

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.





Playing a rally game, using
forehand and backhand actions

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Example of whole class activity set up:



Equipment:

-  Balls
-  Rackets
-  Throw down lines
-  Cones

Activity set up:

