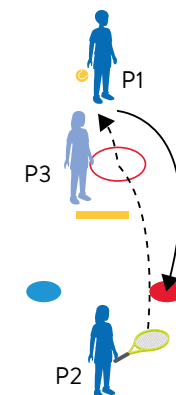
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots
- Hoops

Activity set up:



WARM UP

Clap & Catch

Pupils have one ball each and a spot on the floor. They throw the ball in the air and catch it. Drop the ball on the spot and catch it. Then introduce different sequences:

- Throw up and catch
- Drop on spot, bounce and catch
- Throw up, bounce on the spot, catch
- Throw up, bounce, clap, catch
- Throw up, bounce, clap twice, catch
- Throw up / drop down, bounce, touch a part of the body, catch.

Teaching Points:

- Control the flight of the ball
- Watch the flight of the ball
- Start in the ready position
- All pupils are standing shoes side by side
- Clear communication.

Skill UP

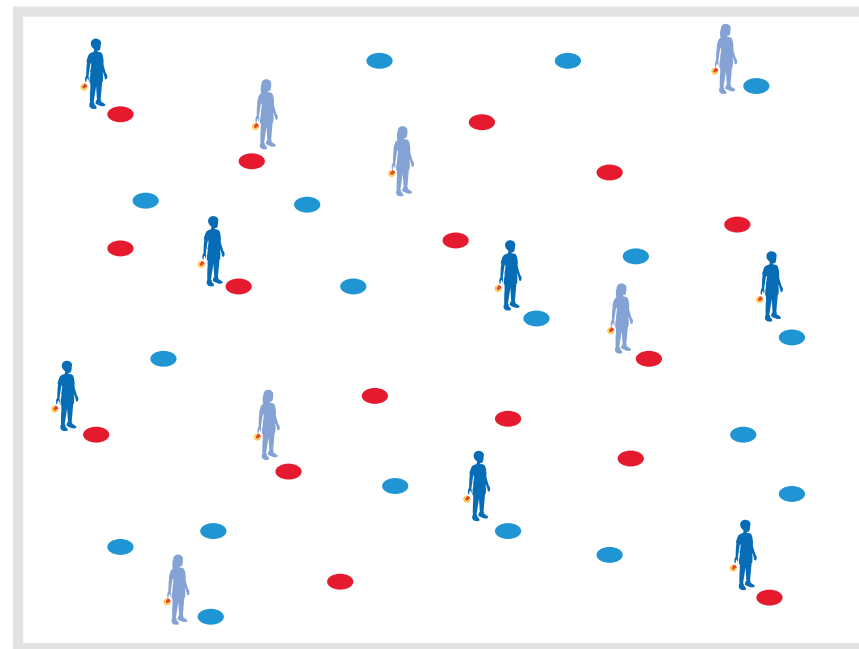
Pupils in pairs with 1 spot and 1 ball.

They take it in turns to catch the ball in a continuous sequence e.g. Pupil 1 throws upwards, and calls a body part for their partner to touch, the ball bounces and Pupil 2 catches the ball after performing the action. Follow similar sequences as above.

Throw, catch, bounce sequences

09

Example of whole class activity set up:



Equipment:



Balls



Throw down spots

Activity set up:



BODY & BALL

Ace Slam Battle

In pairs, with a cone between them with a larger ball balancing on the cone. A throw down line each can determine how far apart they are positioned. Both pupils must stay behind their line and they have a ball each. They may throw with their dominant hand.

Working as a pair, Pupils throw underarm, from behind their throw down line and keep count how many times they can hit the larger ball in a fixed time.

Teaching Points:

- Start in ready position
- Hand and fingers point towards the cone when throwing
- Sideways on when throwing with opposite shoe forward to throwing hand.

Skill UP

Each pupil now has a ball and throws at the same time as their partner.

How many times can you hit the ball as a pair?

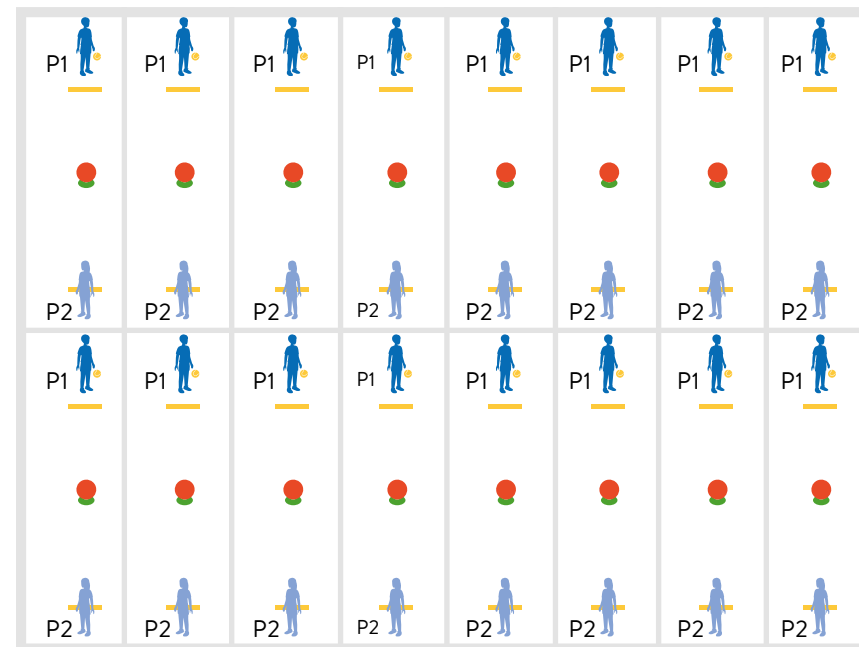
Alternatively, divide the class into two teams who stand opposite each other in two long rows down the middle of the space. Each pupil has a ball and faces outwards towards the edge of the space (backs to the other team). Throw down lines can be used to create a throwing line for each team. Along the two outer sides of the space are cones with larger balls balanced on top.

On 'go' the pupils throw the balls underarm, aiming to knock the larger balls off the cones on their side of the space.

Score a point per ball they knock off, play for 2 minutes or which team knocks all the ball off first?

Developing an understanding of ball flight with targets

Example of whole class activity set up:



Equipment:

-  Sponge balls
-  Large balls
-  Throw down lines
-  Cones

Activity set up:



RACKET & BALL

Elephant Play

In pairs. Pupil 2 has a racket and two spots on the floor (side by side, 1m apart).

Pupil 1 and Pupil 2 are opposite each other.

Pupil 1 rolls a lightweight ball towards a spot on the side that pupil 2 is holding their racket.

Pupil 2 moves towards the spot, stops the ball with the rackets and push rolls the ball back along the floor (floor tennis style) This is called a forehand.

Repeat 3 times.

Pupil 1 then rolls a lightweight ball to a spot on the other side.

Pupil 2 keeps the racket in their preferred hand and returns the ball, floor tennis style along the floor using their preferred hand. Pupil 2 should move and turn the racket in front of their body. This is called a backhand.

Repeat 3 times.

Teaching Points:

- Contact with the racket in front of shoes
- Side on when pushing the ball
- Palm of hand pushing towards partner for a forehand
- Back of hand pushing towards partner for a backhand.

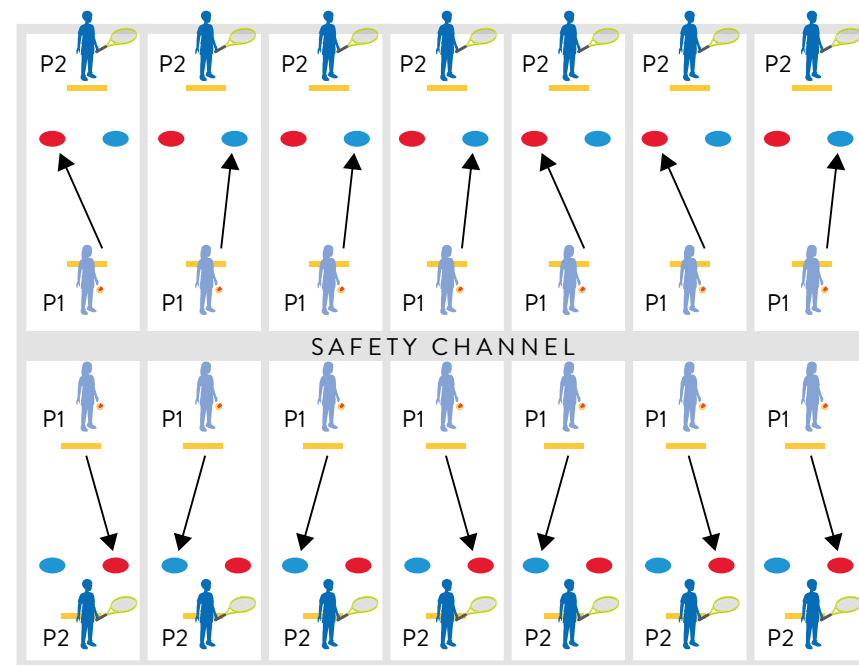
Skill UP

Pupil 1 throws underarm and Pupil 2, taps the ball up in the air, lets it bounce in front of them and then taps back to Pupil 1. Repeat 3 times on the forehand side and 3 on the backhand side, then swap over.

Introducing the words and actions for forehand and backhand

09

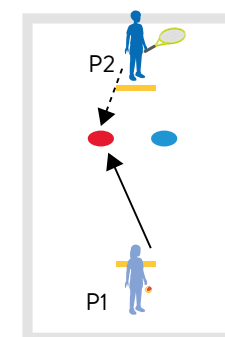
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots

Activity set up:



SKILL APPLICATION

Floor / Tap Tennis

Pupils in 4's (2 pairs – one playing whilst other pair counts and calls “out”).
A square zone is marked out with throw down lines / cones.

Pupils walk around the edges of their square to ‘know their space’ which is called a “court”. Pupils jump in and out of their court, responding to the teachers call, to understand what is “IN” and what is “OUT”. There is no net.

The pupils use their preferred hand to hold the racket.

Play floor tennis, calling IN or OUT and counting how many times they can hit the ball continuously (rally) . Take it in turns to start the rally (serve) with a floor push.

Teaching Points:

- Using forehand and backhand actions
- Ball in front of body when tapping back
- Eyes tracking the ball
- Knees slightly bent and body sideways when returning.

Skill UP

Pupil 1 drop feeds the ball, then taps the ball to Pupil 2 who catches the ball after 1 bounce. Then Pupil 2 drop feeds the ball to self to tap over to Pupil 1 who catches it after 1 bounce. Continue.

Change partners if time allows.





09

Playing a rally game, using forehand and backhand actions

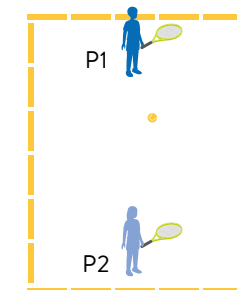
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Cones

Activity set up:



WARM UP

Dishes & Domes

Divide the class into 2 groups. 1 group on one side of the space (Dishes), the other on the other side (Domes) Place half the cones inverted and the other half the correct way up. On "Go" the pupils turn the dishes to domes and vice versa.

Count down 5,4,3,2 and on 1, the teams must be back in their starting space.

Repeat if time allows using the 5 step patterns:

- Jump from 2 shoes and land on 2 shoes (2-2)
- Hopping
- Take off from one shoe and land on 2 shoes (1-2)
- Take off from 2 shoes and land on one shoe (2-1)
- One shoe to opposite shoe and vice versa (walking, jogging etc.).

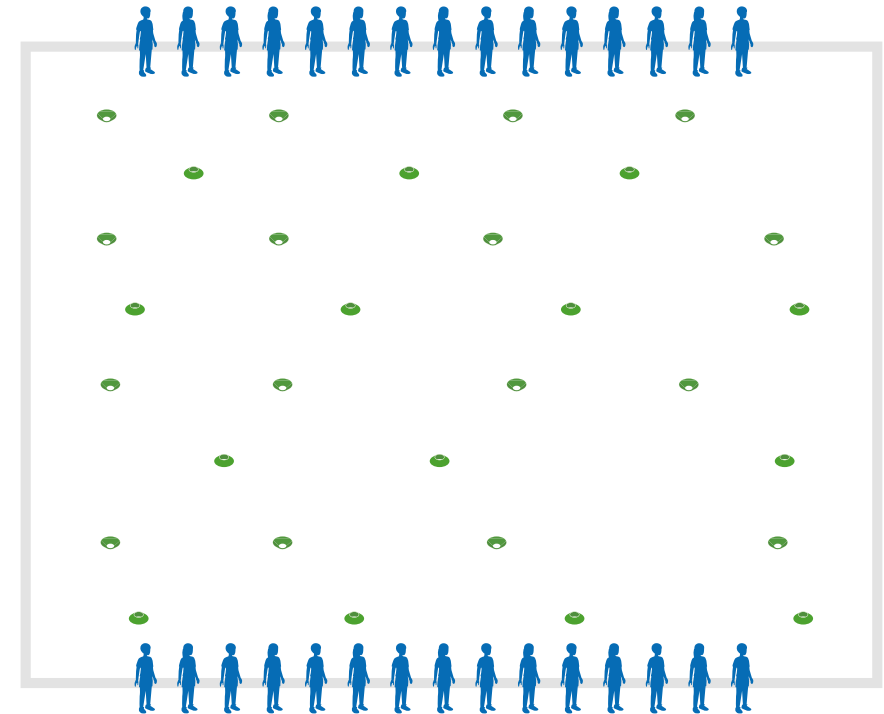
Teaching Points:

- Working as a team
- Introducing competition
- Heads up watching where going (to avoid contact with others)
- Bend knees and get low to the cones.

Developing agility and shoe movement confidence

10

Example of whole class activity set up:



Equipment:



Cones

BODY & BALL

Toss and Cross

Hoops are placed around the hall enough for 1 per pupil. The pupils have a ball each and move to a hoop. They toss the ball up in the air, above head height and aim for the ball to land in the hoop. If it does, they score a point. The teacher can call out right or left hand and pupils must use this hand to throw. Move around the hall, how many points can you get?

Teaching Points:

- Throwing hand should be above the centre of the hoop
- Palm of hand facing upwards when releasing the ball
- Ball should travel above head height
- Opposite foot to hand should be stepping towards hoop
- Shoes stay outside of the hoop
- Catch the ball above head height with the opposite hand.

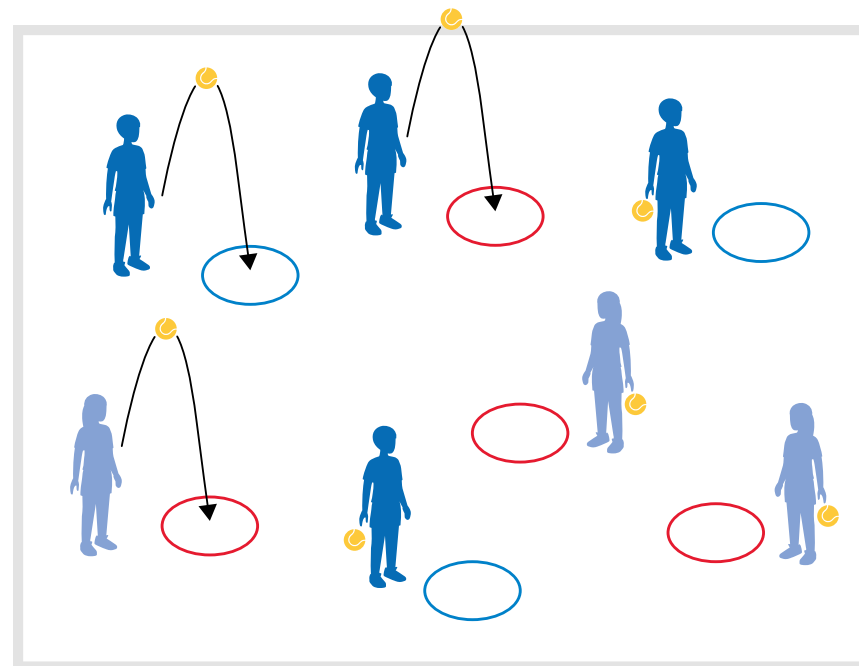
Skill UP

Left hand throws up the ball and right hand catch the ball above head height. Swap hands after a few tries.



Introducing the upward toss of the ball for serving

10

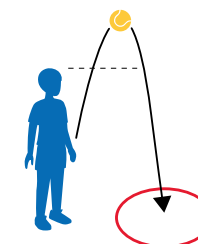
Example of whole class activity set up:



Equipment:

-  Balls
-  Hoops

Activity set up:



RACKET & BALL

Serve & Catch

In pairs opposite each other either side of a barrier tape net. Each pupil has a racket. A throw down line each can be used to create a 'back line' to serve behind – about ½ way back on their court.

Pupil 1 standing at the 'back line' throws the ball up and tap serves the ball to Pupil 2 who catches it between their racket strings and hand after it has bounced.

Pupil 2 then serves back to Pupil 1 who sandwich catches it.

Repeat.

Teaching Points:

- Stand side on with opposite foot forward to racket hand
- Point racket upwards to start the tap action
- Gentle toss of ball upwards to just above head height
- Contact the ball above head height and in front of shoes
- Push the racket forward and downwards to tap the serve.

Skill UP

Continue the activity, but if successful in tap serving the pupil moves their 'back line' backwards one step, gradually moving further back on the court. If they are unsuccessful they can move forward a step – self-regulating their progress.




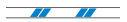
Developing an overarm tap serve

10

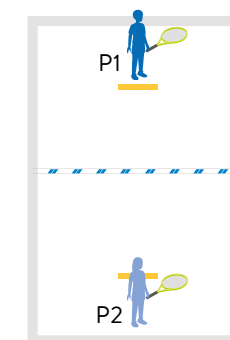
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

4's a Treat

Pupils work in 4's, Pupil 1 and 3 on one side of a barrier tape net and Pupil 2 and 4 opposite (with rackets) and two different coloured spots are placed on the floor in right / left positions.

Pupil 1 stands sideways on to a throw down line, with a ball. They throw the ball overarm aiming for a spot on the right or left over the line.

Pupil 2, using a racket stops the ball and then floor rolls the ball back across the floor using forehand / backhand actions for Pupil 3 to stop the ball, pick it up and serve to Pupil 4.

Pupil 4 has swapped places with Pupil 2.

5 goes each and rotate positions.

Teaching Points:

Throwers:

- Stand side on to throw.

Hitters:

- Start in ready position
- Eyes tracking the ball
- Contact in front of shoes.

Skill UP

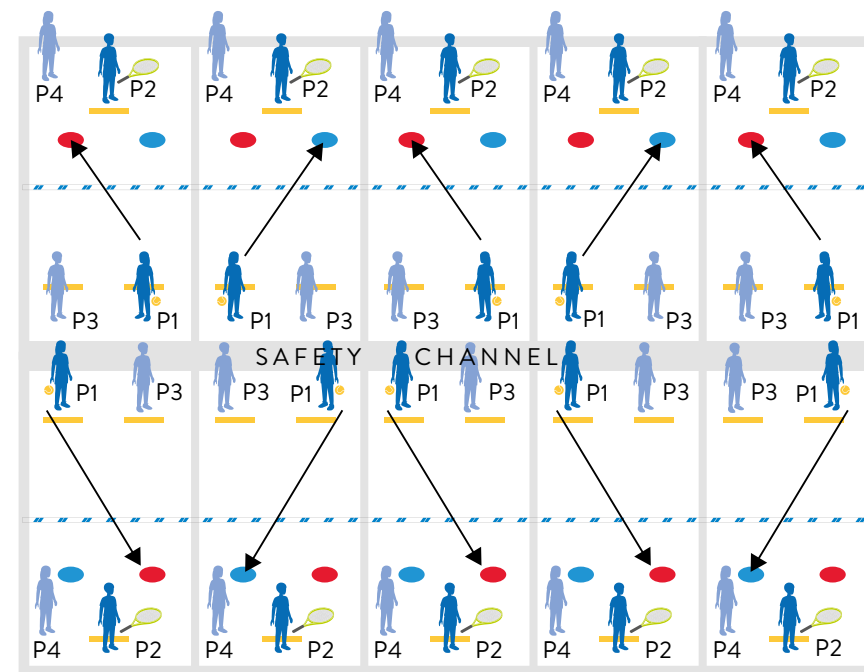
Pupil 1 throws over the net. Pupil 2 tries to catch the ball on the strings and then self feeds a tap / hit back over, using forehand / back hand actions if possible. Pupil 3 catches the ball after 1 bounce and serves to Pupil 4 who taps back.

5 goes each and rotate positions.

Throw serve game with forehand and backhand returns

10

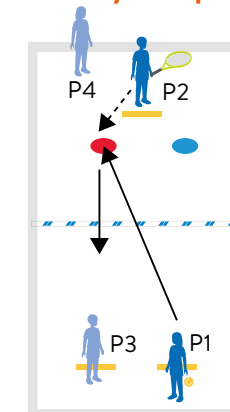
Example of whole class activity set up:



Equipment:

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

Activity set up:



WARM UP

Relay Races

Pupils work in teams.

Pupils have a racket each and 1 ball per team. They are lined up one behind the other on one side of the space, a cone is placed a short distance in front of their team.

On 'Go' the first pupil in the team balances the ball on their racket strings and walks around the cone and back, they transfer the ball, without using their hands, to the next pupil in their team who then goes.

Every pupil in the team to go twice.

Repeat, but the pupils have to roll the ball along the floor using the racket head (similar to hockey). Every pupil in the team to go twice.

Repeat with both actions together in a race: there and back balancing the ball, there and back rolling the ball, then sit down.

Teaching Points:

- Eyes watching the ball
- Hold the racket horizontal to balance the ball
- When rolling the ball, keep the racket to the side of body and in front of shoes
- Work co-operatively with good communication.

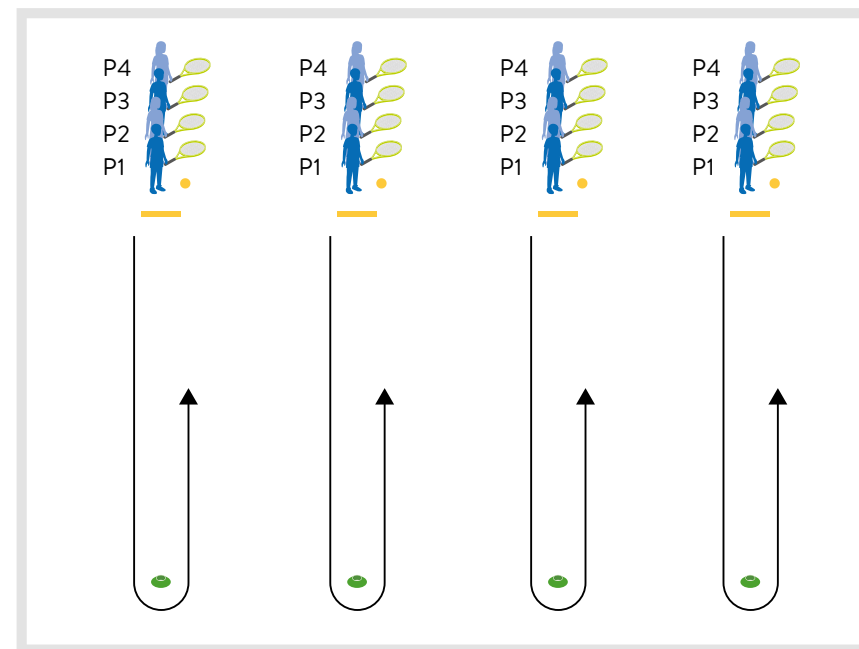
Skill UP

On 'Go' the pupil 1 places the ball on their racket and runs around the cone and back. Pupil 2 then places their racket on top of the ball which is balanced on Pupil 1's racket creating a ball sandwich; Pupil 2's ball is now placed on the top and together Pupil 1 and Pupil 2 travel around the cone and back. Repeat adding in Pupil 3 and Pupil 4, creating a multi ball sandwich.





First team back wins.

Practicing racket and ball skills

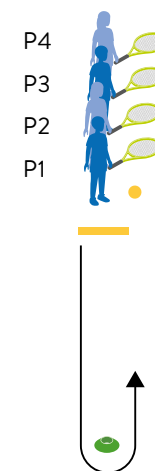
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Cones

Activity set up:



BODY & BALL

Mix & Switch

Divide the class into 2 teams. The space is divided in half with cones and two different activities take place at once. The pupils work in pairs, within their zone / team.

Team 1: Mix station (in pairs) Pupils 1 faces Pupil 2 a short distance apart (on spots). Both with a ball. They throw the ball to bounce halfway to their partner who catches it, after the bounce. Both balls are thrown at the same time.

Team 2: Switch Station (Individually) Each pupil starts in a hoop. A second hoop is placed straight ahead approx. 4m away.

Each pupil has a ball.

Each pupil starts with a giant step forward (lunge), balances in this position and passes the ball under the outstretched thigh from opposite hand to stretched leg, to the other hand (e.g. left leg forward, ball is passed from right hand under left thigh to left hand, right leg forward, ball is passed from left hand, under thigh to right hand). Repeat this action to and from the hoop, practicing the lunge.

Change teams over from Mix Zone to Switch Zone after a few of minutes.

Teaching Points:

Mix:

- Stand in ready position
- Eyes watching the ball
- Cup hands to catch the ball.

Switch:

- Concentrating on moving the ball from right to left hand (vice versa)
- The ball is always passed from the middle, under the leg to the outside of the body.

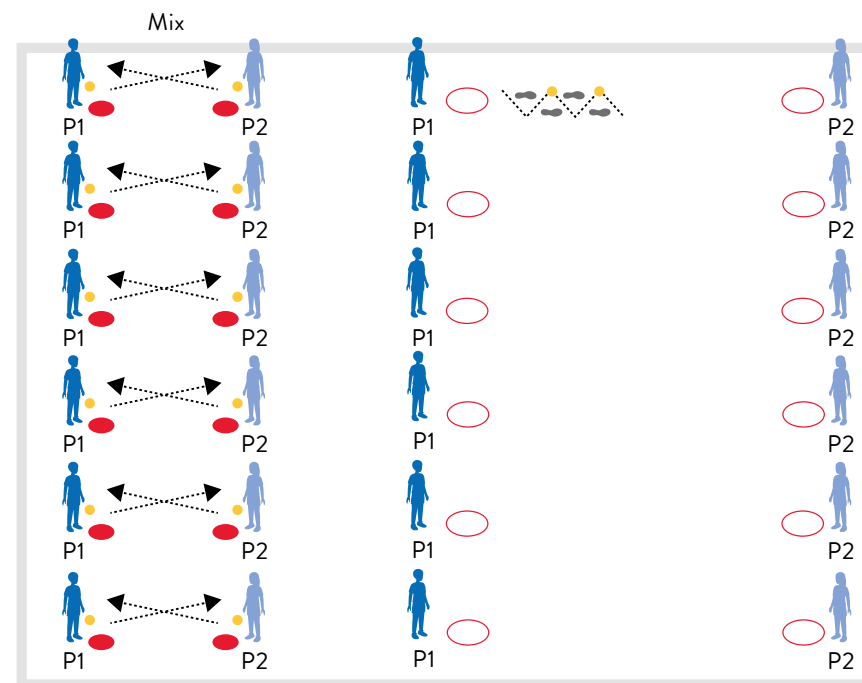
Skill UP

Mix Station – No bounce or throw right hand to right hand, left hand to left hand or right to left, left to right.

Switch Station – Repeat the lunge action and bounce the ball under the leg and catch the other side.

Understanding the bounce of the ball and developing lunges

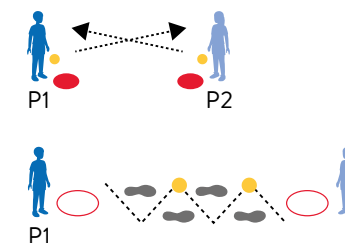
Example of whole class activity set up:



Equipment:

- Balls
- Throw down spots
- Hoops

Activity set up:



RACKET & BALL AND SKILL APPLICATION

Skill Stations

The space is divided into 6 stations. Pupils work in pairs. There will be a couple of pairs at each station.

2 minutes at each station, giving 1 minute to be Pupil 1 and then swap roles and do again as Pupil 2. How many can they do at each station? Explaining that they will be more successful if they perform the actions accurately.

Station 1 – Net and bean bag

Pupil 1 and Pupil 2 either side of a net with 1 bean bag between them. Throw and catch over the net using right and left hands. Count the number of passes.

Station 2 – Net, large ball, 2 cones

Pupil 1 has a ball and Pupil 2 has 2 cones. Pupil 1 throws the ball underarm to Pupil 2 who catches between the 2 cones. Pupil 2 then throws the ball back starting with cones above the head and using both hands. Count the number of catches.

Station 3 – 1 hoop and a small ball

Pupil 1 and Pupil 2 facing each other in the ready position with a hoop between them. They throw overarm aiming the ball to bounce in the hoop, and their partner catches. Partner throws the ball back in the V shape using either hand. Score each time the ball bounces in the hoop.

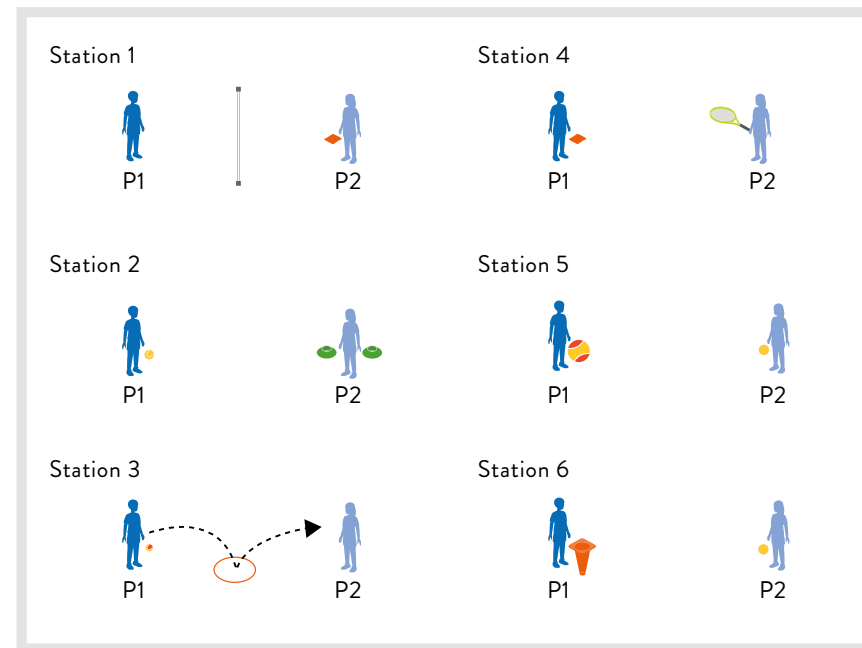
Station 4 – racket and bean bag

Pupil 1 has a bean bag and Pupil 2 faces them standing approx. 3 big steps away, with a racket. Pupil 1 throws the bean bag for Pupil 2 to catch on racket strings. Pupil 2 pushes the bean bag up for Pupil 1 to catch. Pupil 2 can hold the racket in their right / left or both hands. Score each time they catch the beanbag on the racket strings.

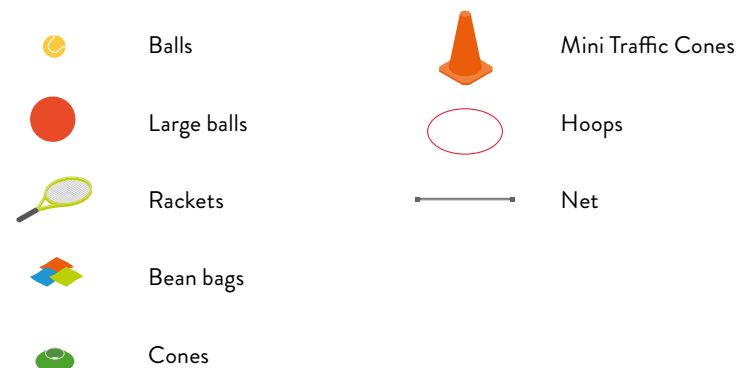
Continued overleaf

Applying racket and ball skills in a series of skill stations

Example of whole class activity set up:



Equipment:



RACKET & BALL AND SKILL APPLICATION

Skill Stations (continued)

Station 5 – 2 different size balls

Pupil 1 holds a large ball with 2 hands in front of them. Pupil 2 has a sponge ball. Pupil 2 gently throws the ball underarm towards Pupil 1 who moves towards the throw and bumps the ball using their ball, back to Pupil 2 who catches it. Score each time the ball is caught.

Station 6 – traffic cone and ball

Pupil 1 holds a mini traffic cone upturned. Pupil 2 has a sponge ball. Pupil 2 throws the sponge ball overarm towards Pupil 1 who lets the ball bounce and then catches it the cone. Pupil 2 underarm throws the ball back to Pupil 1. Score each time the ball is caught in the cone.

Teaching Points

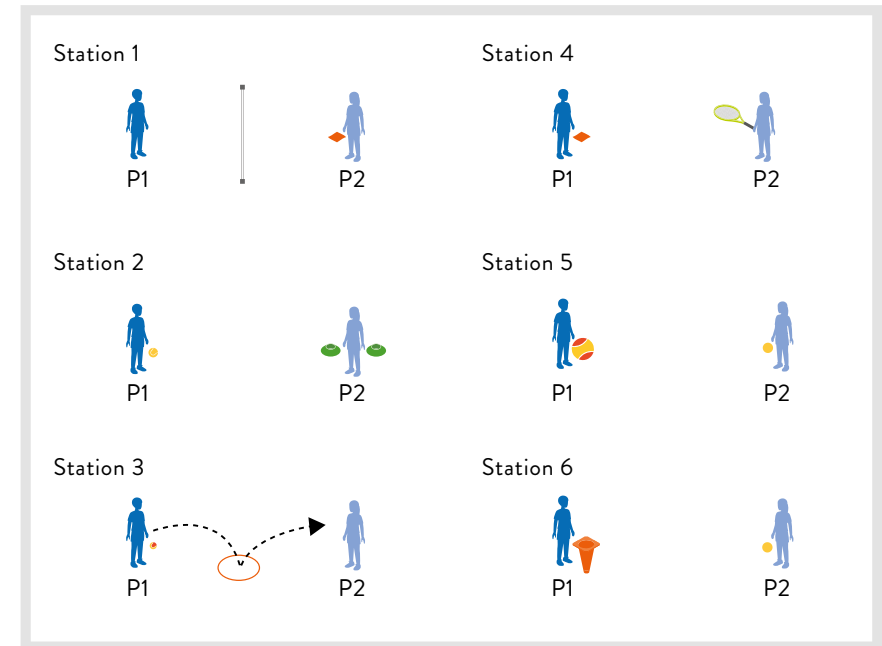
- Start in the ready position
- Eyes watching the ball
- Adapt to the ball
- Use both hands to improve co-ordination
- Contact the ball in front of the shoes
- Work co-operatively.

Skill UP

Pupils keep score, adding all their scores for each station together. Then repeat the circuit and aim to improve their score.

Applying racket and ball skills in a series of skill stations

Example of whole class activity set up:



1		1	
2		2	
3		3	
4		4	
5	6	5	6

Stations set up on 2 sides of a space

WARM UP

Meet Up

Pupils spread out around the space with a racket and a sponge ball. Place the racket on the floor. On 'go', the pupils bounce their ball twice on a racket strings and then move to find another racket repeat the ball bounce, moving to a different racket each time.

The teacher calls the direction and speed of movement e.g. sideways, hopping, jumping narrow to wide shoes, quickly, slowly etc.

Teaching Points:

- In ready position when bouncing the ball
- Hands above the middle of the racket strings
- Eyes watching the ball.

Skill UP

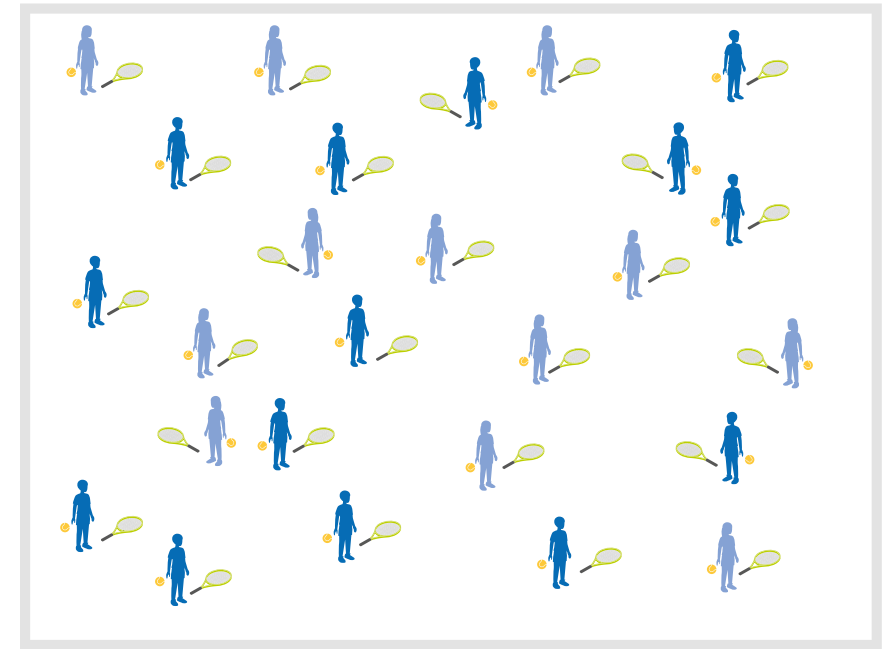
Against the clock, how many bounces, can they do bouncing the ball twice at each racket in 30 secs / 60 secs.

Repeat, and see if the pupils can beat their personal best.

Applying movement skills with ball bouncing

12

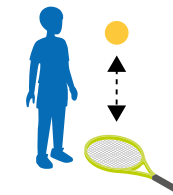
Example of whole class activity set up:



Equipment:



Activity set up:



BODY & BALL

Play & Call

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 4's (2 pairs).

2 pupils on the court play hand tennis, Pupil 1 starts by throwing the ball overarm over the net, Pupil 2 moves to catch the ball after it bounces and from that position, throws it back over the net. Continue the rally.

Pupil 3 and 4 (other pair) are the umpires and call when the ball is OUT or STOP if the ball bounces twice or more or goes under the net. Pupil 3 and 4 can be positioned on either side of the net – opposite or side by side.

When OUT or STOP is called the rally stops.

After every point the pupils switch roles.

Teaching Points:

- To serve, stand side behind the baseline and use an overarm throw
- All other shots, throw underarm from where the ball is caught
- The rally stops if the ball lands outside of the court on the first bounce, doesn't go over the net, or it bounces more than once.

Skill UP

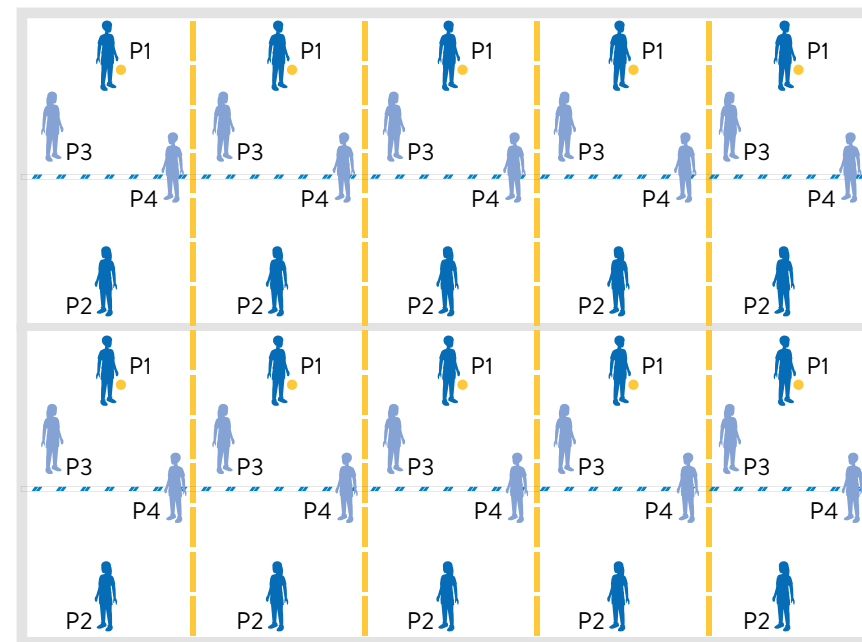
As above, but Pupils 3 and 4 (umpires) count the number of throws in the rally. Pairs aim to improve their total each time they are on the court.

- Switch roles after each point
- Teachers can set an initial target.




Throw rally games, scoring points

12

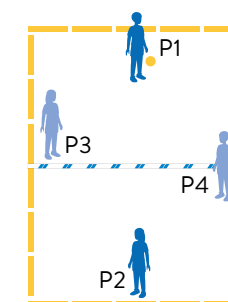
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Barrier tape (net)

Activity set up:



RACKET & BALL

Rally Rackets

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 4's. One pair play, one pair umpires.

Pupil 2 has a racket. Pupil 1 starts the point by throwing the ball overarm to serve. Pupil 2 then hits the ball back for Pupil 1 to catch and throw back underarm, continuing until the rally breaks down. Working cooperatively they try to throw and hit the ball after one bounce, back and forth to maintain the rally, seeing how many consecutive shots they can do.

Pupil 3 and 4 continue to be the umpires and count the number of shots in the rally.

Switch pairs after each point.

After a few minutes, swap the hitters and throwers i.e. Pupil 1 hits and Pupil 2 throws.

Teaching Points:

- Thrower serves overarm from behind the baseline
- Adapt to the ball
- Ball should bounce once
- Contact in front of the shoes
- The rally stops if the ball lands outside of the court on the first bounce, doesn't go over the net, or it bounces more than once.

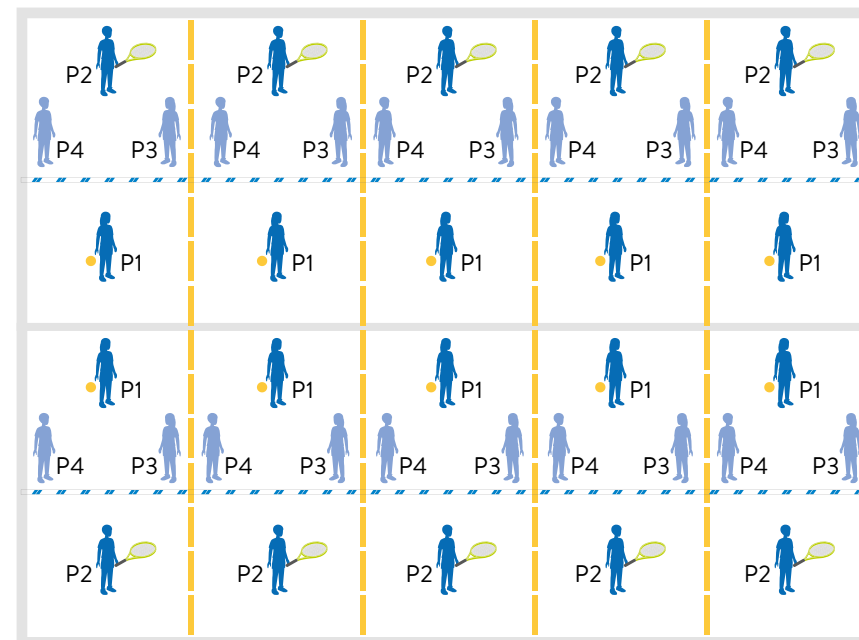
Skill UP

The pupil with the racket taps the ball up after 1 bounce to themselves and then they hit over the net. Sequence: bounce, tap up, bounce, hit over net. The pupil on the other side of the net continues to catch and throw the ball.

Throw, catch and racket rally game

12

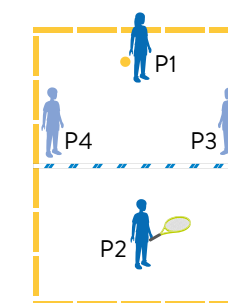
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

Mini Games

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 4's (2 pairs).

Pupils 1 and 2 are on court playing (one with a racket, one throwing).

Pupil 3 and 4 are the umpires, one at either end holding 3 cones.

The playing pair play for points, trying to win the rally. Whoever wins the point, the umpire on their side of the net puts a cone on the floor to indicate that a point has been won. The pair play first to 3 points. The first player with 3 cones on the floor wins the game.

Once a game has been won, switch pairs playing / umpiring. When pairs play again, they swap roles i.e. if throwing in the previous match they now have the racket and hit.

Teaching Points:

- Adapt to the ball
- Move the opponent around the court in order to win the point
- Umpires call out/stop and score honestly
- A point is won if the opponent hits the ball that lands outside of the court on the first bounce, doesn't hit it over the net, or lets it bounce more than once.

Skill UP

Both pupils now have rackets

Catch, throw, racket game with mini courts and scoring

12

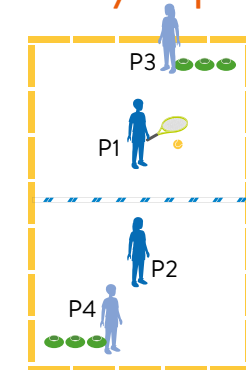
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Barrier tape (net)
- Cones

Activity set up:





LTA SCHOOLS
YOUTH

Lesson plans 13-18

Targeted at
England & Wales: Y5 / Y6
Scotland: P6 / P7



TAB AREA GUIDE



LESSON PLANS 13-18



WARM UP

Colour Play Throw & Go

Working in 4's: Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. 1 throw down spot in the middle between the pairs.

Pupil 1 runs across the spot to Pupil 3, who is waiting in their ready position, and they high five right hand to right hand (diagonal). Pupil 3 runs over the spot to Pupil 2, high fives; Pupil 2 to Pupil 4, and continue.

- Repeat above, but left hand to left hand (diagonal)
- This time pupils time their movement to meet and high 5 right hand to right hand over the spot
- Repeat above, using left hands.

Teaching Points:

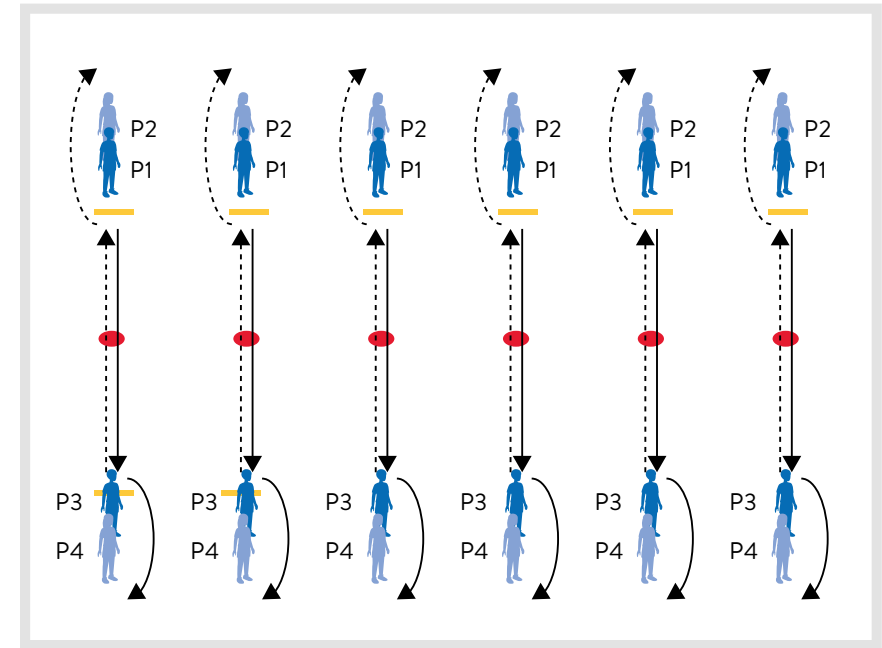
- Start in the ready position (shoes shoulder width apart)
- Time the movement to arrive at the spot at the same time
- Step forward with opposite shoe to throw
- Low to high action for underarm throw.

Skill UP

Now add a ball. Pupil 1 runs to the spot and throws the ball using 2 hands from the right side of their body (as a rugby pass) to Pupil 3 who is waiting behind the line in the ready position to catch it. Pupil 1 then moves forward and joins the back of the opposite line, whilst Pupil 3 moves forwards to the spot and throws to Pupil 2. Continue the sequence. As above but throwing from the left side of their body. This time pupils meet over the spot to throw and catch. Pupil 1 and Pupil 3 meet at the spot to throw / catch, both continue forwards and the pupil carrying the ball throws to the pupil waiting behind the line in the ready position. Throw the ball 1 handed with the right hand. Repeat above using the left hand to throw.

Developing hand and shoe movements in combination

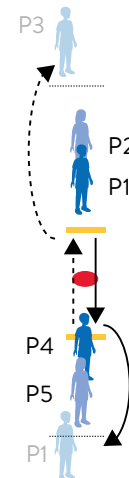
Example of whole class activity set up:



Equipment:

- Balls
- Throw down lines
- Throw down spots

Activity set up:



BODY & BALL

Puma Play

Working in 4's. Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. Barrier tape is positioned to create a 'net'. 2 spots are placed side by side between the net and Pupils 3 and 4, a short distance apart (i.e. in right and left positions).

Pupil 1 and 2 are the senders and Pupil 3 and 4 are the receivers.

Pupil 1 throws the ball underarm over the net towards one of the spots. Pupil 3 moves towards the ball, lets it bounce once then taps the ball up with their corresponding hand (e.g. right spot use right hand) and catches it. They then throw the ball over the net to Pupil 2 who has come forward to the line.

Pupil 2 repeats but throws to Pupil 4.

Repeat 3 times and then switch sides and roles.

Teaching Points:

- Use corresponding hand to side / spot
- Wait in the ready position
- Throw from side on position with opposite shoe forward.

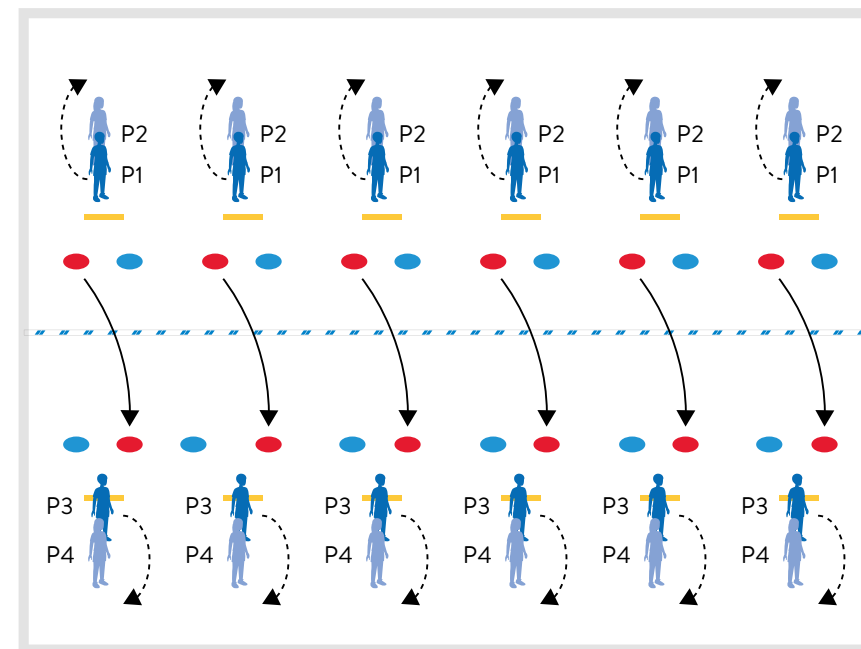
Skill UP

Same sequence as above but now Pupil 1 starts with a drop, bounce, hit sequence, using their hand to hit the ball over the net. Pupil 3 receiving the ball, taps the ball up using their hand, lets the ball bounce and then hits the ball back over the net with their hand and the sequence continues.





Aiming and targets with hands and rackets

13

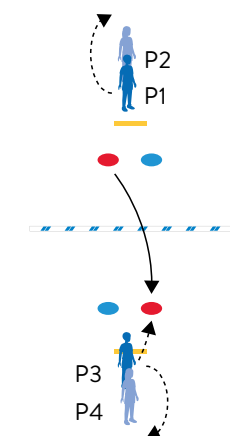
Example of whole class activity set up:



Equipment:

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

Activity set up:



RACKET & BALL

Racket Receivers

Working in 4's Pupil 1 and Pupil 2 behind a throw down line, Pupil 3 and Pupil 4 behind a throw down line opposite. Barrier tape is positioned to create a 'net'.

2 spots are placed side by side between Pupils 3 and 4 and the net, a short distance apart (in right and left positions). Pupils 3 and 4 use rackets to tap up and hit the ball back.

Pupil 1 throws the ball underarm (over barrier tape) towards one of the spots. Pupil 3 moves towards the ball, taps the ball up with their racket, lets the ball bounce and then taps the ball back over the barrier tape to Pupil 2 who has come forward to the line.

Pupil 2 repeats but throws to Pupil 4.

Repeat 3 times and then switch sides and roles.

Teaching Points:

- Use corresponding hand to side / spot
- Wait in the ready position
- Contact the ball to the side and in front of the shoes
- Forehand – push palm of hand towards where you want the ball to go
- Backhand – push back of hand towards where you want the ball to go.

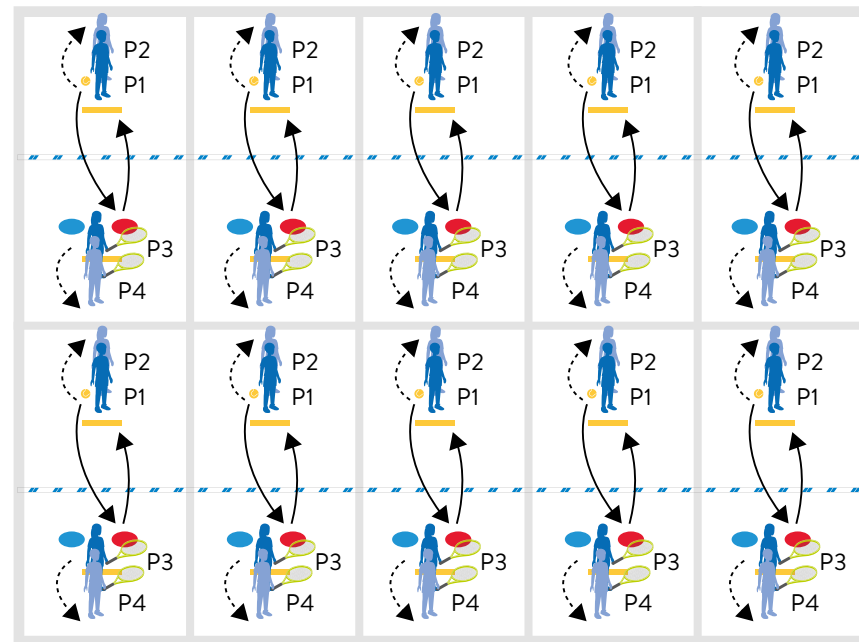
Skill UP

The senders tap the ball over the net with rackets to the receivers who also have rackets. Pupils 1 and 3 try to do continuous taps to each other then swap with Pupils 2 and 4.






Developing forehand and backhand actions, aiming at targets

13

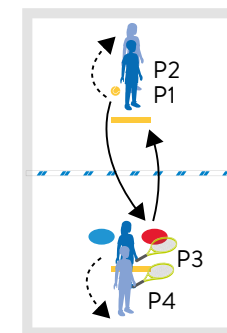
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

Rally 1-2-3-4

Pupils are in 4's (2's) with a "court" marked out using throw down lines / cones. Both have tennis rackets and use their preferred hand to hold the racket.

Pupils 1 and 2 try and achieve a rally of 4 shots and score a point each time they do. Pupils 3 and 4 are umpires stopping the rally if it breaks down before the 4 shots (i.e. the ball lands out, bounces more than once or doesn't go over the net).

After 1 rally pupils switch over and Pupils 1 and 2 become the umpires and Pupils 3 and 4 the hitters.

Repeat, switching pairs. Pupils keep score of how many times they achieve a 4 shot rally.

Teaching Points:

- The rally stops if the ball lands out, bounces more than once or doesn't go over the net
- Contact the ball to the side and in front of the shoes
- Short low to high swing to hit over the net.

Skill UP

Pupils continue the rally until it breaks down.

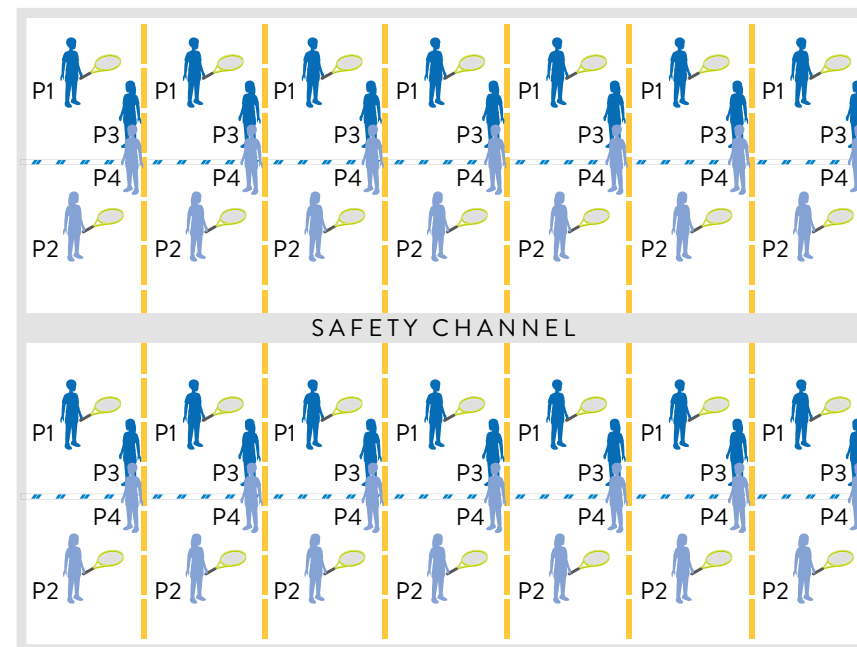
Each time aiming to increase the number of shots in the rally.

- How many can you score?
- Can you beat your best score?





Forehand and backhand rally with challenges

13

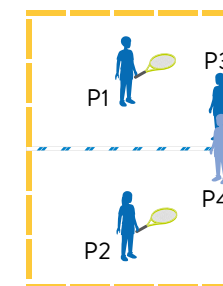
Example of whole class activity set up:



Equipment:

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

Activity set up



WARM UP

Criss Cross Catch

Pupils in 4s.

Place a cross on the floor using 4 throw down lines. Each pupil stands in one of the mini squares; Pupil 1 is diagonally opposite Pupil 2, and Pupil 3 is diagonally opposite Pupil 4. 1 ball per group.

Pupil 1 throws the ball diagonally to Pupil 2, who throws it down the line to Pupil 3, who then throws it diagonally to Pupil 4. Pupil 4 throws the ball down the line back to Pupil 1.

Repeat and see how many times they catch the ball in a row.

Teaching Points:

- Work as a team to build rhythm
- Stand in the ready position
- Watch the ball at all times.

Skill UP

Repeat using right hands only.

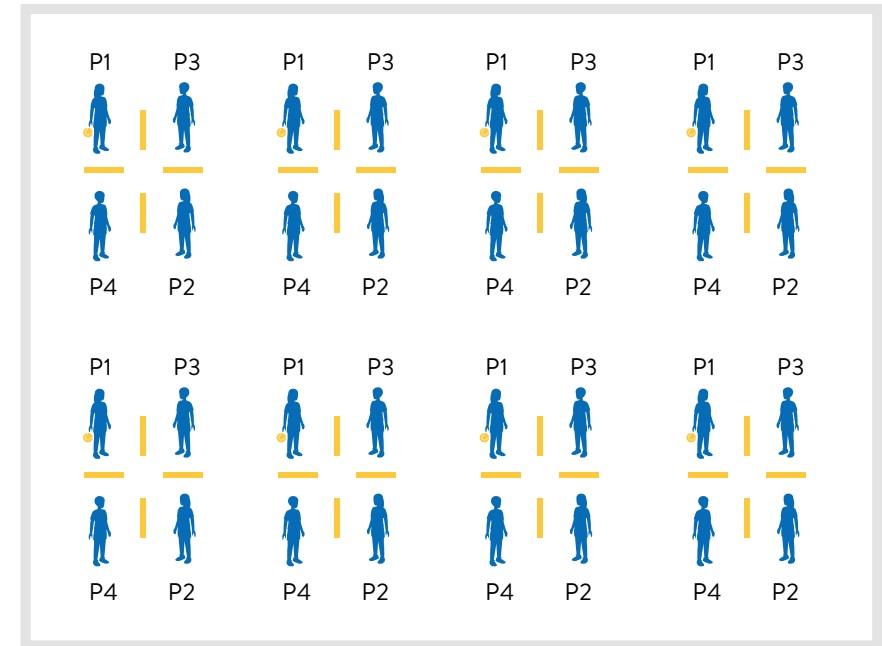
Each time pupils make 8 catches all pupils take a step back. If pupils don't make 8 catches they take a step forwards.

Repeat using left hands only.



Throwing and catching, building rhythm and sequence

14

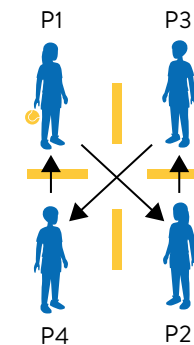
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:



BODY & BALL

Through the Legs

Pupils in pairs, standing behind a throw down line. Pupil 1 stands in the ready position. Pupil 2 stands behind Pupil 1 (both pupils facing the same way) with a ball.

Pupil 2 rolls the ball through Pupil 1's legs. Pupil 1 has to run and collect the ball, then underarm throw the ball back to Pupil 1.

Take it in turns to send and retrieve.

Teaching Points:

- Start in the ready position (shoes shoulder width apart, balanced with knees slightly bent)
- Send the ball at a speed that your partner can retrieve
- Retrievers turn and throw from where they stop / catch the ball.

Skill UP

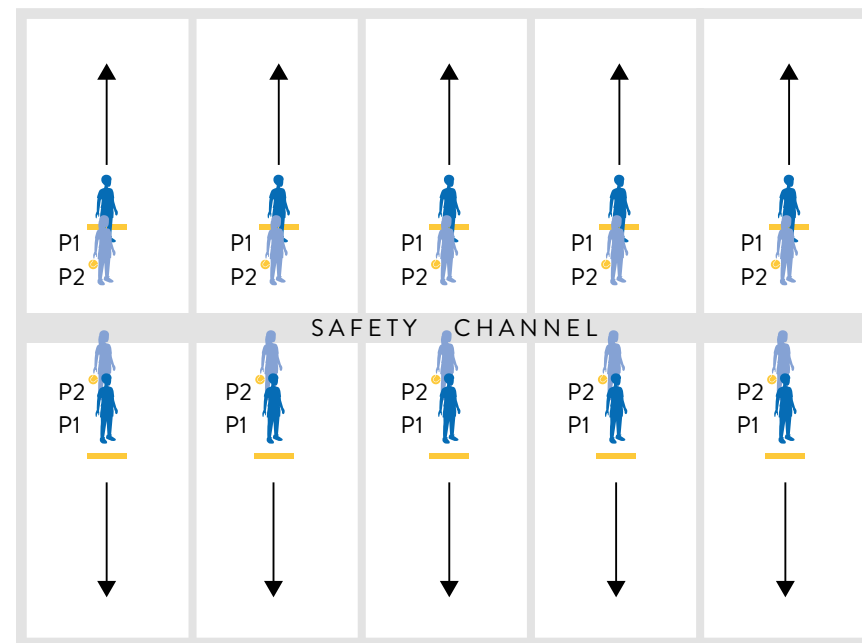
Over the Head.

Pupil 2 now throws the ball underarm over pupil 1's head.



Pupil 1 reacts and chases after the ball to catch it after one bounce.

Developing reactions to a moving ball

Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:



RACKET & BALL

Colour Up

Pupils working in 4s. Pupil 1 is the roller and stands on a throw down line with 2 spots in front of them. Pupil 2 is the hitter and stands opposite behind their throw down line, also with 2 spots in front of them. A barrier tape net between them.

Pupil 1 rolls the ball under the net towards one of the 2 spots in front of their partner.

Pupil 2 stops the ball with the racket then pushes the ball back along the floor using the racket in the preferred hand and playing a forehand or backhand depending on which side they receive the ball. They should aim to hit the ball back to their partner.

Pupil 3 and 4 then swap in and do the same.

After 5 goes partners should swap roles.

When not hitting the other pupils should be observing and offer tips / coaching points to the playing pair.

Teaching Points:

- Stand side onto roll the ball and use corresponding hand to spot (i.e. right hand if on the right spot and left hand if on the left spot)
- Stop the ball in front of the shoes with the racket
- Use the correct side of the racket according to side / spot
- Forehand – palm of hand pushes towards
- Backhand – back of hand pushes towards.

Skill UP

Pupil 1 underarm throws the ball over the 'net' towards one of the spots.

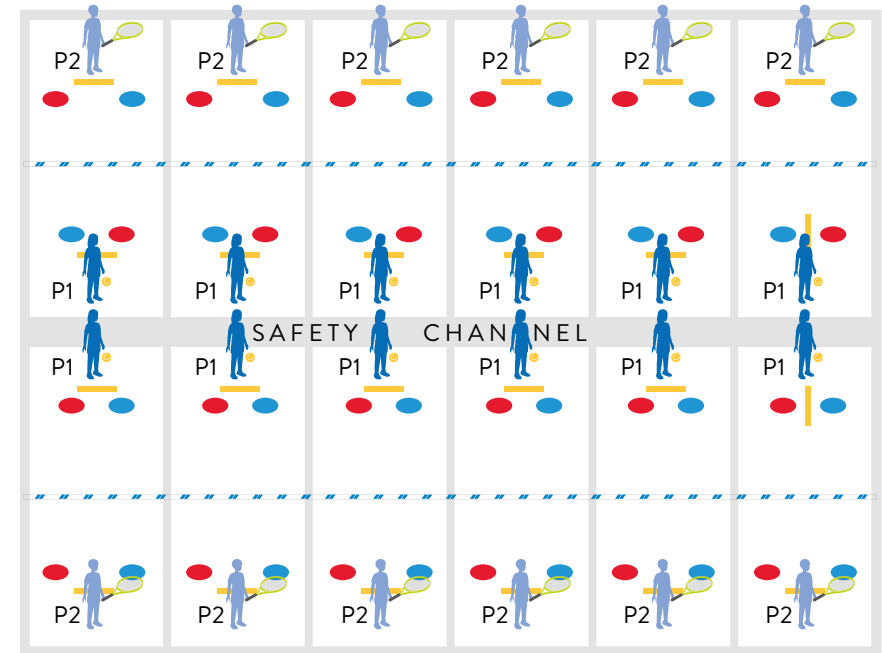
Pupil 2 moves towards the selected spot and taps the ball back to Pupil 1.

Repeat twice then swop pairs and roles.

Forehand and backhand return practice

14

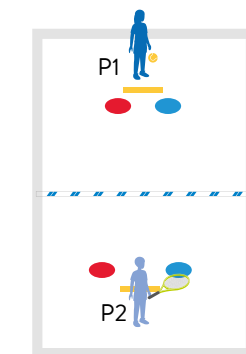
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

Double Trouble

Barrier net is erected across the length of the space.

Throw down lines are used to create a court for each group of 4 pupils.

Pupils work in pairs, 2 on the court playing, 2 observing and counting from the back of the court.

Pupil 1 serves the ball using a tap up bounce serve over the net, from the back of their court.

Pupil 2 receives the serve, lets the ball bounce once and hits the ball back to Pupil 1 and they continue the rally back and forth over the net until the rally breaks down (i.e. the ball lands out, bounces more than once, or doesn't go over the net).

The other two pupils count the number of shots in the rally. When the rally breaks down they start again with Pupil 2 serving. After the end of the second rally the pairs swap roles (hitters become umpires and vice versa).

Teaching Points:

- Keep the racket in the preferred hand
- Adapt to the ball
- Short low to high swing
- The rally stops when the ball lands out, bounces more than once or doesn't go over the net.

Skill UP

Pupils play 2v2, alternating shots to have a continuous rally. Each rally starts with a serve and the pupils take turns to serve.

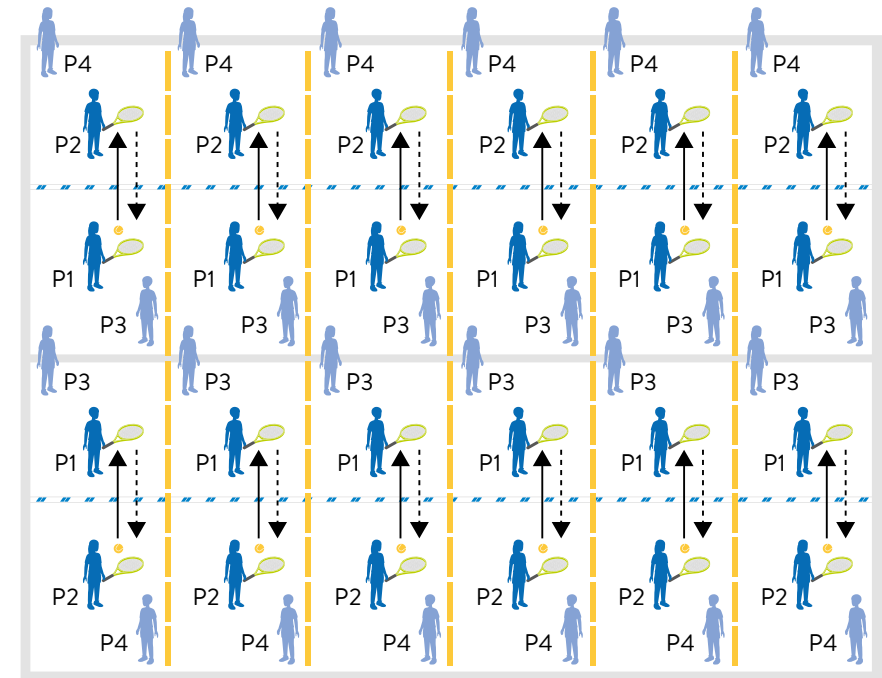
Ensure that when it is not their turn to hit they are recovering to the back of the court out of the way for their partner to hit.

Encourage pupils to shake hands at the end of the game.





Serve and receive rally game

14

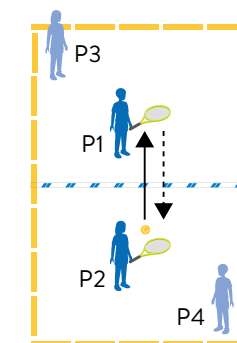
Example of whole class activity set up:



Equipment:

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

Activity set up:



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

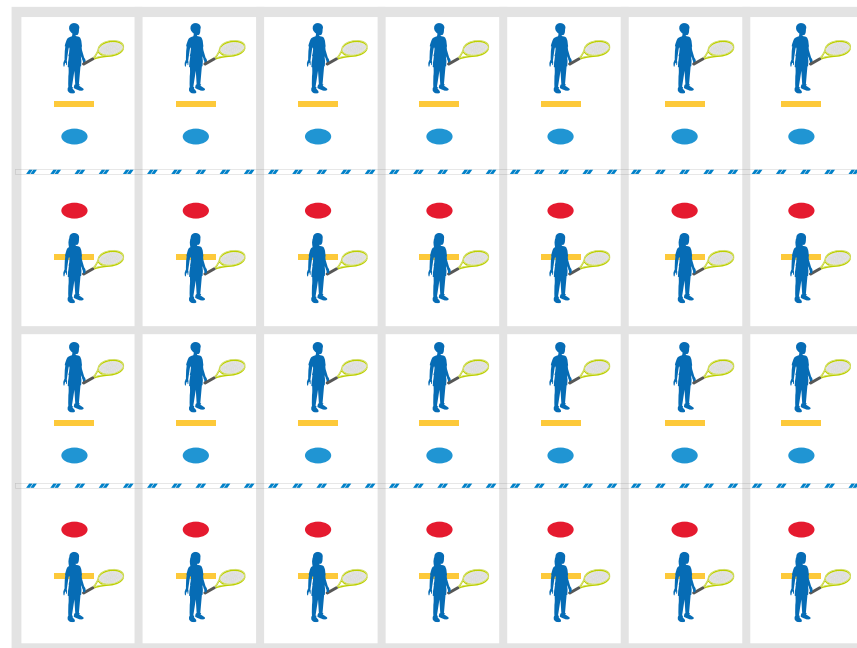
Pupil 1 puts their racket down and 'calls the shots' for their partner opposite to perform. Pupils observe each other and give feedback.

Switch roles with Pupil 2 'calling the shots'.





Improving shoe and body movement for selected shots

15

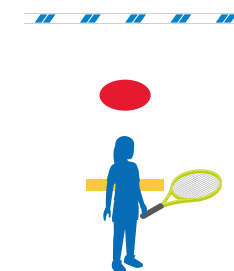
Example of whole class activity set up:



Equipment:

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

Activity set up:



BODY & BALL

Ace Slam

Pupils work in 4's. Pupil 1 and Pupil 2 stand either side of the net on a throw down spot, 1m from the net. Pupil 3 stands at the net holding a hoop vertically creating a target space for the ball to pass through. Pupil 4 stands behind Pupil 2 on a throw down line (approx. 1m behind).

Pupil 1 throws a ball with their preferred hand underarm towards Pupil 2 aiming to throw the ball through the hoop. Pupil 2 catches the ball without it bouncing and throws it back overarm above the hoop back to Pupil 1. Pupil 2 and 4 swap places. Pupil 4 moves forward to the spot ready to receive the ball. Pupil 1 throws underarm through the hoop, Pupil 4 catches and throws overarm above the hoop back to them. Pupil 2 and 4 swap places again. After Pupil 1 throws 4 times, all pupils swap roles. Pupil 3 at the net can move the hoop up / down to help guide the ball through the hoop.

Teaching Points:

- Pupil 1: underarm throw with swinging arm aiming towards the hoop
- Eyes track the flight of the ball
- Recover into the ready position so ready to receive the ball.

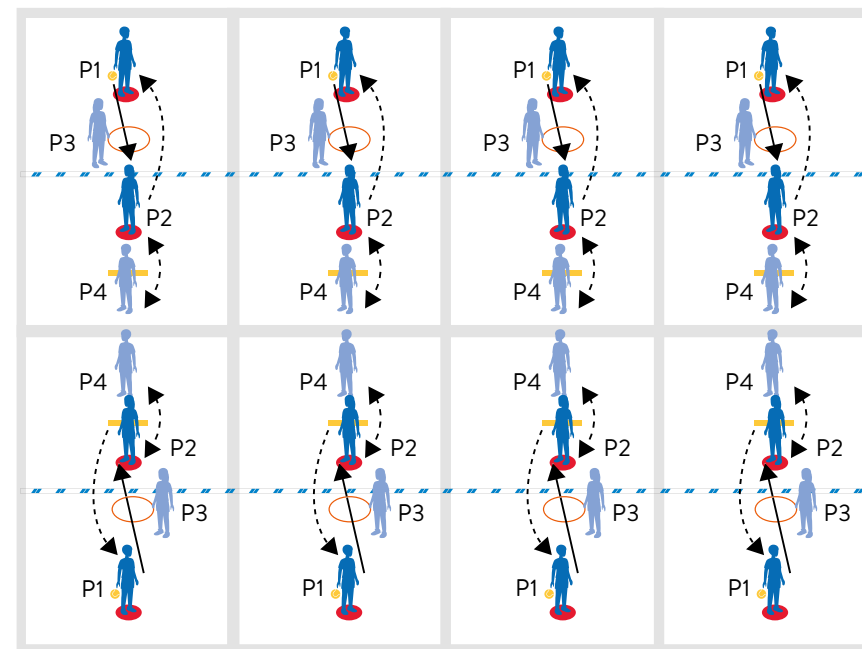
Skill UP

Pupils step back so the spot is now in front of them. When throwing the ball the aim is to land the ball on the spot, and pupils catch the ball after one bounce. Pupil 1 still throws underarm through the hoop; Pupil 2 and 4 throw overarm over the hoop. Pupils should throw the ball from where they catch it. Swap roles as before.

Tracking the flight of the ball

15

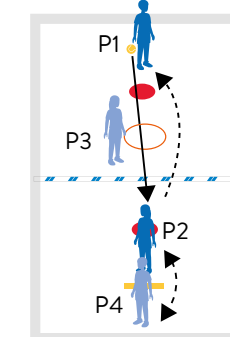
Example of whole class activity set up:



Equipment:

- Balls
- Throw down lines
- Throw down spots
- Hoops
- Barrier tape (net)

Activity set up:



RACKET & BALL

Elephant Play

In 4's, 2 pairs taking it in turns

Pupil 1 is the thrower, and stands behind a throw down line with 2 throw down spots in front of them: 1 to the right (red) and 1 to the left (blue). Pupil 2 is the hitter, on the other side of the net with a racket standing in the ready position behind a throw down line. Pupil 2 also has 2 spots slightly in front of them.

Pupil 1 underarm throws from their right (red) spot to Pupil 2's right (red) spot, or from the left (blue) spot to Pupil 2's left (blue) spot. Pupil 2 holds the racket in their preferred hand, moves towards the ball and hits either a forehand or backhand depending on the side, and hits the ball back diagonally to Pupil 1 to catch the ball.

Pupil 3 and 4 wait at the back of the court and swap in after 1 shot. Pupils keep swapping over after each shot.

Switch roles within the pair so both have a turn as the hitter.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- Contact in the ball in front of the shoes
- Push racket with palm of hand towards target for forehand and back of hand towards target for a backhand.

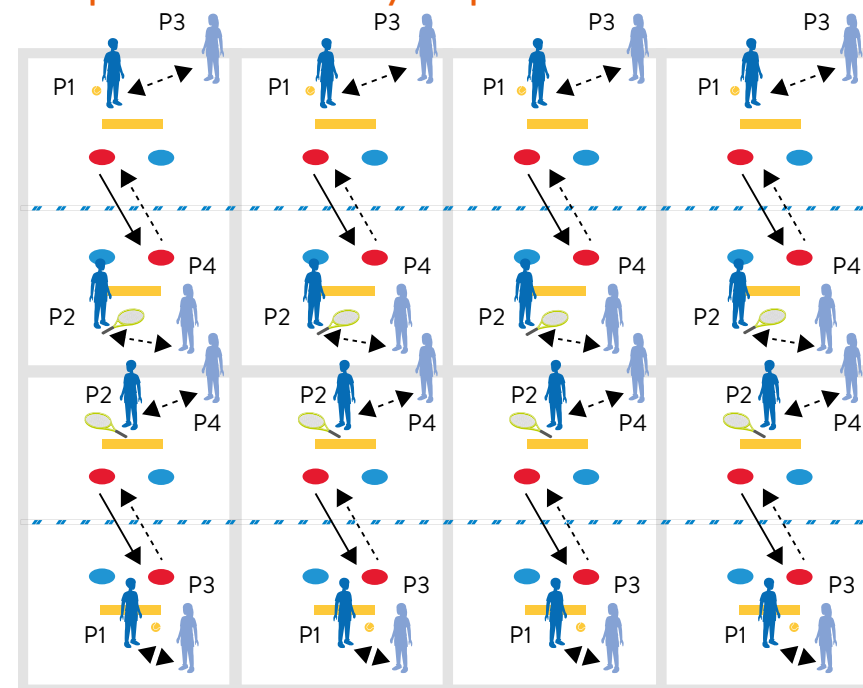
Skill UP

Pupil 1 throws to a spot, instead of returning the ball diagonally Pupil 2 returns it straight and Pupil 1 moves sideways to catch the straight return. Repeat as above.

Developing forehand and backhand actions

15

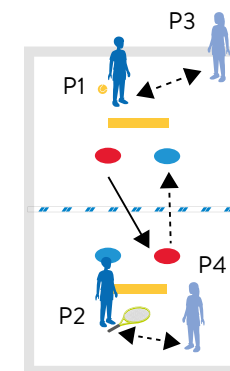
Example of whole class activity set up:



Equipment:

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

Activity set up:



SKILL APPLICATION

Team of Teams

Pupils working in 4s

Pupil 1 and 2 are the servers. Pupil 3 and 4 are the hitters. Pupil 1 stands on one spot; Pupil 2 stands on a spot level and to the left hand side of Pupil 1. Pupils 3 and 4 are on the other side of the net one behind the other, behind a central throw down line. Pupil 3 and 4 have 2 hoops in front of them one to the right (red) and one to the left (blue).

Pupil 1 throws the ball overarm from the right spot, over the net, diagonally to bounce in the right hoop. Pupil 3 moves to the hoop and hits the ball back over the net to Pupil 2 who catches the ball. Pupil 3 recovers by getting their shoes behind the throw down line into the ready position. Pupil 2 then throws the ball from the left spot, diagonally towards the left hoop. Pupil 3 moves to hit the ball, aiming towards Pupil 1.

Pupil 3 will play a forehand and backhand.

Pupil 4 then steps forward into the ready position and Pupil 1 and 2 throw for them.

Repeat twice then switch roles i.e. Pupil 1 and 2 become the hitters and Pupil 3 and 4 become the servers.

Pupil 1 and 2 get points if the ball bounces in the hoop. Pupil 3 and 4 get points if they hit the ball back over the net to Pupils 1 and 2 to catch.

Teaching Points:

- Start and return to the ready position
- Adapt to the ball
- Hit using forehand and backhand actions pushing the palm or back of the hand towards the target.

Skill UP

1 minute challenge – how many points can they score as a team in 1 minute? Swap roles and repeat.

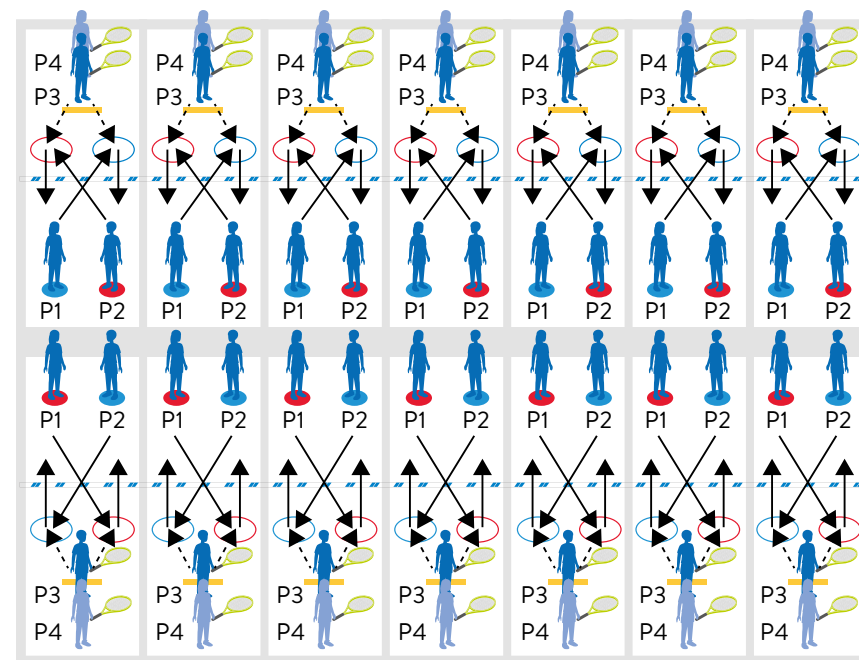
Add all scores together for a team score.

Lesson 15

Forehand and backhand throw and hit challenges

15

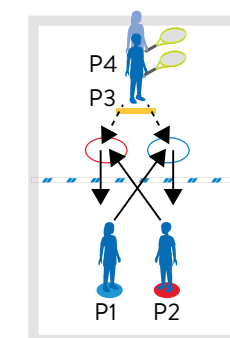
Example of whole class activity set up:



Equipment:

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

Activity set up:



WARM UP

Rock Drop

In pairs in a small area (car parking bay size) with 1 ball.

Pupil 1 and Pupil 2 start opposite each other.

Pupil 1 throws the ball underarm into a space, in any direction and Pupil 2 has to catch it after 1 bounce.

Pupil 2 then throws and the rally continues.

Keep repeating.

Teaching Points:

- Aim towards space
- No contact
- Must be an underarm throw.

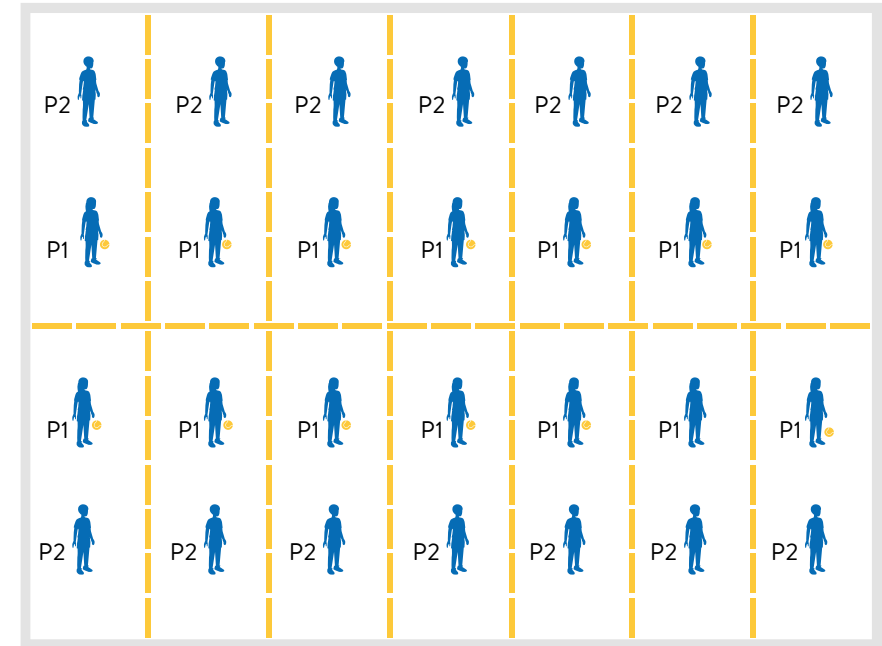
Skill UP

Add in scoring – if miss the ball or can't catch after 1 bounce the other person scores a point.



Introducing playing into the space

16

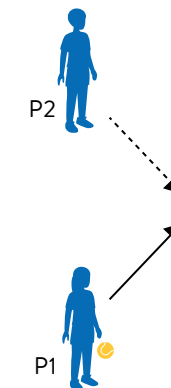
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines

Activity set up:



BODY & BALL

Toss and Cross

Hoops are placed around the hall (1 per pupil). Each pupil starts at a hoop and places their shoes outside. They place their 'non preferred hand' over the centre of the hoop. They then throw the beanbag vertically upwards and let it drop into the hoop.

- The preferred racket-hand now has to be placed behind their backs
- Once they achieve the above, the pupils catch the bean bag above their head with their other (racket) hand.

Teaching Points:

- Shoes must be on the outside of the hoop
- Wrist is over the centre of the hoop before tossing the beanbag up
- Palm of hand facing upwards
- Toss the bean bag above head height
- Straight arm when catching the ball above their heads
- Follow through action to aim the bean bag down.

Skill UP

In pairs, a distance apart, with a hoop between them.

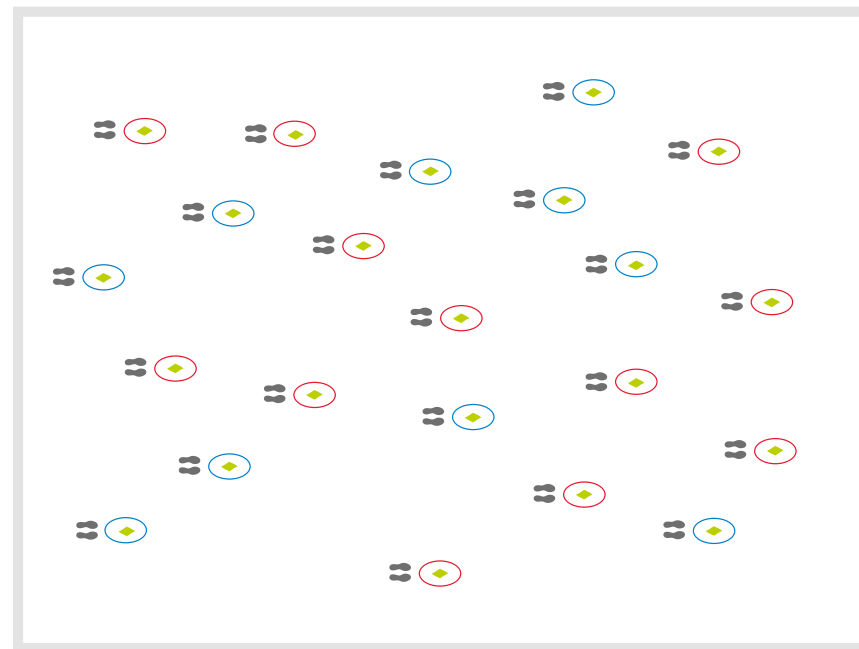
Pupil 1 throws the bean bag up and 'serves' it forward aiming to land the bean bag in the hoop.

Pupil 2 collects the bean bag and does their serve.

Repeat.

Developing an overarm serving action

Example of whole class activity set up:



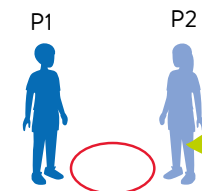
Equipment:



Detail



Skill UP



RACKET & BALL

Blitz Hits

Working in 4's. Using a sponge ball.

Pupil 1 and 2 are the Returners.

Pupil 3 and 4 are the Servers.

Pupil 1 stands on a throw down line in a central ready position with 2 hoops in front of them (right and left positions). Pupil 2 waits behind. Pupils 3 and 4 have rackets and are opposite with 2 spots in right and left positions.

Pupil 3 moves to the right spot, tap serves the ball overarm aiming to bounce the ball in the hoop. Pupil 1 moves to the hoop, lets the ball bounce, catches it, then throws the ball aiming for the spot it was served from. Pupil 4 steps to the left spot and tap serves an overarm serve to Pupil 1 who moves to the other hoop, catches the ball after one bounce, and throws the ball back.

Pupil 2 then takes their turn.

(Pupils 1 and 2 are catching and throwing, Pupils 3 and 4 are tap serving with rackets).

Repeat 2 goes each then switch over roles.

Teaching Points:

Servers:

- Stand side on to tap serve
- Contact the ball above head height.

Returners:

- Ready position
- Contact the ball in front of their shoes.

Skill UP

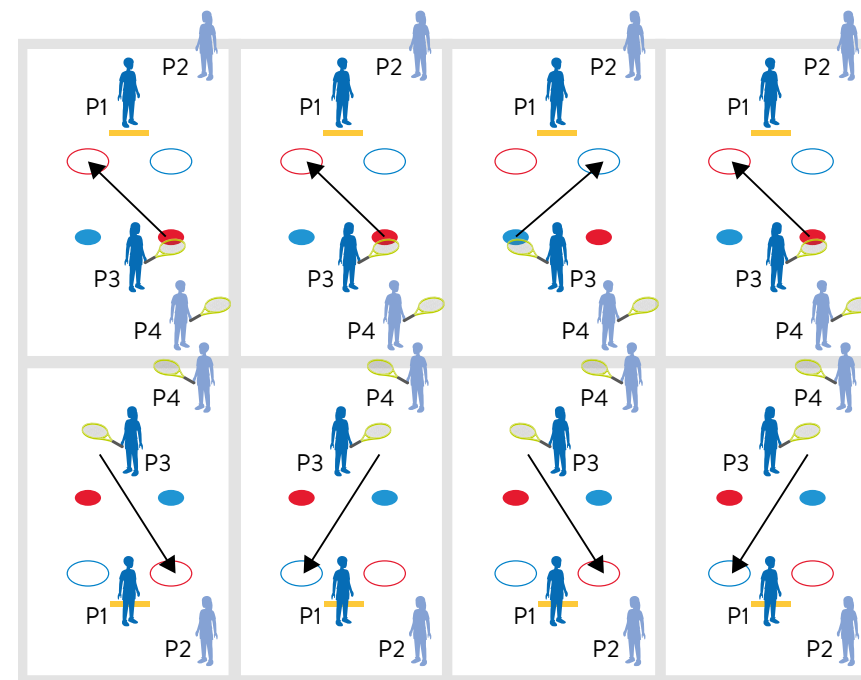
All pupils now have rackets.

Repeat the same sequence however Pupils 1 and 2 will either play a forehand or backhand shot to return the serve.

Developing serving and sending / receiving actions

16

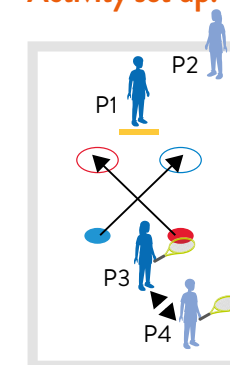
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots
- Hoops

Activity set up:



SKILL APPLICATION

Play & Call

The space is divided into mini courts, using throw down lines / barrier tape or cones as a net. Pupils work in 3's or 4's.

2 pupils on the court play tap, throw tennis.

Pupil 1 is the Server with a racket.

Pupil 2 is the Returner and is throwing and catching.

Pupil 3/4 are the umpires.

Pupil 1 starts by tap serving the ball over the net with a racket. Pupil 2 tries to catch the ball and throws it back into a space. Pupils 1 then taps the ball back either a forehand or a backhand. Pupils continue the point until the ball goes out.

Encourage pupils to aim for space as a tactic to win the point.

Pupil 3/4 calls whether the ball is IN or OUT.

When the ball is OUT the rally stops.

Pupils switch roles.

Pupils meet at the net and shake hands to finish the game.

Teaching Points:

Servers:

- Stand side on behind the baseline
- Contact the ball above the head.

Returners:

- Start in ready position to react to serve
- Aim for space.

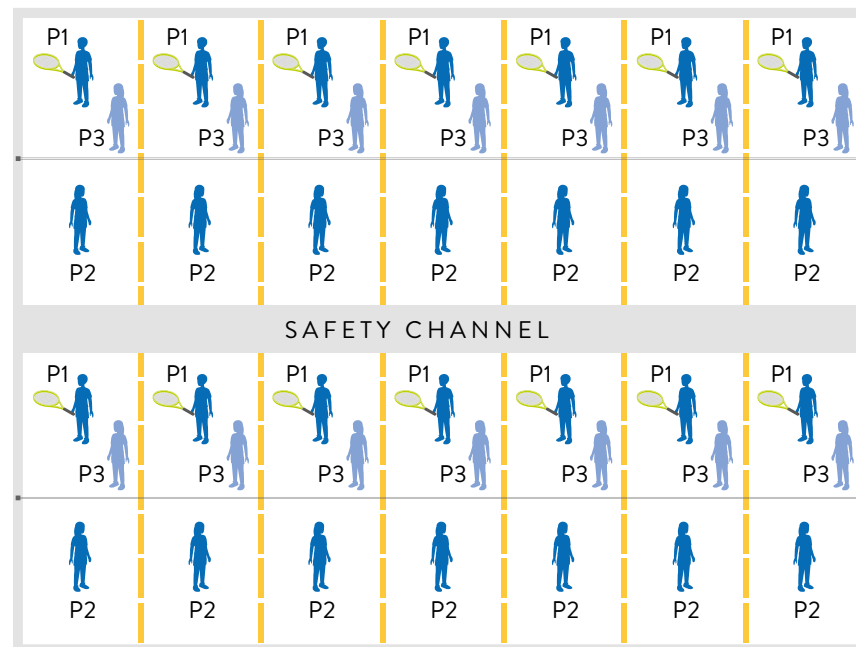
Umpires:

- Watching the flight of the ball
- Clearly calling OUT.





Throw and hit game aiming for space

16

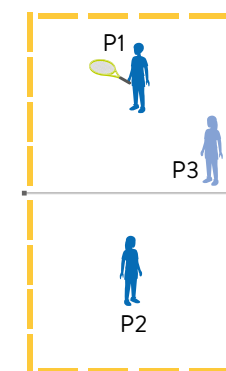
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Net

Activity set up:



WARM UP

Walking the ball

Pupils walk around the space with a ball, throw it up with their right hand, let it bounce and catch with either 2 hands or just their right hand.

Repeat 3 times with right hand and then do the same with left hand.

Increase the pace of movement from walking to jogging.

Teaching Points:

- Eyes watching the ball
- Ball to be thrown just above head height to keep the control
- Insist on the shoe patterns with light feet.

Skill UP

Pupils move around the space jumping from a narrow stance to a wide stance (shoes narrow, shoes wide). Repeat 3 times with the right hand and 3 times with the left.

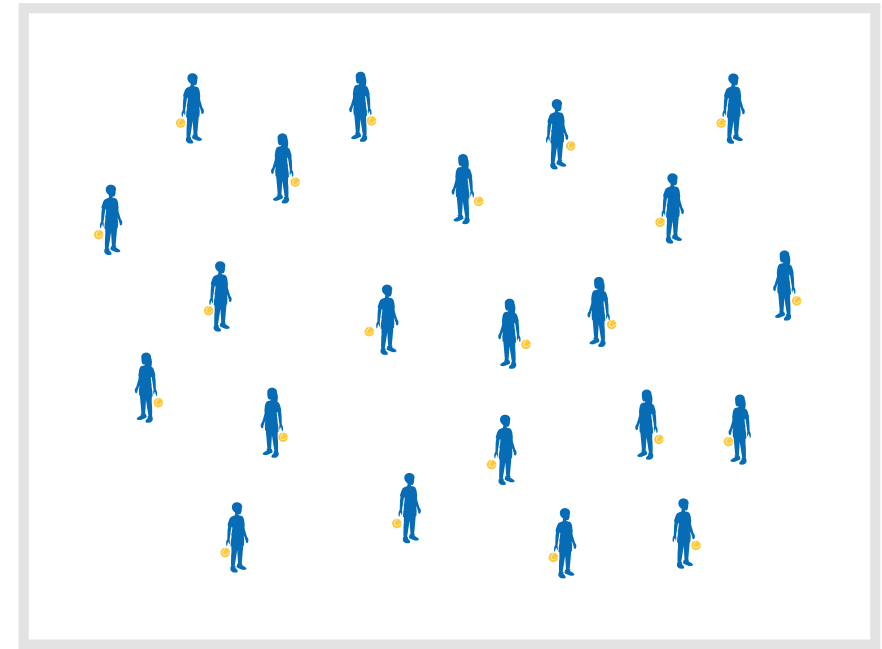
Next the pupils self-select the ball action building a sequence of 5, jumping from narrow to wide between each ball action e.g. Throw up and catch without a bounce, with a bounce, pat it down with right hand, with left hand etc.

Pupils repeat their sequence.

Developing competence in movement using sequences

17

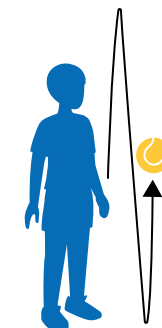
Example of whole class activity set up:



Equipment:

 Balls

Activity set up:



BODY & BALL

Net Cross

Pupils work in 4's across a net.

Pupils underarm throw the ball to each other, no bounce (volley), staying close to the net.

Pupil 1 diagonally over the net to Pupil 2, Pupil 2 over the net, straight to Pupil 3, Pupil 3 diagonally to Pupil 4, Pupil 4 straight back to Pupil 1.

Repeat the sequence using different hands for throwing.

- Throw with right
- Throw with left
- Repeat sequence.

Teaching Points:

- Eyes focused on the ball
- Ready position
- Hands out in front
- Work cooperatively and release the ball at the same time.

Skill UP

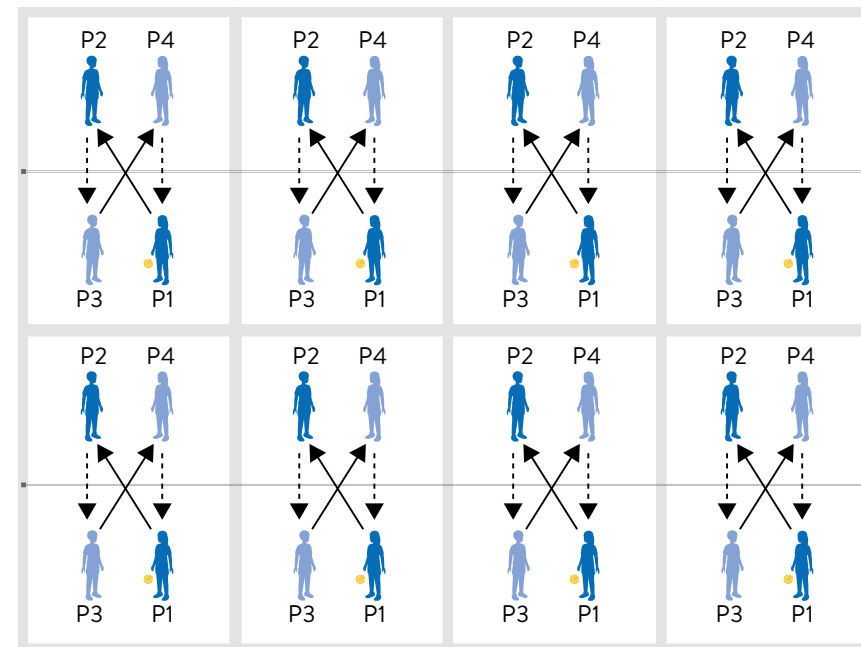
Pupils take a step backwards.

Introduce a 2nd, 3rd or 4th ball.

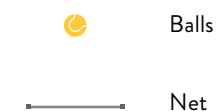
Throwing and catching to developing a volley action

17

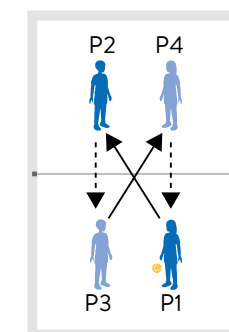
Example of whole class activity set up:



Equipment:



Activity set up:



RACKET & BALL

Push Volleys

Pupil 1 and Pupil 2 facing each other quite close together with a throw down line between them (their net).

Pupil 1 throws underarm to Pupil 2 who holds racket out in front and push volleys (hits the ball before it bounces) the ball back to Pupil 1 to catch without bouncing.

Repeat 5 times and switch over roles.

Teaching Points:

- Contact the ball to the side and in front of the shoes
- Palm of hand towards partner for a forehand volley
- Back of hand towards partner for a backhand volley
- Racket may cross in front of the body for a backhand
- Pupil 2 moving forwards and backwards to play shots
- Pupil 1 adjusts the throwing action for the bounce or a volley return.

Skill UP

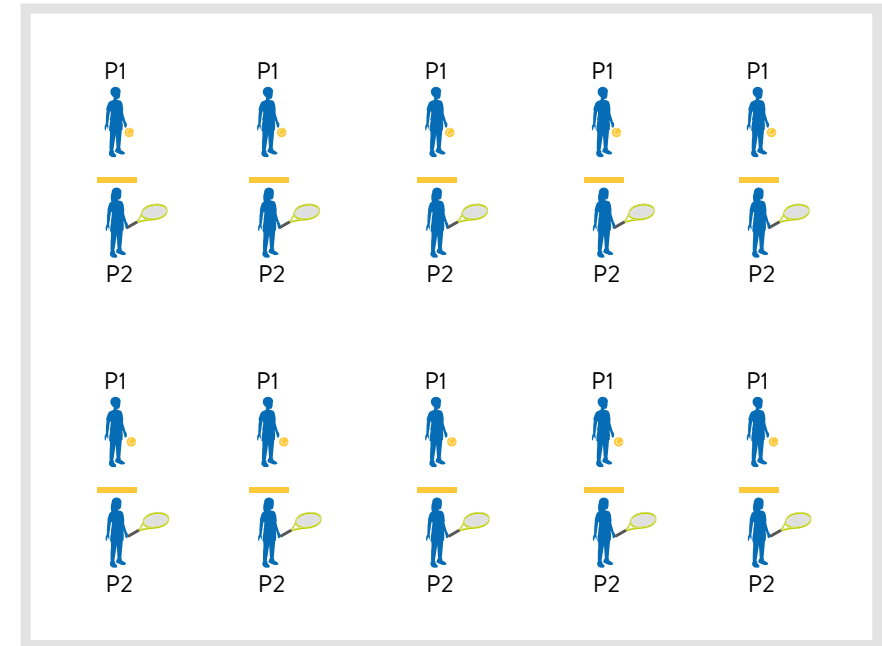
Pupil 1 underarm throws to Pupil 2 who lets the ball bounce, hits a forehand / backhand groundstroke back to pupil 1 who catches the ball and throws it back to Pupil 2 who moves forward and plays a forehand / backhand volley back to Pupil 1.

Repeat and switch roles.




Developing the volley action with rackets

17

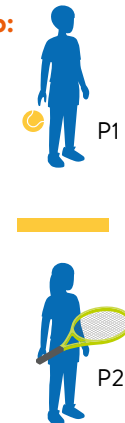
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines

Activity set up:



SKILL APPLICATION

Step Back Volleys

Pupils in pairs, stand on a spot on opposite sides of the net facing each other, both with rackets.

Start close to the net, on their spots and they play a sequence of volleys to keep the rally going.

Pupils work co-operatively to achieve 5 consecutive volleys then both pupils take a small step back and reposition their spot. Repeat for 10, 15 and 15 volleys each time taking a small step backwards when the target is achieved.

If they make a mistake twice they step forward, and aim for the lower target number again.

Continue moving backward / forward with the aim of getting to 20 volleys.

Pupils can use a variety of forehand and backhand volleys.

Teaching Points:

- Work co-operatively
- Adapt to the ball
- Contact the ball front of the shoes
- Gently tap the ball
- Pupils shouldn't volley from a position more than half-way back (it is likely to go out).

Skill UP

In pairs, both with rackets.

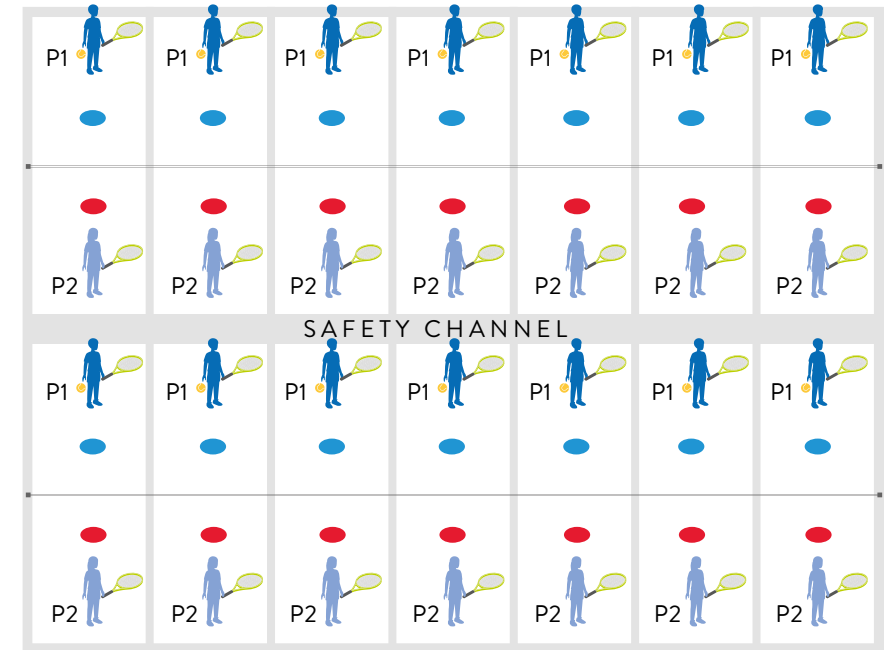
Pupils play a rally from the back of the court, over the net and can keep the rally going with a mixture of forehand / backhand ground strokes and volleys.

Serving can be any method.





Developing the volley action and applying it in a competitive game

17

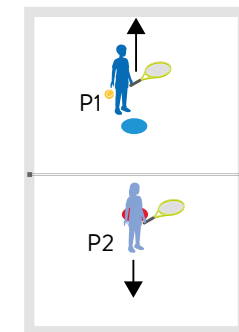
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down spots
-  Net

Activity set up:



WARM UP

Ladders

Create pathways of throw down lines / spots in the following sequence:

Line, line, left spot, right spot, line, left spot, line.

Pupils are in teams standing behind their pathway (approx 6 teams with 5 to a team).

1. Move through the ladder – land 2 shoes outside of the throw down lines, land right foot on right spot, left foot on left spot.
2. Now add a ball and they have to pass the ball around their own body behind their back as they move down the ladder. Follow the same shoe pattern through the ladder.
3. One pupil now stands at the end of the ladder with the ball. The other pupils move through the ladder in the same pattern but when they reach the end the pupil with the ball bounces it for the pupil who has come through the ladder to catch and throw back.
4. As above, but the pupil at the end throws the ball underarm to be caught without a bounce.

For runs 3 and 4 pupils should keep going until everyone on the team has had a turn in the end (throwing) position.

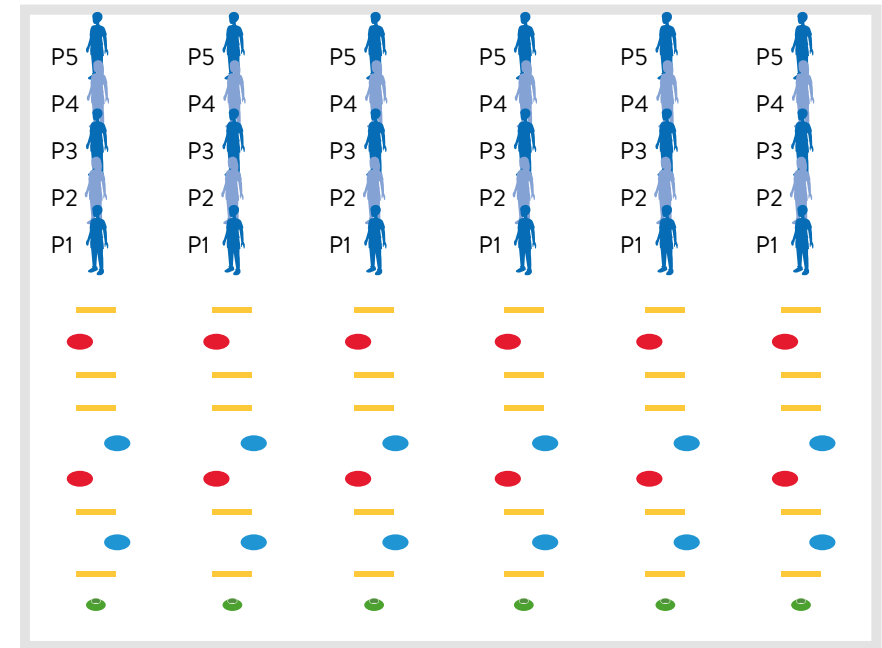
Teaching Points:

- Shoes outside of throw down line
- Land on the right (red) spot with right shoe
- Land on the left (blue) spot with left shoe
- Light on shoes
- Head up facing where the ball is being thrown from.

Shoe patterns in sequence, linking to a sending-receiving action

18

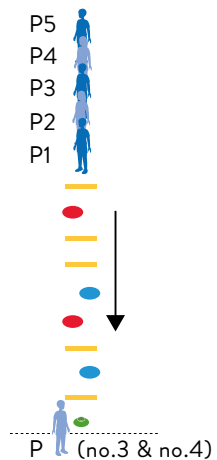
Example of whole class activity set up:



Equipment:

- Balls
- Throw down lines
- Throw down spots
- Cones

Activity set up:



BODY & BALL

Hand Tennis

Set up mini courts with a net (throw down lines / cones to mark the side lines and baseline).

Working in 4s as 2 pairs. One pair will be on court whilst the second pair are umpires and call IN or OUT (umpires and line judges).

Pupils start the point with an overarm throw (serve) and continue the rally with underarm throws. They can catch the ball before (volley) or after (groundstroke) it bounces.

Pair 2 observes and call IN or OUT and count the number of shots in the rally.

Pair 1 have two rallies (one serve each), then swap with pair 2.

Teaching Points:

- Stand side on when throwing the ball
- Serve from behind the baseline
- Adapt to the ball, then recover into the ready position
- Move your opponent by throwing into space.

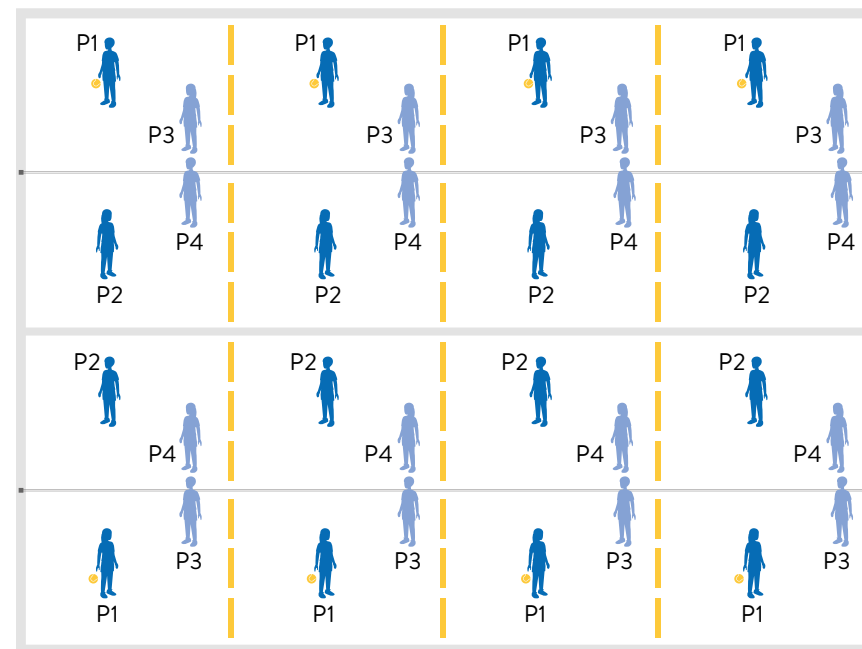
Skill UP

Pairs play best of 3 points, trying to beat their opponent. A point is won if the opponent doesn't throw the ball over the net, they throw the ball out, or they let the ball bounce more than once. After 3 points, pair 1 shake hands and switch with pair 2.




Throw and catch game on a court

18

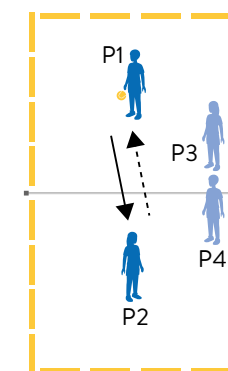
Example of whole class activity set up:



Equipment:

-  Balls
-  Throw down lines
-  Net

Activity set up:



RACKET & BALL

Tap Serve Rally

The hall is divided into mini courts with a net (using barrier tape / cones / bench). Throw down lines mark out courts.

Working in 4s as 2 pairs. One pair will be on court whilst the second pair will observe and call IN or OUT (umpires and line judges).

Both pupils have rackets.

Pair 1 start the rally with a tap serve and then hit the ball back over the net with the racket. They are aiming to get up to a rally of 5 shots. The ball may bounce and / or they may volley the ball.

Pair 2 observe and call IN or OUT and count the number of shots in the rally.

Pair 1 have 2 serves (one each), play their rally, shake hands then switch with Pair 2.

Pupils set their own target and try to beat their personal best scores.

Teaching Points:

- Serve from behind the baseline
- Adapt to the ball
- Contact the ball in front of the shoes
- Co-operate to achieve a rally (control the ball with gentle hits).

Skill UP

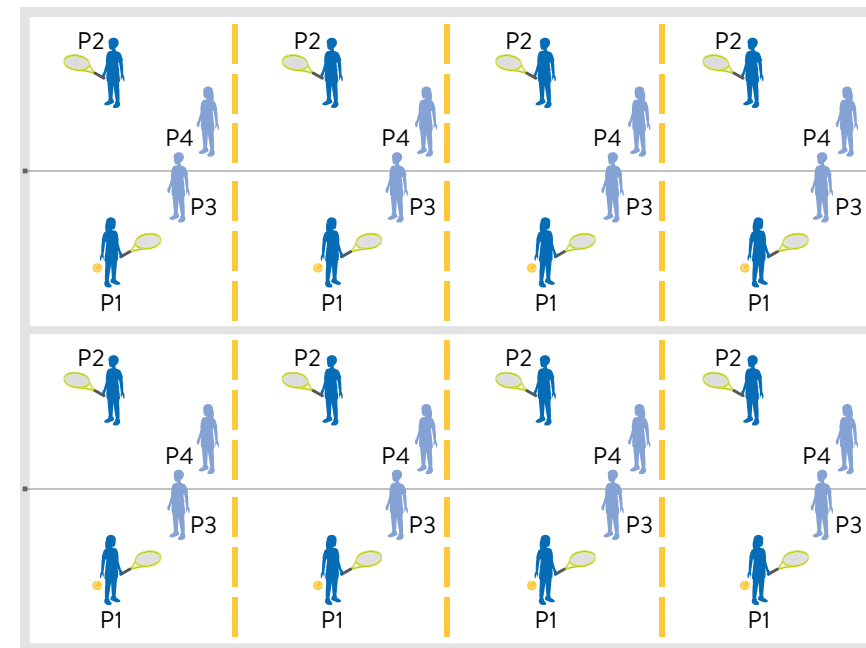
Pupils set their own target and try to beat their personal best scores.

Increasing the target each time they achieve their rally target.





Mini court game with tap serve and rallies

18

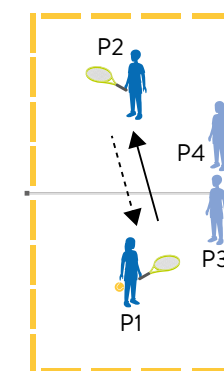
Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Net

Activity set up:



SKILL APPLICATION

Mini Matches

Pupils play mini matches using rackets. Mini courts set out – net / barrier tape net, throw down lines for side lines and a back line. 2 pairs per court, Pair 1 play whilst Pair 2 are umpires and line judges.

Pupils now play for points. Points start with a tap serve from the back of the court and pupils try to win the point by hitting into space, to move their opponent.

When a point is over (double bounce, under the net or out) the pair agree who won the point.

To help pupils score, place 6 cones on the side line next to the net, 3 cones on either side numbered 1, 2 and 3. Start with a ball under the first cone on each side (i.e. the cones nearest to the net on both sides) to indicate zero score.

The pupil who wins the first point moves the ball from under their first cone and places it on the top of the cone to indicate 1 point. The pair play until one pupil scores 3 points.

Each time a point is won, the pupil moves their ball along the cones (from 1 to 2 to 3) giving a visual representation of the score.

When the game is over the pair meet in the middle and shake hands over the net.

Swap roles with Pair 2 so they are now playing and Pair 1 are umpires.

Replace the ball back under the first cones to indicate a zero score.

Teaching Points:

- Start the point at the back of the court
- Recover into the ready position after each shot
- Play the ball into a space to move your opponent
- A point is won if the opponent doesn't hit the ball over the net, they hit the ball out, or they let the ball bounce more than once.

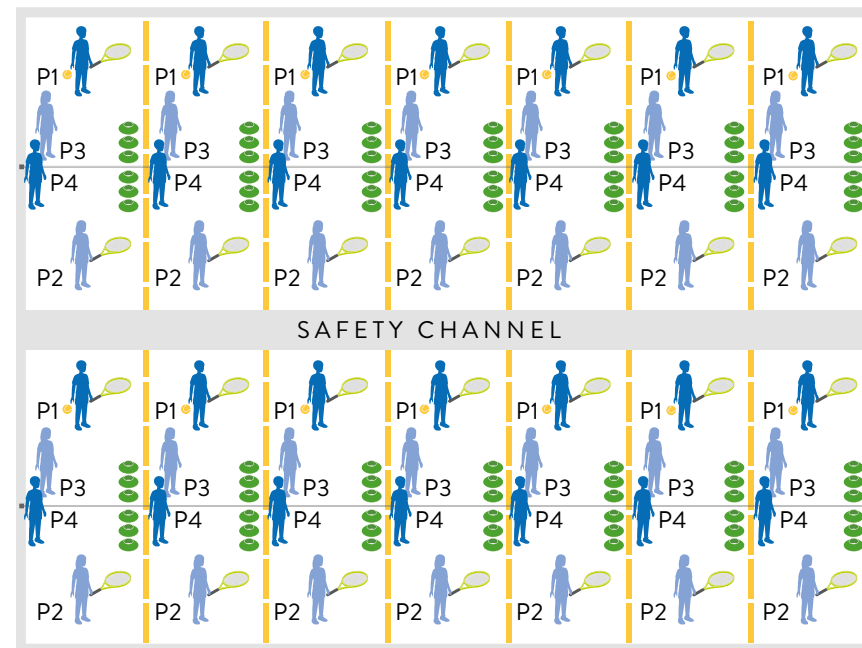
Skill UP

Play a series of games and changes pairings / opponents.

Mini court tennis with scoring

18

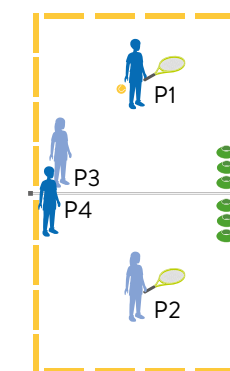
Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Cones
- Net

Activity set up:



The logo features the letters 'LTA' in a stylized font inside a white triangle, followed by the word 'SCHOOLS' in a sans-serif font. Below this, the word 'YOUTH' is written in a large, bold, sans-serif font. A thick white horizontal bar is positioned directly under the word 'YOUTH'.

LTA SCHOOLS
YOUTH

LTA
The National Tennis Centre
100 Priory Lane
Roehampton
London SW15 5JQ

T: 020 8487 7000
E: info@lta.org.uk

www.lta.org.uk