



OUT OF SCHOOL HOURS

PRIMARY SCHOOL
Tennis Activities



OUT OF SCHOOL HOURS

Introduction

Out of School Hours tennis sessions are a great way to engage pupils who have enjoyed tennis in the curriculum, and to provide further opportunity for skill development and competition.

They can also be a good way to prepare pupils for taking part in inter school competitions such as the School Games. Sessions can be delivered by school staff or by an LTA Accredited tennis coach, and could take place at school or at a local tennis venue. Linking with a local tennis coach or venue can help to bridge the gap between school and community participation.



This resource contains a range of activities that can be mixed and matched to develop your own session plans. Each activity also contains a Skill Up, which can be used to differentiate the activity or can be positioned as an activity in it's own right.

By using the STEP framework, activities can be adapted to suit the ability of the pupils, the group size and the facilities available. 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.

The descriptions and teaching points are written using external focus terms i.e. shoes rather than feet, red hand instead of right hand and blue hand instead of left hand. There is extensive research supporting the use of external focus in skill acquisition and retention (for more information please see our PE Lesson Plans Introduction and Guide).

The activities are presented under the following categories:

WARM UP, BODY & BALL, RACKET & BALL, and SKILL APPLICATION (Game).

There are six key character skills which are fundamental for tennis and can be developed through the activities, and could be the focus of an Out of School Hours tennis session: Cooperation, Passion, Perseverance, Personal Best, Resilience, and Respect.

To find a local LTA Accredited Coach visit:
www.lta.org.uk/play-compete/get-on-court/find-a-tennis-coach

To find your nearest tennis venue visit:
www.lta.org.uk/play-compete/get-on-court/find-a-tennis-court

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.

STEP

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.

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.

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WARM UP 1

The Outer Circle

Pupils work individually. Place a circle of spots in the middle, with a circle of cones approx. 2m from the spots to make a larger outer circle. Then place rackets, with the handles on the spots and the racket heads towards the cone.

Pupils have a ball each and start on a spot in the middle:

1. Holding a ball they run around the outer cone and back to the spot in the centre.
2. Throw the ball up and catch as they run around the outer cone and back to the spot in the centre.
3. Balance the ball on the racket and walk / run around the cone and back to the spot.
4. Dribble the ball around the cone and back to the spot.

Teaching Points:

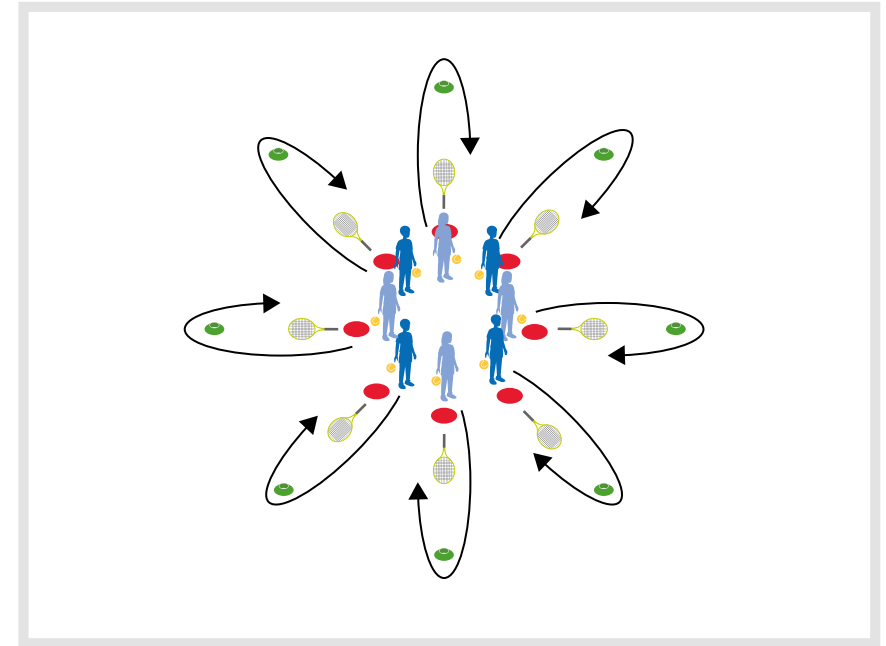
- Keep the head up
- When dribbling the ball keep the racket face behind the ball
- Eyes tracking the ball when catching / bouncing.

Skill UP





When throwing the ball up and catching, pupils use their red (right) hand only; then blue (left) hand only; then throw with the red (right) hand and catch with the blue (left) hand, throw with the blue (left) hand and catch with the red (right) hand.

Bounce the ball downwards as they walk / run around the cone and back to the spot.

Bounce the ball upwards on the racket strings as they walk / run around the cone and back to the spot.



Equipment:

-  Balls
-  Rackets
-  Throw down spots
-  Cones

WARM UP 2

All About the Spots

Pupils work in pairs. Pupil 1 and Pupil 2 stand opposite each other both standing on a throw down line. Pupil 2 has a ball. A red spot is placed in front and to the right of Pupil 1 and a blue spot is placed in front and to the left of Pupil 1.

Pupil 2 calls out the colour of a spot and Pupil 1 has to run and touch it with their hand, and then recover back to their line. Repeat 4 times and switch over.

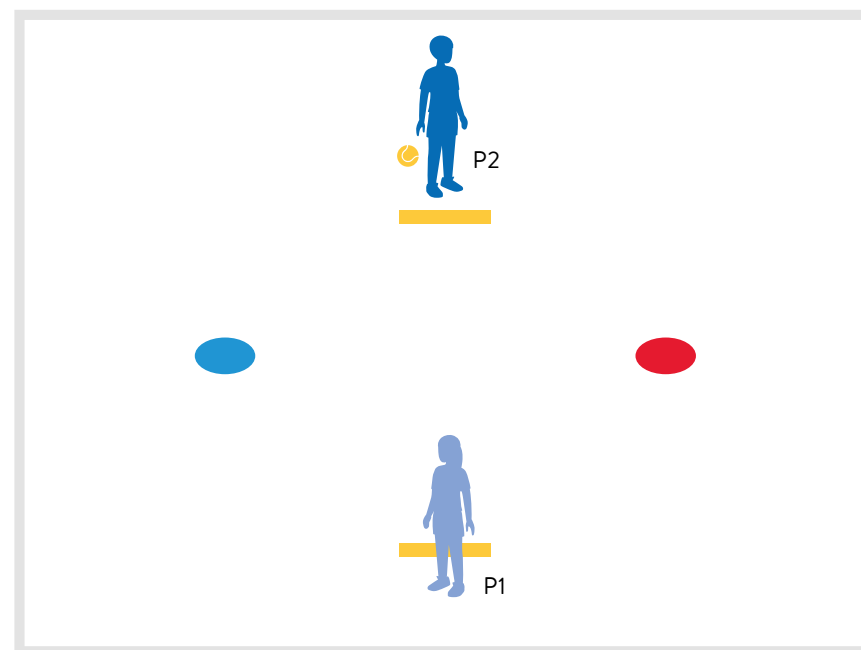
Pupil 2 now rolls a ball towards one of the spots. Pupil 1 now uses their hand to hit the ball back along the floor to Pupil 2.

Teaching Points:

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

Skill UP

Pupil 2 underarm throws the ball to land just in front of the spot. Pupil 1 catches the ball after it bounces once. Pupil 1 then throws the ball back underarm.



Equipment:



Balls



Throw down lines



Throw down spots

WARM UP 3

Switch

Pupils work in teams. Set out two lines of evenly spaced cones (approx. 2m apart). On one side, a ball is placed on top of each of the cones. Pupils are in teams and stand behind a throw down line which is placed at one end of the line of cones.

Pupil 1 has to switch the ball from the cone with the ball to the cone without the ball, and make their way up the line moving each ball. When they get to the top, they run back to their team, high five the next pupil, who moves their way up the line moving the balls to the empty cones.

Teaching Points:

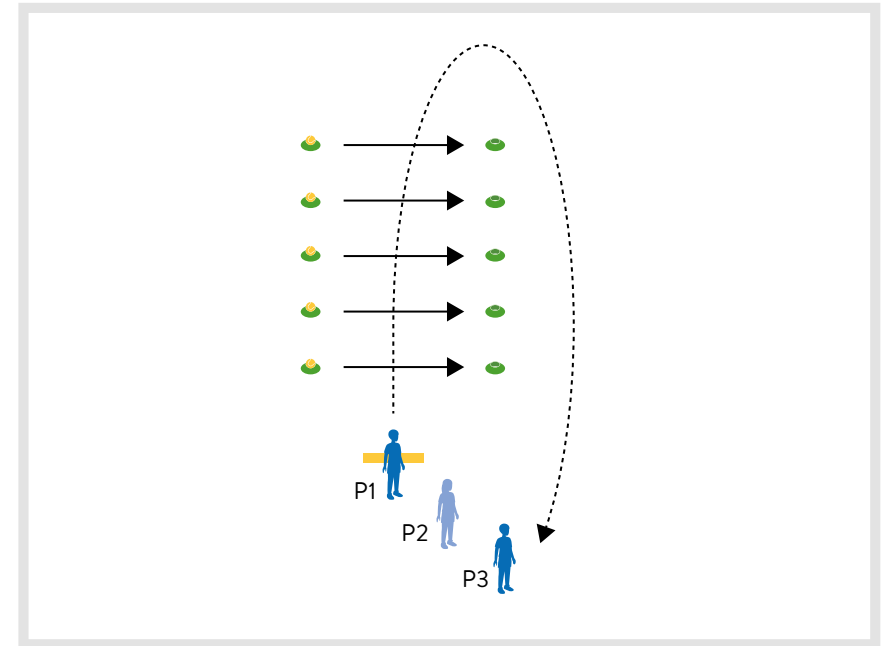
- Light on feet
- Bend the knees.

Skill UP




Increase the speed of exercise; Pupil 2 starts when Pupil 1 reaches half way up the line.

Pupils must side step between the cones.

Pupils have to collect the ball with the outside hand and cross the hand in front of the body to put the ball on the empty cone.



Equipment:

-  Balls
-  Throw down lines
-  Cones

WARM UP 4

Throw & Go

Pupils work in teams. Two throw down lines are placed 3m apart. Pupil 1, 3 and 5 stand behind one throw down line; Pupil 2, 4 and 6 stand behind the other line facing the other team.

1. Pupil 1 jogs across the gap, high fives Pupil 2 and moves to the back of the opposite queue. Pupil 2 then jogs across the gap, high fives Pupil 3, and moves to the back of the opposite queue and so on until back to starting positions.
2. Pupil 1 now has a ball. They roll the ball to Pupil 2, and jog after the ball to move to the back of the queue as previously. Repeat until back at starting positions.
3. Pupil 1 now underarm throws the ball, aiming that the ball bounces in front of Pupil 2 who catches it after one bounce. Pupil 1 follows the ball and joins the back of the queue as previously.

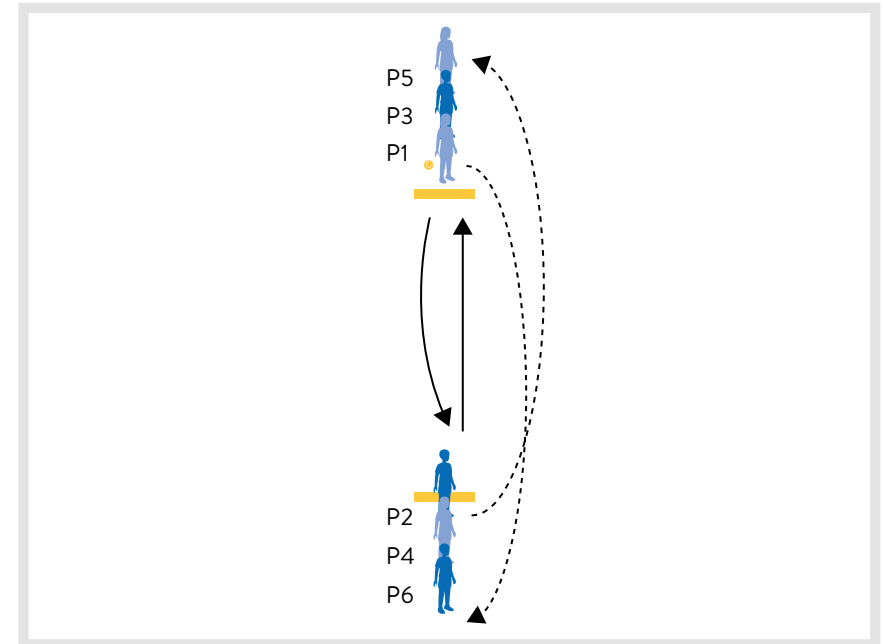
Teaching Points:

- Start in the ready position
- Adapt to the ball
- Eyes tracking the ball
- Throw underarm – opposite shoe forward to throwing hand.

Skill UP

Vary the type of ball.

Vary the throw e.g. underarm / 2 handed from the right side (throw from the hip upwards) / 2 handed from left hip / 2 handed over head throw / catch before the ball bounces / catch after 2 bounces.



Equipment:

 Balls

 Throw down lines

WARM UP 5

Horse Rider

Pupils work individually and in pairs. Hoops are placed around the area.
Pupils have a ball each.

Pupils move around the space and when they come to a hoop they:

1. Double hand bounce the ball into the centre of the hoop and catch it.
2. Throw the ball up at head height, let it bounce, then catch it, with the aim for the ball to land in the centre of the hoop.
3. On the call of “go” from the teacher, pupils find a partner and stand on opposite sides of a hoop. They roll their balls on opposite sides of the hoop, for the other to receive it. (see No. 2 on diagram).

Teaching Points:

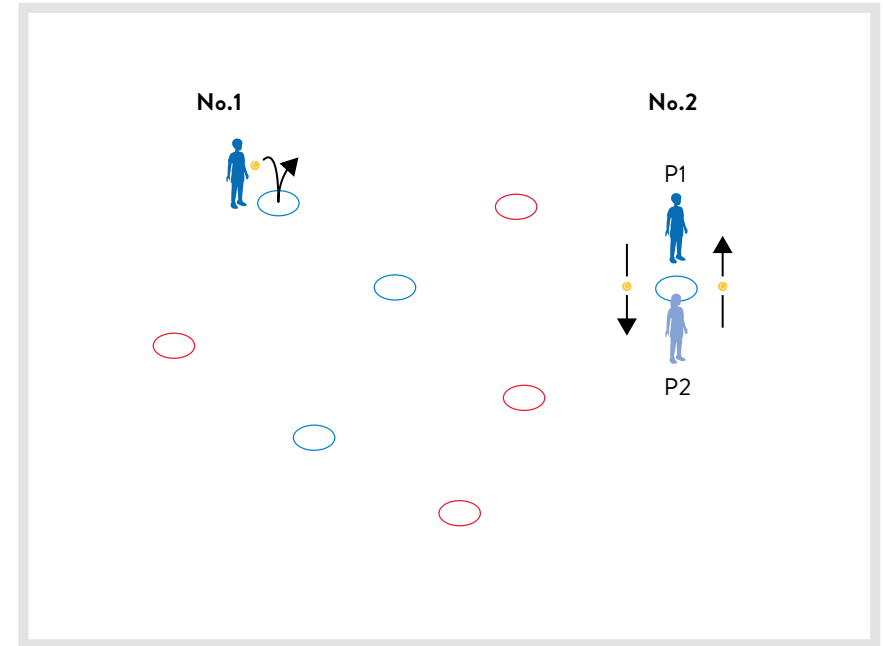
- Start in the ready position
- Adapt to the ball
- Two handed bounce – hands on top of the ball, push the ball in a downwards direction
- Accuracy of throws and rolls.

Skill UP

Pupils to do a series of movements before the throw
e.g. two footed jump and then two handed bounce down.

Change the type of ball.

Use only the right or left hand to throw the ball up.



Equipment:

 Balls

 Hoops

WARM UP 6

Day at the Races

Pupils work in teams. Two throw down lines are placed 5m apart from each other. Pupils stand in teams behind one of the lines with a racket each.

Pupils do the following relay races:

1. Run - touch the line with the racket and then back to high five the next pupil for their turn.
2. Balance the ball on the racket strings – run round the throw down line and back to high five the next pupil.
3. Bounce the ball up on the strings - run around the throw down line and back to high five the next pupil
4. Burger relay – Pupil 1 runs with the ball balanced on the strings, they run around the throw down line and back to their team. Pupil 2 then places their racket on top of Pupil 1's ball, and their ball on top of their strings. Now both pupils run around the throw down line keeping the rackets together and the balls balanced. Repeat until all of the team have added their racket and ball to the burger!

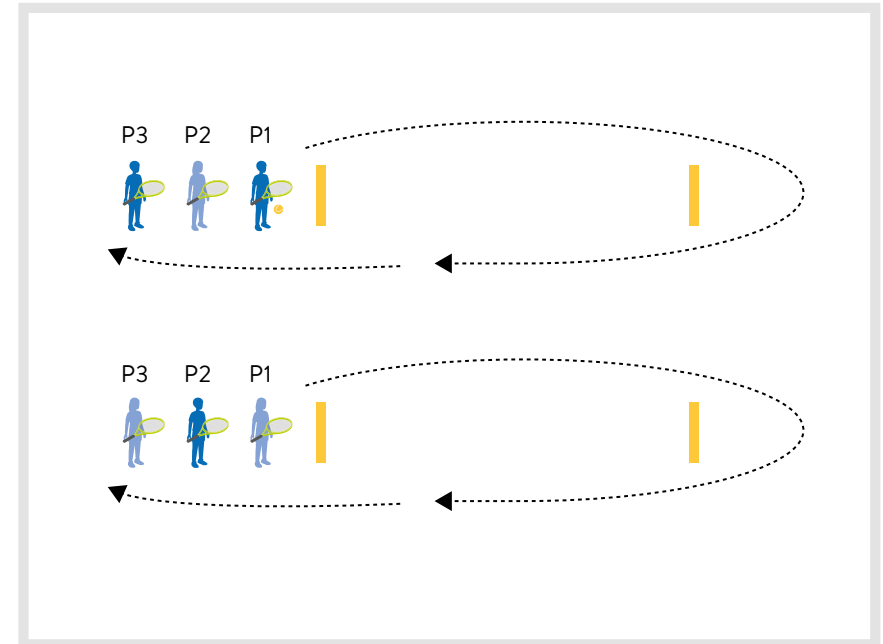
Teaching Points:

- Work cooperatively as a team
- Focus on control rather than speed.




Skill UP

Vary the ball used.

Increase the distance to run between the throw down lines.



Equipment:

-  Balls
-  Rackets
-  Throw down lines

BODY & BALL 1

Step Back Lines

Pupils work in pairs. Pupils stand opposite each other on a throw down line (approx. 1m apart), with another throw down line in the middle between them.

Pupils roll the ball between them aiming for it to go over the middle throw down line. If the ball goes over the line, the pupil who rolled the ball, takes a step back and moves their throw down line back. If the ball doesn't roll over the middle throw down line, they stay where they are.

Teaching Points:

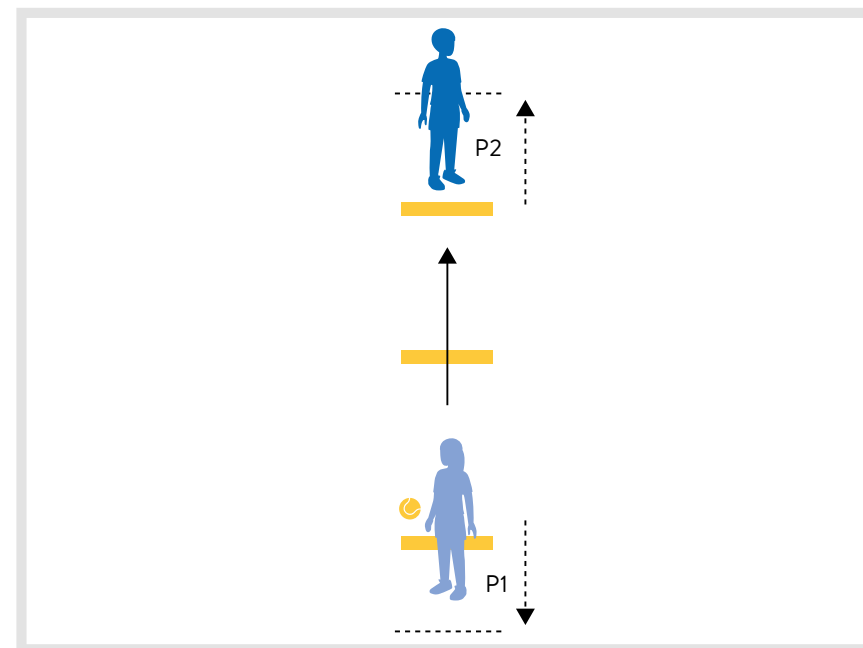
- Start in the ready position
- Adapt to the ball
- When rolling use the right or left hand (or both with a larger ball)
- Release with the hand and fingers pointing in the direction they want the ball to go
- Stop the ball in front of the shoes.

Skill UP

Vary the size of the ball and starting position.

Have a competition to see which pair can get back to a set distance the quickest.

Have a competition to see many times a pair can get the ball to roll over the line in a set time.



Equipment:

 Balls

 Throw down lines

BODY & BALL 2

Roll & Recover

Pupils work in pairs. Two cones are placed in the centre (approx. 2 m apart) with a throw down line placed in between the cones. From the central line, Pupil 1 & Pupil 2 take three big steps back away from the line and each other, and place a throw down line as their starting position. Pupil 1 has a ball.

Pupil 1 rolls the ball on the floor aiming to roll it through the space between the cone and the middle line. Pupil 2 moves so their shoes are facing the ball direction, letting the ball roll through their legs. Once the ball has passed through, Pupil 2 quickly changes direction and aims to run behind the ball and stop the ball in front of their shoes.

Pupil 2 then returns to their starting position and rolls the ball for Pupil 1 to do the same.

Teaching Points:

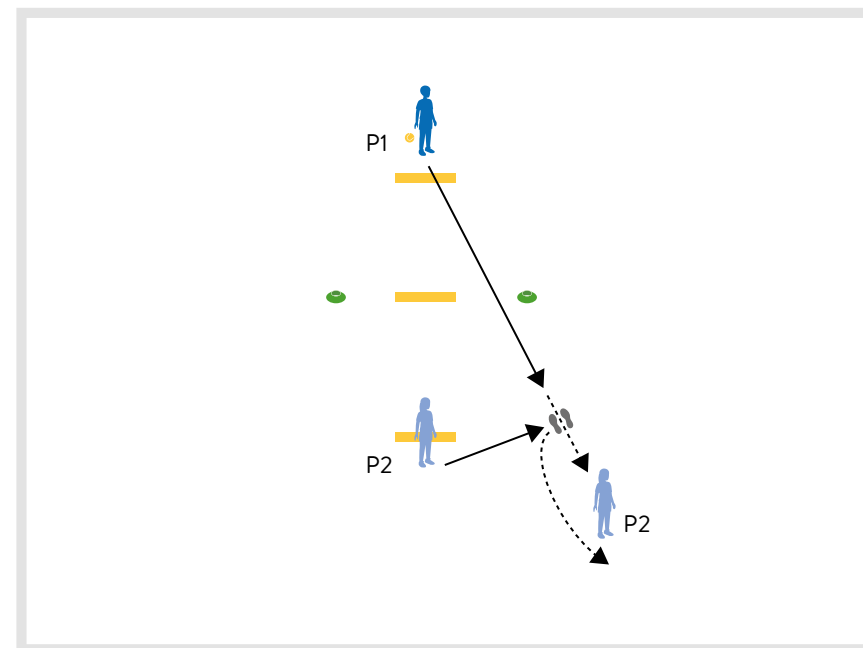
- Start in the ready position
- Adapt to the ball
- When rolling the ball, point the palm of the hand towards the direction of travel
- Quick reactions to let the ball roll through legs and to get behind the ball
- Senders should roll the ball at an achievable speed
- Stop the ball in front of the shoes.

Skill UP




Use a variety of ball sizes.

Make the distance between the middle throw down line and cones larger/smaller.

Pupils can tap the ball back with their hand along the floor (instead of stopping the ball and taking it back to the starting position).



Equipment:

-  Balls
-  Throw down lines
-  Cones

BODY & BALL 3

Hoops & Loops

Pupils work in pairs. Pupil 1 and Pupil 2 start opposite each other, both standing on a throw down line (approx. 3m apart). Pupil 1 holds a hoop and Pupil 2 has a ball. In front of Pupil 1 is a red spot to the right and a blue spot to the left.

Pupil 2 rolls the ball towards either the red or blue spot. Pupil 1 has to move forward, with the aim to get the ball to roll through the hoop, they then have to move behind the path of the ball and tap it back with their hand.

Repeat 4 times with Pupil 2 varying the spot they roll to and then switch roles.

Teaching Points:

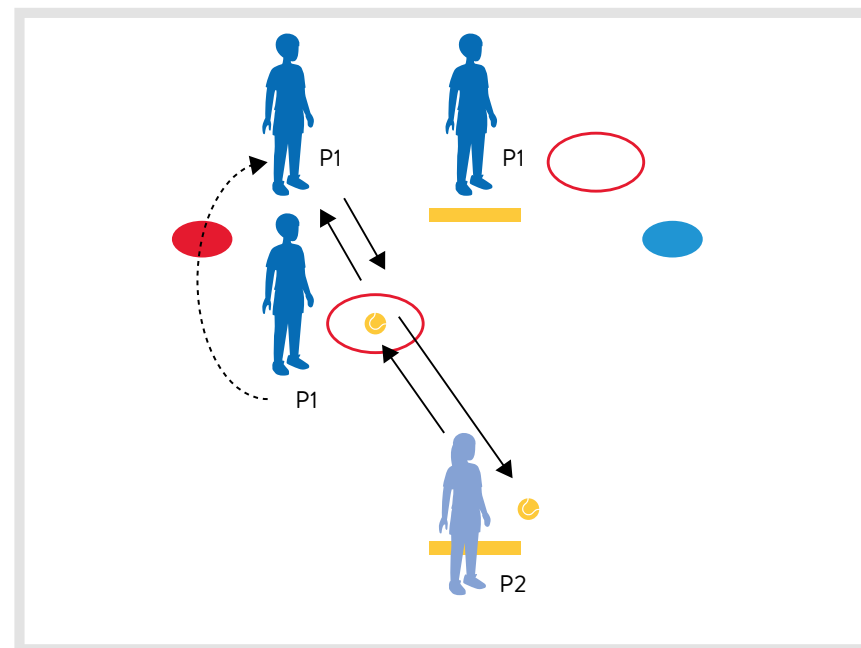
- Start in the ready position
- Adapt to the ball
- When rolling and hitting, use the right hand at the right spot, and left hand at the left spot
- Contact the ball in front of the shoes by moving behind the path of the ball
- Pushing action to hit.

Skill UP

Use a variety of ball sizes.

Pupil to have a hoop and a racket – hold hoop in one hand and the racket in the other.

Increase / decrease distance between the red and blue spot, so activity becomes harder / easier with more or less movement.



Equipment:

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

BODY & BALL 4

Ace Slam

Pupils work in threes. Pupil 1 and Pupil 2 stand on a throw down line opposite each other (approx. 4m apart). Pupil 3 has a hoop and stands in the middle between Pupil 1 and Pupil 2, holding the hoop parallel to the floor. Pupil 1 has a ball.

Pupil 1 throws the ball underarm aiming for it to pass through the hoop. Pupil 2 collects the ball after it has passed through the hoop and after one bounce. Pupil 2 then throws the ball through the hoop to Pupil 1 who collects it after one bounce. Count the number or successful times the ball has been thrown up and through the hoop and collected after one bounce.

After Pupil 1 & Pupil 2 have had three turns, pupils rotate positions.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- Pupil 3 holds the hoop still, or can be allowed to move the hoop to assist getting the ball through
- Catch the ball in front of the shoes.

Skill UP

Change the distance between Pupil 1 and Pupil 2.

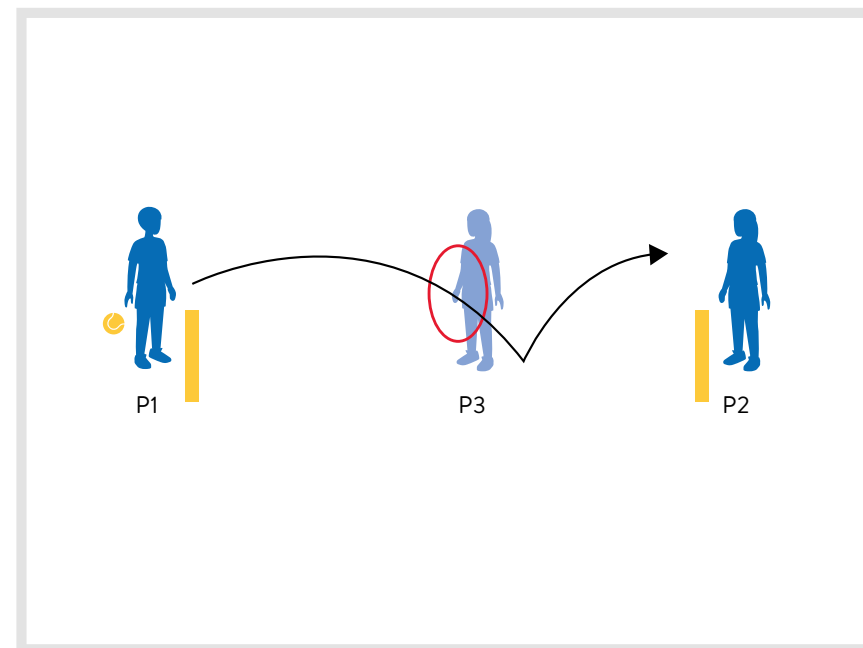
Use a variety of balls.

Have a competition of how many they can complete in a minute.




Have a competition of which team can do five successful throws and catches.

Throw with right / left hand.

Catch with 1 hand / 2 hands / right hand or left hand only.



Equipment:

-  Balls
-  Throw down lines
-  Hoops

BODY & BALL 5

Rock Drop

Pupils work in pairs. Mark out a court area (using throw down lines, cones or painted lines). Pupil 1 has a ball.

Pupil 1 underarm throws the ball above head height in to a space within their court area, aiming to make Pupil 2 move. Pupil 2 moves and catches the ball after it bounces once, they then throw the ball underarm above head height and into a space, to make Pupil 1 move.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- Throw into the space
- Watch the ball into the hand

Skill UP

Make into a competition. Pupils score points if their opponent doesn't catch the ball, throws it out or lets it bounce more than once. Play first to 7 (sudden death at 6-6).

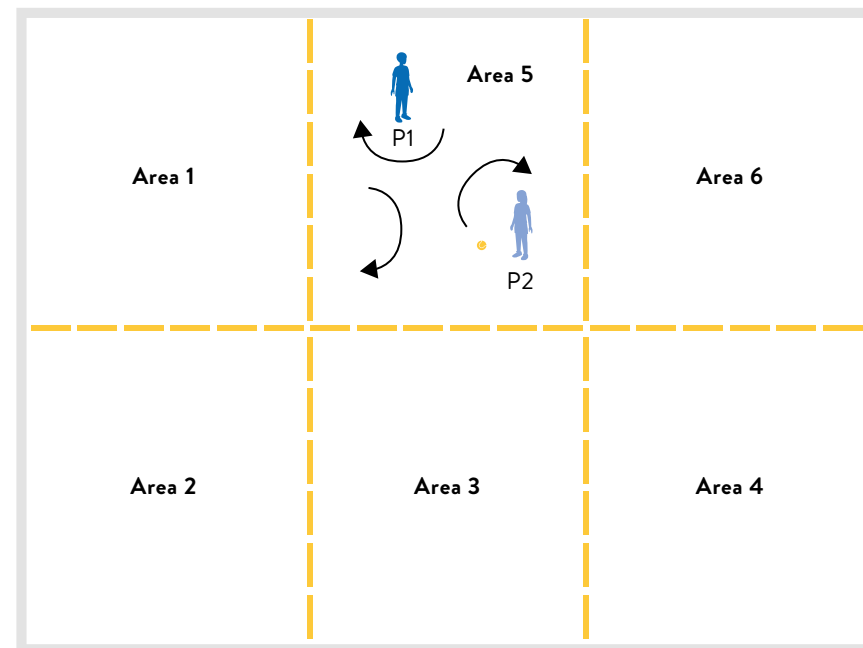
Vary the ball.

Vary the size of the space allocated to pupils.

Change the number of bounces allowed.

Pupils can play as partners against another pair; alternate who catches the ball i.e. Pupil 1 and Pupil 2 vs Pupil 3 and Pupil 4, whereby Pupil 1 throws, Pupil 3 catches, Pupil 3 throws and Pupil 2 must catch. Pupil 2 then throws and Pupil 4 must catch.

Play in partners but allow either of the pair to catch the ball.



Equipment:

 Balls

 Throw down lines

BODY & BALL 6

Hand Tennis

Pupils work in pairs. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle. A throw down line is placed along the centre and perpendicular to the back line, to create a centre line. Pupil 1 has a ball and the pupils play hand tennis against each other.

Pupil 1 stands behind the baseline, and starts the point with an overarm throw, cross court (diagonally). Pupil 2 moves and catches the ball after one bounce. From where they catch the ball, they throw the ball back underarm into a space for Pupil 1 to move to catch the ball. Continue the underarm throws until either Pupil 1 or Pupil 2 wins the point (i.e. their opponent doesn't throw the ball over the net, throws it out, doesn't catch the ball, or the ball bounces more than once).

Pupil 2 then starts the next point with an overarm throw from behind the baseline, aiming cross court. Pupil 1 catches the ball and throws back underarm from where they caught the ball, and the point continues.

Teaching Points:

- Stand side on when throwing
- Adapt to the ball
- Throw the ball into space.

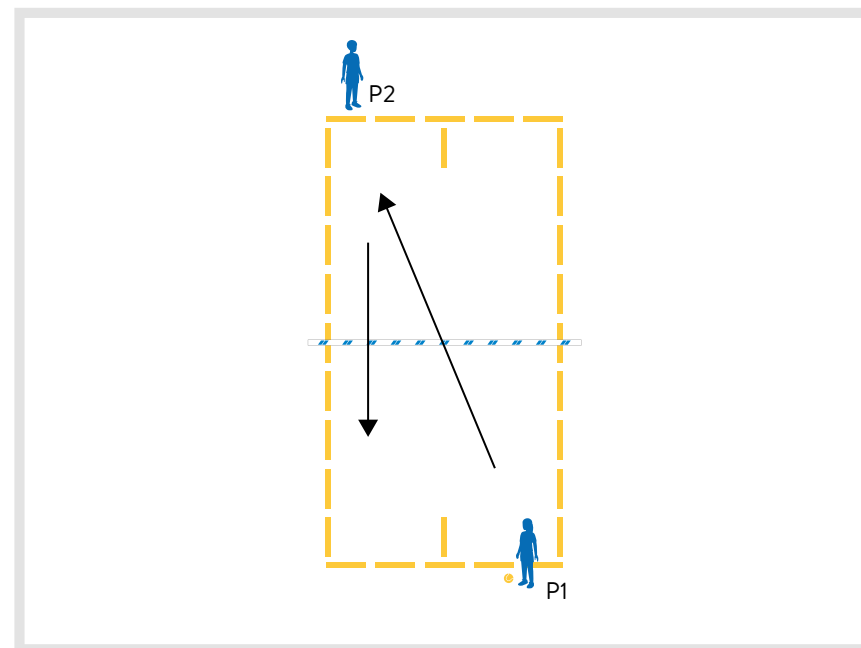
Skill UP

Change court size and net height.




Use a variety of ball sizes.

Play first to 7 points (sudden death at 6-6).

Play doubles (i.e. 2 vs 2).



Equipment:

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

RACKET & BALL 1

Tennis Wizards

Pupils work individually. A line of equipment is placed down – a hoop then three throw down lines, another hoop, two throw down lines, two cones making a gate and two cones making a goal (as per the diagram). Each pupil has a racket.

Pupils progress down the line of equipment. At the first hoop they dribble the ball around the hoop with their right hand, then at the throw down lines they dribble the ball along the lines with their right hand to the second hoop. Here they dribble the ball around the hoop with their left hand, then dribble along the throw down lines with their left hand. When they reach the first set of cones (the gate) they stop the ball. Pupils then chose which hand they want to use to push the ball with the racket, aiming at the goal. They collect the ball, go back to the start and repeat.

Teaching Points:

- When dribbling the ball have the racket in front of the shoes and to the side
- Use a pushing action to hit.

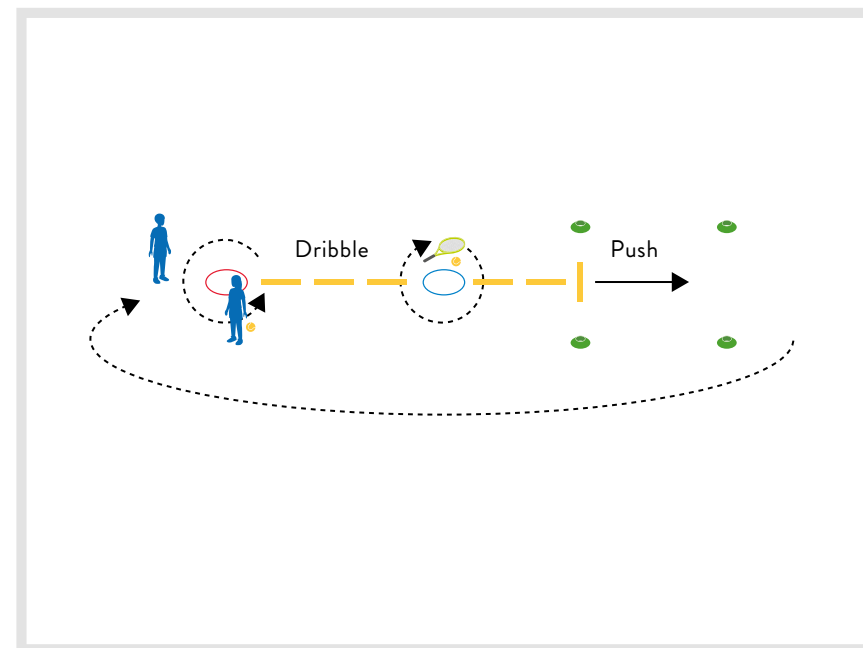
Skill UP

Use a variety of different size balls.




Place a defender in the goal to try and stop the ball.

Have a competition to see how many goals they can score in a set time.

Play as a team and have a competition to see which team can score the most goals.



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Hoops
-  Cones

RACKET & BALL 2

Colour Up

Pupils work in pairs. Pupil 1 stands with a racket on a throw down line with a red spot to their right and a blue spot to their left. On the other side of a net, Pupil 2 stands between a red spot on their right and a blue spot on their left, and with two cones just in front of them. Pupil 2 has a ball.

Pupil 2 stands sideways on the red spot and throws the ball underarm using their right hand, over the net towards the red spot on Pupil 1's side. Pupil 1 moves to hit the ball holding the racket in their right hand. Pupil 1 should aim the ball towards the cones, and scores 1 point if they hit a cone. Pupil 2 catches the ball once it passes the cones. Pupil 2 then throws the ball again but from the blue spot using their left hand, aiming for Pupil 1's blue spot. Pupil 1 moves to hit the ball holding the racket in their left hand.

Repeat 3 times to each side and then switch roles.

Teaching Points:

Sender:

- Stand side on when throwing and serving
- Opposite shoe forward to throwing hand.

Receiver:

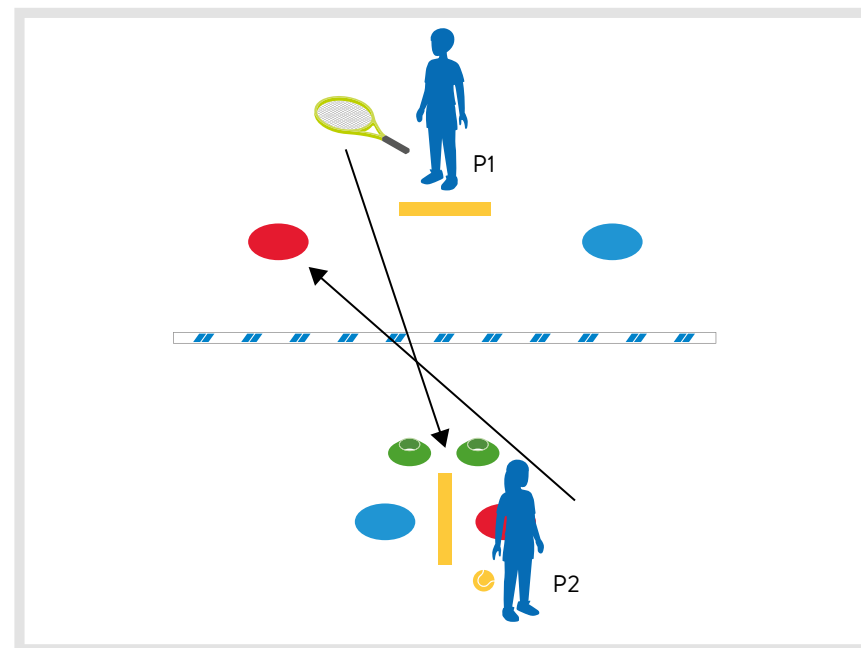
- Start in the ready position
- Adapt to the ball
- Push the palm of the hand towards the target.

Skill UP

Pupil 2 throws overarm, still using their right hand at the red spot and left hand at the blue spot.

Pupil 2 progresses to use a racket and hits an underarm serve, still using the corresponding hand to spot.

Pupil 2 then uses an overarm serve, still using the corresponding hand to spot.



Equipment:

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

RACKET & BALL 3

Elephant Play

Pupils work in pairs. Pupil 1 stands on a throw down line with a racket and a ball. Pupil 2 stands opposite (approx. 5m apart) on a throw down line, with 2 further lines placed to make a box shape. A red spot is positioned at the front of the box on the right side and a blue spot to the left side.

Pupil 1 rolls the ball along the floor to the red spot using the racket in their right hand. Pupil 2 stops the ball with the racket in their right hand and pushes it back to Pupil 1. Pupil 1 then rolls the ball to the blue spot using the racket in their left hand. Pupil 2 stops the ball with the racket in the left hand and pushes it back to Pupil 1.

Repeat 4 times to each side and then switch roles

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 the ball in front of the shoes
- Pushing action to hit.

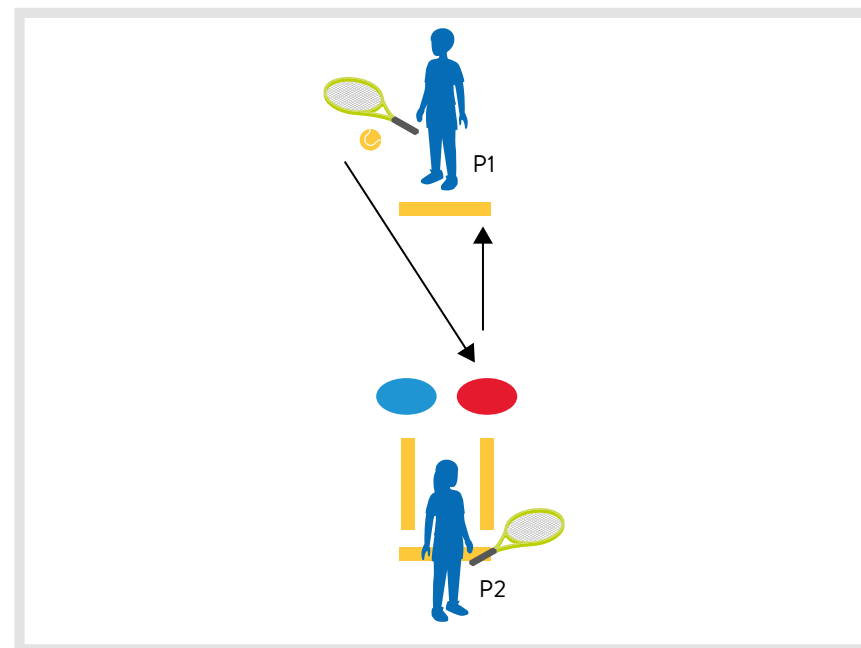
Skill UP

Pupil 1 chooses which spot to aim for.





Pupil 1 throws the ball underarm for Pupil 2 to hit back.

Pupil 1 hits an underarm serve for Pupil 2 to hit back.

Add a target for Pupil 2 to aim at.



Equipment:

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

RACKET & BALL 4

To & Fro

Pupils work in pairs. Pupil 1 has a racket and stands on a throw down line with a ball. Pupil 2, also with a racket, stands opposite on a throw down line, with a red spot to their right and a blue spot to their left. A throw down line is placed on the floor in the middle between the pupils.

Pupil 1 chooses which spot to roll the ball to, using their right hand if rolling to the red spot and left hand if to the blue spot. Pupil 2 moves to the ball then pushes it back along the floor to Pupil 1. Pupil 1 then pushes the ball to the other spot. Pupil 2 moves across and pushes the ball back. Continue the rally until it breaks down.

Repeat 3 times and then switch roles.

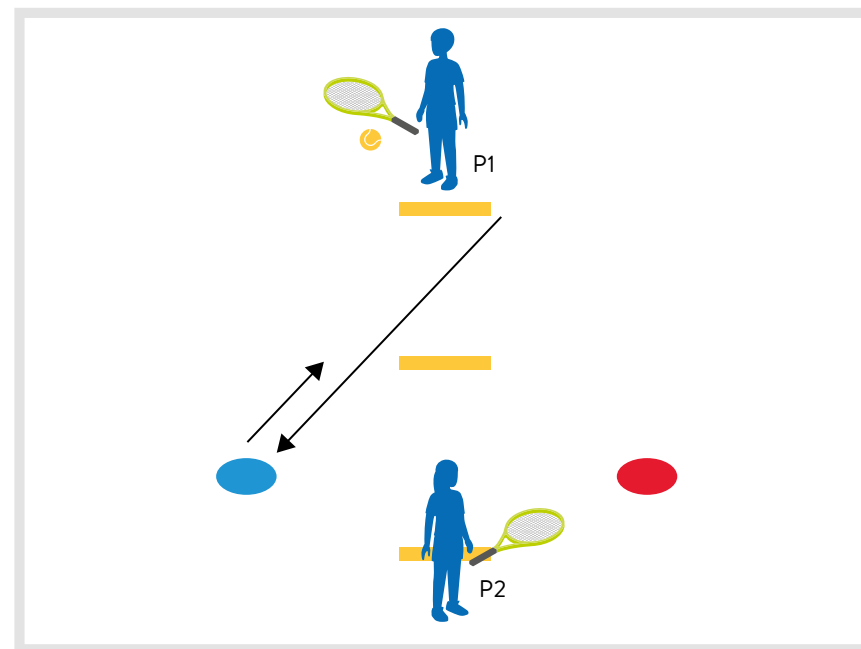
To make the exercise easier pupils can throw and catch instead of using rackets. Alternatively pupils can kick the ball, ensuring they use both the right and left shoe.

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

Pupil 1 hits the ball underarm; Pupil 2 lets the ball bounce then hits back, and they continue the rally as above.



Equipment:

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

RACKET & BALL 5

Touch Tennis

Pupils work in pairs. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle. Pupil 1 stands on the throw down line placed at the back of the court. Pupil 2 stands opposite them on the other side of the net. Both pupils have rackets.

Pupil 1 sends the ball over, using either an underarm serve or an overarm tap serve. Pupil 2 moves to the ball, and taps underneath the ball, lets it bounce and then hits the ball back to Pupil 1. Pupil 1 stops the ball, moves back to the throw down line and serves the ball again.

Repeat 5 times and then switch roles.

Teaching Points:

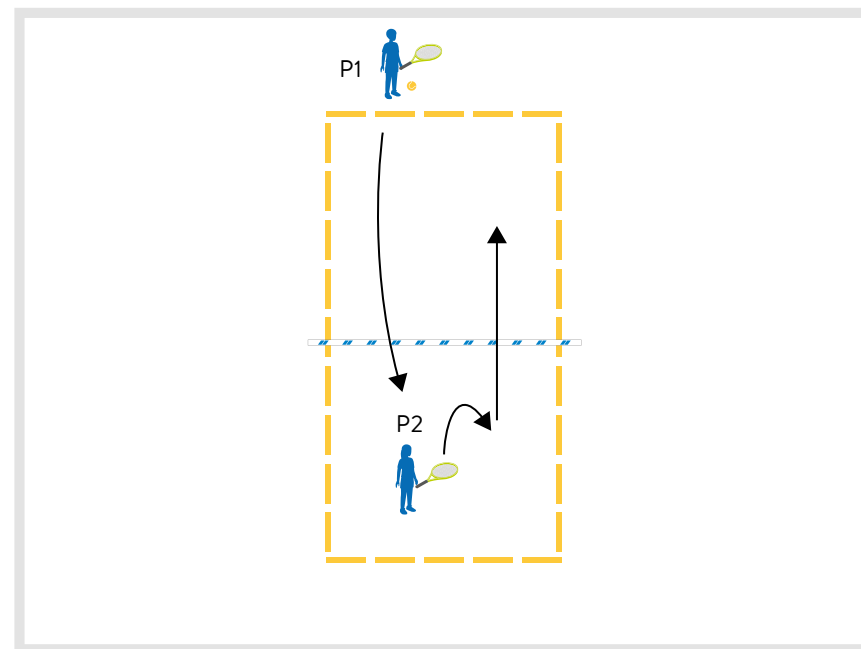
- Start in the ready position
- Adapt to the ball
- Control of hands when self tapping the ball – be gentle
- Move shoes quickly if pupils self tap with one hand and hit with the other in order to move their body out of the way.

Skill UP





When Pupil 2 self taps the ball and lets it bounce, they can do the following:

- Self tap with right hand and hit back over with right hand
- Self tap with right hand and hit back over with left hand
- Self tap with left hand and hit back over with left hand
- Self tap with left hand and hit back over with right hand
- Self tap and hit the ball before it bounces.

Pupils continue the rally.



Equipment:

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

RACKET & BALL 6

Patterns

Pupils work in fours. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle, and throw down lines to split each side of the net in half. Pupil 1 & 3 stand side by side on one side of the net, one in each half. Pupils 2 & 4 stand side by side on the other side of the net, one in each half. All pupils have rackets and keep it in their preferred hand.

Pupil 1 taps the ball cross court to Pupil 2, who taps the ball down the line to Pupil 3. Pupil 3 then taps the ball cross court to Pupil 4, who then taps the ball down the line back to Pupil 1.

Repeat the pattern until the rally breaks down.

After 5 times, pupils switch positions

Teaching Points:

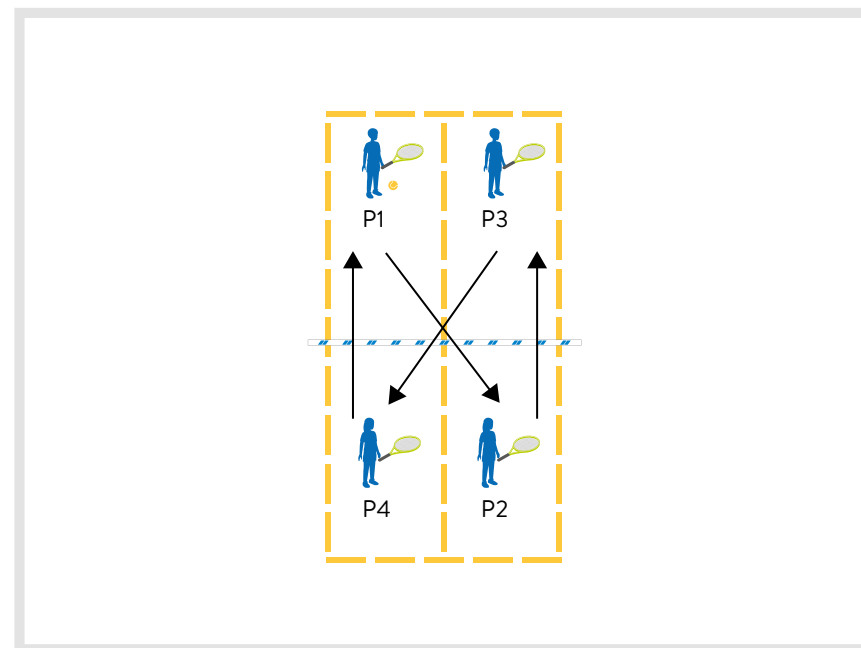
- Start in the ready position
- Adapt to the ball
- Contact the ball in front of the shoes
- Forehand – palm of preferred hand pushes towards target
- Backhand – back of preferred hand pushing towards target.

Skill UP





Pupils start further away from the net.

Pupils change the direction they are tapping.

How many complete patterns can pupils do within a set time?



Equipment:

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

GAME 1

Squirrels and Magpies

Pupils work in pairs. Pupil 1 has a red spot placed to the right and a blue spot placed to the left. In front of each spot is a cone with a ball placed on top. Pupil 2 stands facing Pupil 1 with 2 cones placed to the right (red) to form a gate and 2 cones to the left (blue) to form another gate on the left. Behind Pupil 2 are a line of cones on each side (these are best placed against a wall or fence). Both pupils have a racket.

Pupil 1 stands on the right spot and using a racket or Hit Mitt, they hit the ball off the cone using their right hand, aiming for the diagonal gate. Pupil 2 stops the ball using their right hand. They then turn 180 degrees and push or hit the ball towards the cones.

Pupil 1 then places another ball on the cone and pupils repeat the sequence.

Repeat 5 times from the right, and then do the same from the left (blue) side. Pupils then switch places.

Teaching Points:

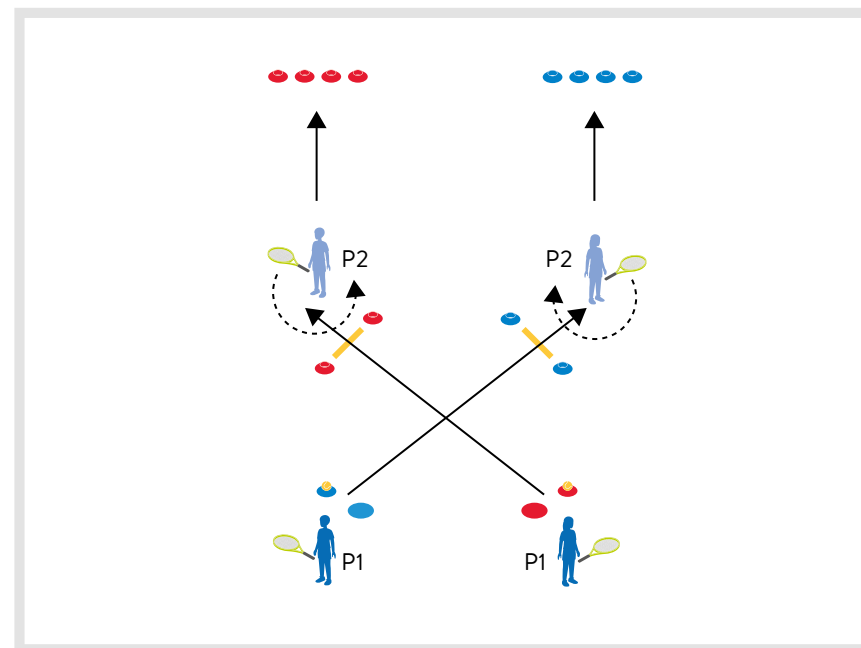
- Adapt to the ball
- Use the corresponding hand to spot / side
- Contact the ball in front of the shoes
- Pushing action to hit.

Skill UP






Set pupils a series of challenges:

How many cones can Pupil 2 hit in a set time?

How many goals (i.e. the ball passes through the gate) can Pupil 1 hit in a set time?



Equipment:

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

GAME 2

Isle of Tennis

Pupils work individually. The teacher stands on one side of a net with a bucket of balls. Behind the teacher are 3 hoops laid on the floor towards the back of the court. On the other side of the net a throw down line is placed in the middle of the baseline with a hoop placed to the right side and another hoop placed to the left side. A safety line is placed for pupils to wait behind when they are not hitting.

The teacher throws the ball underarm to the right side. Pupil 1 moves forward, catches the ball after 1 bounce and then moves back to the hoop on the right. They step inside the hoop and throw the ball overarm, aiming to get the ball to land in one of the hoops on the other side of the net. After throwing, Pupil 1 returns to the safety line.

As soon as Pupil 1 has caught the ball, the teacher then throws a ball to the left side for Pupil 2 to move and catch after 1 bounce. Pupil 2 then moves back to the hoop on the left side and throws overarm aiming for a hoop on the other side of the net.

Pupils score 1 point if the ball lands in a target hoop.

Teaching Points:

- Start in the ready position
- Adapt to the ball
- Catch the ball in front of the shoes
- Stand side on to throw overarm.

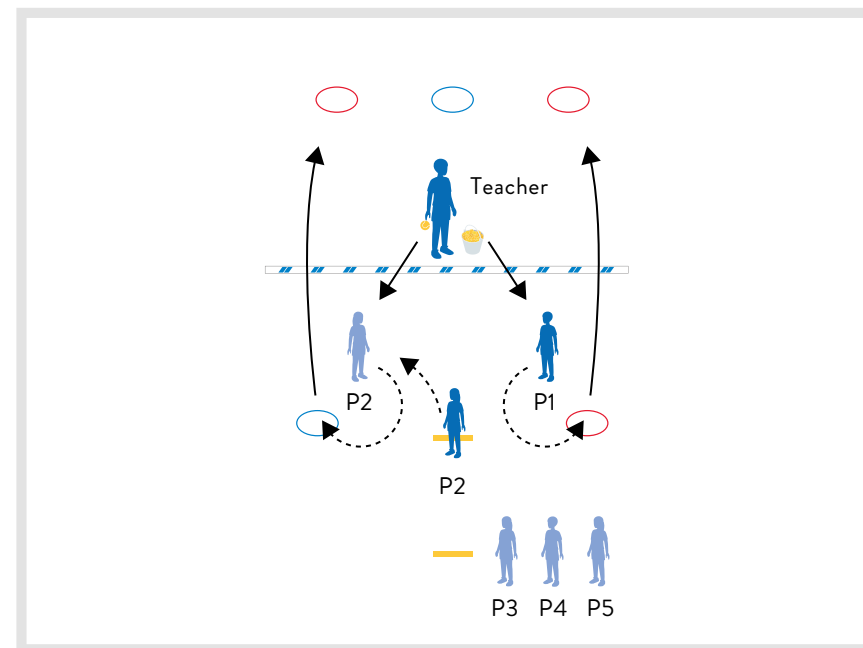
Skill UP

Move the hoops into different throwing positions.





Move the target hoops.

The teacher dictates the difficulty of the catch i.e. they throw the ball faster or further away from the pupil.

A pupil takes on the role of the teacher.



Equipment:

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

GAME 3

Rally 1,2,3

Pupils work in pairs. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle. Both pupils have a racket.

Pupil 1 stands behind the baseline and tap serves the ball overarm to Pupil 2 who hits it back to Pupil 1, Pupil 1 hits the ball back to Pupil 2 (rally of 3). After 3 shots pupils can start trying to win the point by hitting the ball into space (moving their opponent).

This game starts cooperatively trying to get a rally of 3 and then switches to playing against each other.

Repeat with Pupil 2 starting the point with a tap overarm serve.

If the rally breaks down before 3 shots have been hit, pupils start the point again with the same pupil serving.

Teaching Points:

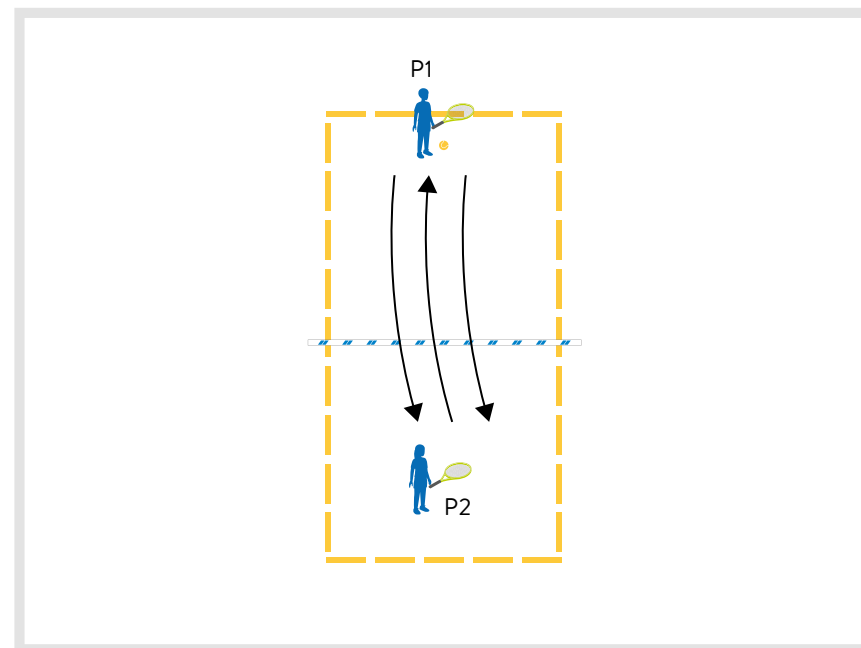
- Start in the ready position
- Adapt to the ball
- Stand side on to serve
- Serve cross court (if space allows)
- Hit into space to move the opponent.

Skill UP





Increase the court size.

Increase the number of cooperative shots that need to be hit before pupils can try to win the point.

Pupils can choose to use a racket or use their racket hands to throw and catch.



Equipment:

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

GAME 4

Jail

Pupils work individually. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle. The teacher stands, with a bucket of balls, on one side of the net. All pupils have a racket and stand behind a safety line on the other side of the net. Two pupils act as catchers and start on the same side of the net as the teacher. The game continues until there is only 1 hitter left and they hit the ball over and in without being caught.

Pupil 1 starts on the baseline in the ready position. The teacher underarm throws (or hits with a racket depending on ability level of pupils) the ball over the net and Pupil 1 moves to hit the ball over the net into the court space. If Pupil 1 hits the ball in the net or out then they become a catcher on the side of the net with the teacher. If the ball goes over and in the catchers try and catch the ball. They can catch with 2 hands or 1 hand before it bounces, or with 1 hand after 1 bounce. If the ball is caught, Pupil 1 swaps places with the catcher (Pupil 1 becomes a catcher and the catcher becomes a hitter).

The game continues until there is only 1 hitter left and they hit the ball over and in without being caught.

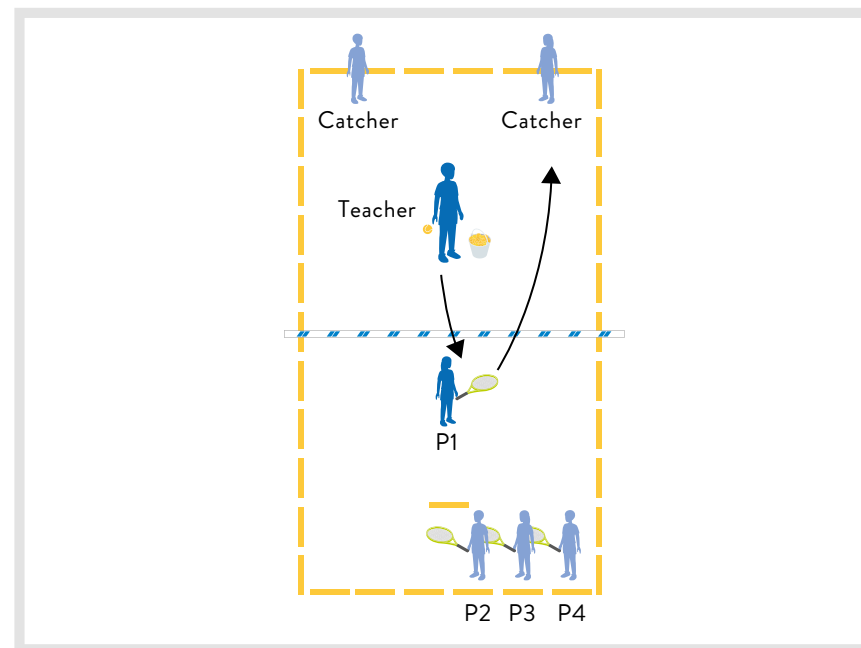
Teaching Points:

- Start in the ready position
- Adapt to the ball
- Contact the ball in front and to the side of the shoes
- Hit the ball into space
- Catchers to watch the flight of the ball and get behind the path of the ball to catch it.





Skill UP

Increase the difficulty of the feed (throw or hit the ball further away from the pupil).

Start with more or less catchers.



Equipment:

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

GAME 5

Champions of the Court

Pupils work in pairs / groups. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle. All pupils have rackets. Pupil 1 starts as the Champion of the court, on one side of the net. Pupil 2 is the challenger on the other side of the net. All other pupils stand behind a safety line.

Pupil 2 feeds the ball over the net to Pupil 1 and they play until the point is won. If Pupil 1 wins the point they stay as Champion and play the next point against Pupil 3. If Pupil 2 wins the point they swap places with Pupil 1 and become the Champion. Pupil 2 then plays Pupil 3.

Continue as above, for the time available. The overall Champion can either be the pupil who is currently the Champion at the end of the activity or the pupil who was Champion the most times.

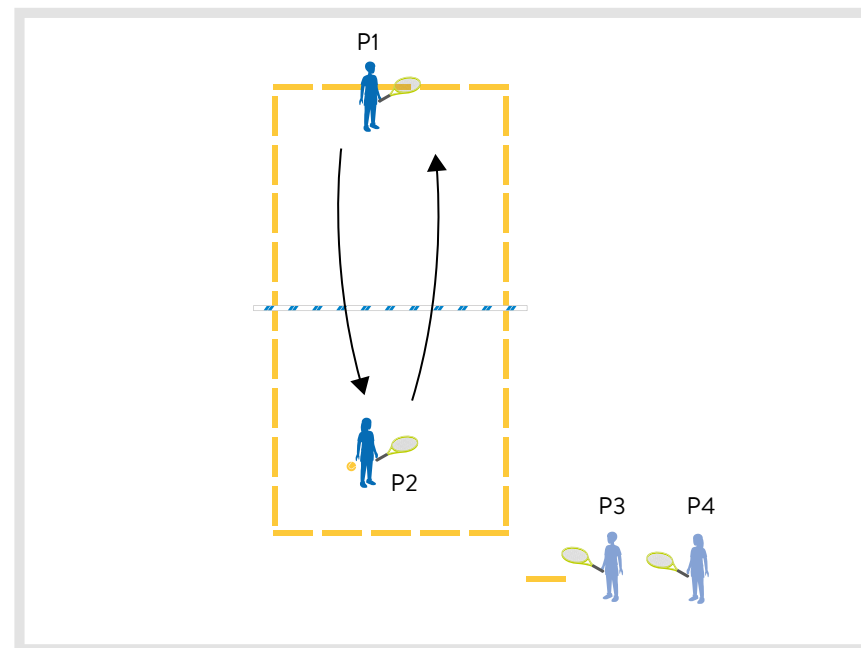
Teaching Points:

- Start in the ready position
- Adapt to the ball
- Recovery back into the ready position after each shot
- Hit into space.





Skill UP

Challengers need to win 2 points to replace the Champion.

Play Champions in Doubles (pair vs. pair).



Equipment:

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

GAME 6

Red Matches

Pupils work in pairs. Mark out a court area (using throw down lines, cones or painted lines) with a net in the middle and 4 service boxes. All pupils have rackets.

Pupil 1 stands behind the baseline on the right side of the court. Pupil 1 starts the point with a tap serve, aiming for the diagonally opposite service box. Pupil 2 lets the ball bounce once then hits the ball back, and the pupils continue hitting until the point is won.

Pupil 1 then starts the next point with a tap serve from behind the baseline on the left side, aiming for the diagonally opposite service box.

Pupil 2 then serves for 2 points, first from the right side, then from the left side.

The match continues, with pupils keeping score, for the time available.

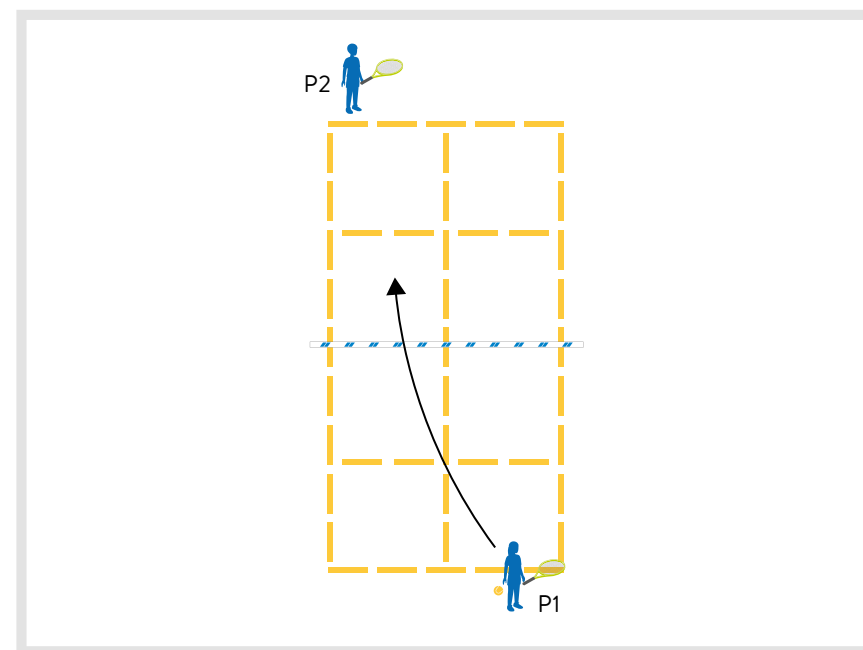
Teaching Points:

- Hit into space
- Pupils win the point if their opponent hits the ball out of court, into the net or misses the ball, or the ball bounces more than once.





Skill UP

Pupils play tie-breaks (first to 7 points).

Pupils play a league or ladder, whereby they rotate to play other pupils.



Equipment:

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



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