

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.

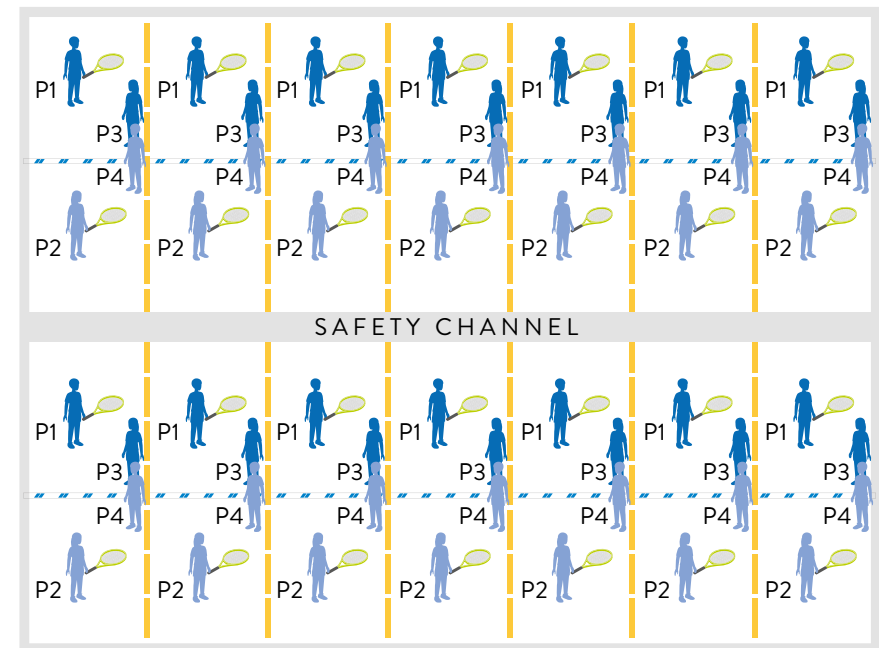
Each time aiming to increase the number of shots in the rally.

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





Forehand and backhand rally with challenges

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Example of whole class activity set up:



Equipment:

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

Activity set up:

