

P.E. CURRICULUM

SECONDARY SCHOOLS
Lesson Plans: Activity Cards

LESSON

1

WARM UP

Hot potato

How to Play:

1:

- Students work individually with 1 ball and 1 throw down line each
- Students place their throw down line on the floor and show the ready position
- Extend the dominant hand forward and gently underarm throw the ball upwards to eye level
- Let the ball bounce once and catch the ball with 2 hands in a cupped position
- Repeat, starting with the ready position each time
- Repeat using the non-dominant hand

2:

- Students now work in 2s with 1 line each and 1 ball between them
- Students stand approx. 1m apart with their shoes either side of their line
- Student 1 underarm throws the ball upwards to eye level
- Student 2 catches the ball with 2 hands after 1 bounce
- Student 2 recovers to their line
- Student 2 releases the ball for Student 1 to catch
- Repeat 5 throws each

3:

- Students now work in 2s in a service box sized space with 1 ball
- Student 1 underarm releases the ball into a space
- Student 2 moves to catch the ball
- Student 2 then releases the ball from where they caught it, into a space for Student 1 to catch
- Students try to move each other around the space keeping the sequence going
- The ball should always bounce higher than knee height



Progression:

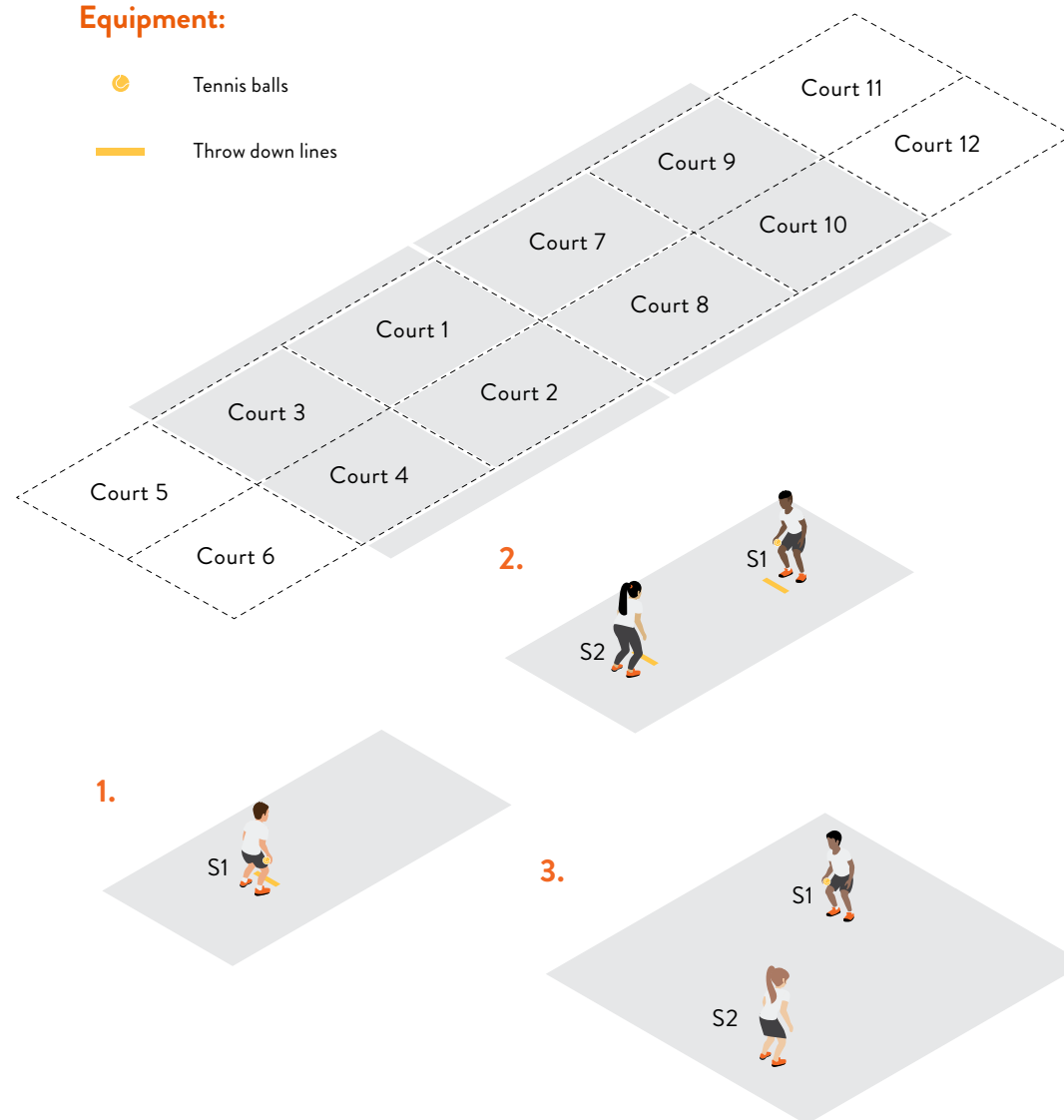
- Students work in 2s in a service box sized space with 1 ball
- Students score a point if their opponent cannot catch the ball before the ball bounces twice or the ball goes out of the area
- Each rally starts with the students facing each other taking it in turns to start
- Aim to score 5 points

Extended Progression:

- Students work in 4s as doubles pairs with 1 ball and a larger court area
- Pairs aim pass the ball 5 times without the other team intercepting the ball

Equipment:

-  Tennis balls
-  Throw down lines



TEACHING POINTS:

Ready position:

- Shoes wider than shoulders
- Weight forward and athletic position

- Track the incoming ball
- Balanced movement of body, knees slightly bent
- Emphasise forward and backward movement
- Recover to the ready position after each throw

BODY & BALL

Hit the spot

How to Play:

- Students work in 2s with a throw down line each, 1 throw down spot and 1 ball
- Students start approx. 3m apart facing each other behind their throw down line, with a spot placed halfway between them
- Student 1 uses their right hand to throw the ball downwards aiming to hit the spot
- Student 2 catches the ball after it bounces using their right hand
- Student 2 returns to their line and throws the ball with their right hand aiming for the spot
- Repeat 5 times each
- Repeat using the left hand to throw and catch
- Repeat alternating hands to throw and catch
- Students score a point each time they hit the spot, aiming to score 5 points

Progression:

- Students work in 2s
- Student 1 uses their right hand to throw the ball downwards aiming to hit the spot
- Student 2 lets the ball bounce and uses their right hand as a racket to tap the ball down aiming for the spot
- Repeat using the left hands to throw and hit
- Repeat with Student 2 throwing and Student 1 hitting
- Repeat with both students hitting the ball with their hand alternating the hand they use to hit
- Stop and restart the rally when the ball bounce is lower than waist height




TEACHING POINTS:

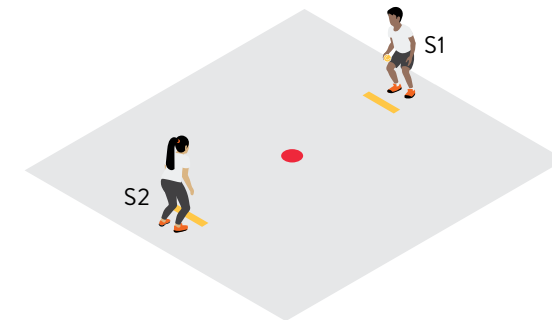
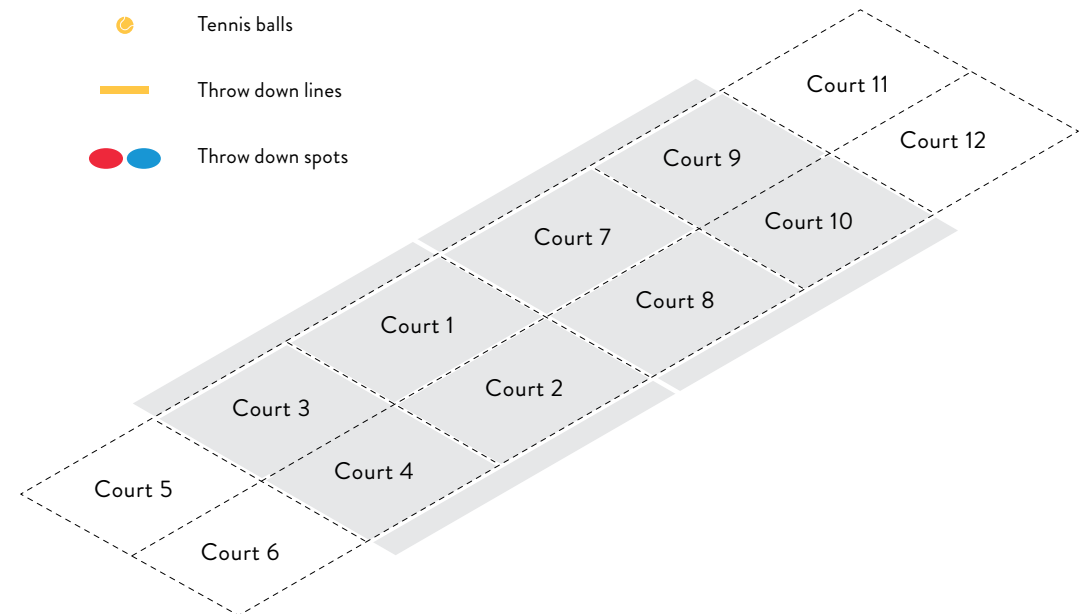
- Start in the ready position
- Eyes track the bounce of the ball
- Palm of hand facing downwards for throwing action

PROGRESSION TEACHING POINTS:

- Opposite shoe stepping forward when tapping the ball
- Turn the body sideways when tapping the ball

Equipment:

-  Tennis balls
-  Throw down lines
-  Throw down spots



RACKET & BALL

Bird serves





How to Play:

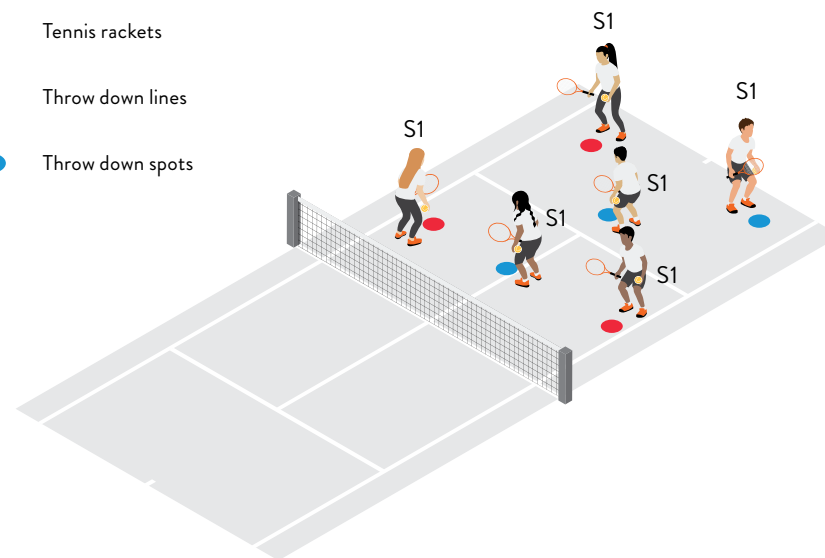
- Students work individually with a racket, ball and throw down spot
- Students use their non-dominant hand to release the ball underarm to eye level
- After the ball bounces, use the racket in a flat position (forehand action) to tap the ball upwards
- Repeat the upward tap after each bounce
- Repeat with a backhand action
- Students place a spot on the floor approx. 1m in front
- Repeat the upward tapping action aiming to bounce the ball on the spot each time
- Repeat with a backhand action
- Alternate between forehand and backhand tapping actions aiming to bounce on the spot each time

Progression:

- Students work in 2s, with a racket, throw down line and spot each and 1 ball between them
- Students stand behind their line approx. 4m apart (service box sized area) facing each other
- Place the spots 1m in front of each of the throw down lines
- Student 1 taps the ball up, then taps it aiming to bounce the ball on the spot in front of Student 2
- Student 2 catches the ball on their racket strings
- Student 2 taps the ball up, then taps it aiming to hit the spot in front of Student 1
- Repeat 5 times each
- Remove the catch. Tap the ball up, let it bounce, then tap towards partner's spot
- Remove the tap up, and build a continuous rally using a forehand action
- Extend further using a backhand action

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



TEACHING POINTS:

- Grip: shake hands with the racket
- Racket flat, strings parallel to the floor
- Track the incoming ball
- Adapt the body and racket to the incoming ball

Forehand:

- Palm of hand facing upwards

Backhand:

- Palm of hand facing downwards

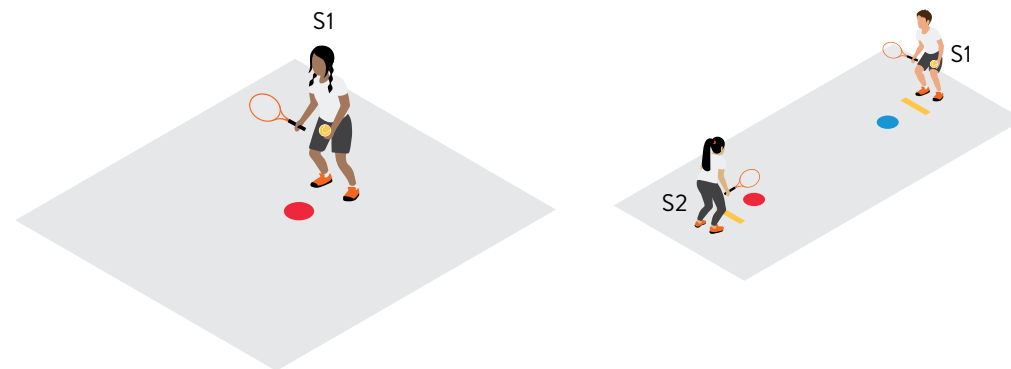
PROGRESSION TEACHING POINTS:

Change the racket position (forehand):

- Strings parallel to the floor for the self-tap
- Palm of the hand and strings pushing towards the target

Change the racket position (backhand):

- Strings parallel to the floor for the self-tap
- Back of the hand and strings pushing towards partner



GAME

Bingo

How to Play:

- Students work in 2s with a racket and throw down line each and 1 ball per pair
- Students stand either side of a net, inside the service line and places their throw down line just in front of the service line
- Student 1 starts on their throw down line and throws the ball to Student 2
- Student 2 starts on their throw down line, lets the ball bounce and hits the ball back to Student 1
- Students continue the rally
- When they achieve a rally of 6 they shout BINGO
- If a mistake is made before reaching 6 they start again from 0
- Repeat taking it in turns to start the rally with a throw

- How many Bingo's can a pair achieve?
- How many Bingo's can a court achieve?

Progression:




- When students achieve a rally of 6, they increase the rally length by 2 shots, increasing the target each time e.g. 6-8-10-12.
- If they are unsuccessful, they reduce the rally length
- Continue to call BINGO when successful
- Aim to achieve a rally of 12

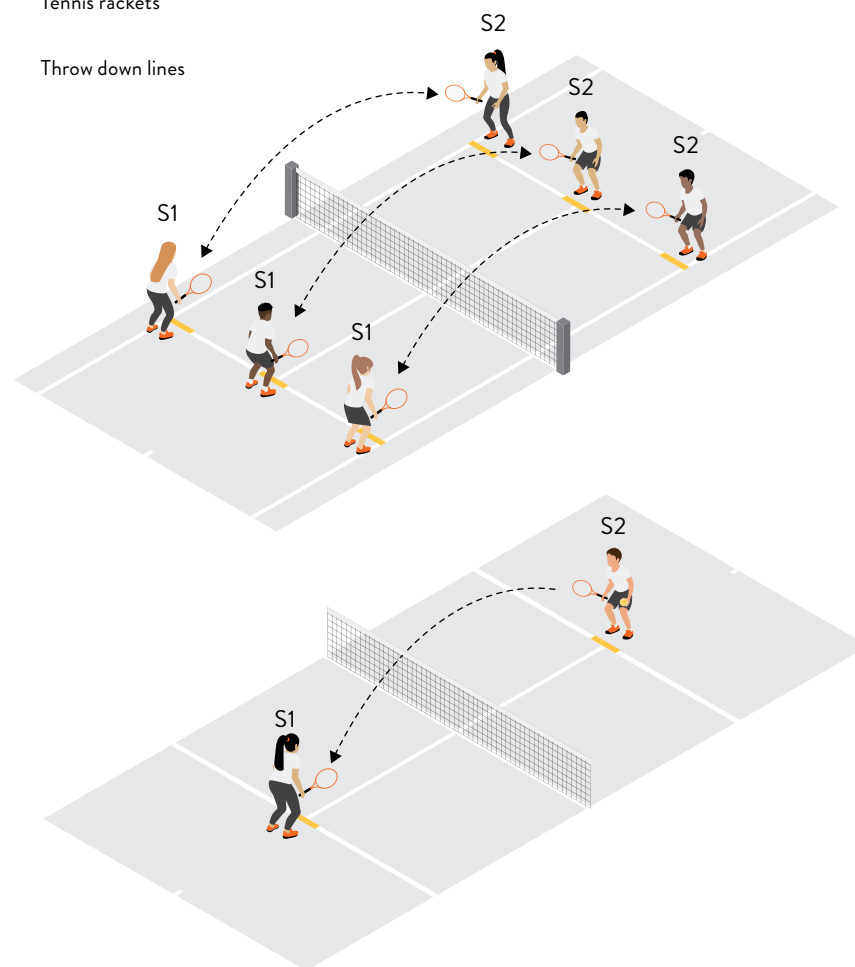
- When they achieve a rally of 12, students take 2 steps backwards, increasing the depth of the rally
- Start with a rally of 6 and progress to 12
- Gradually move towards the back of the court each time a rally of 12 is achieved

TEACHING POINTS:

- Start in the ready position each time
- Racket path - low to high
- Adapt the body and racket to the incoming ball
- Recover to the ready position
- Track the incoming ball
- Work collaboratively
- Control the speed of the racket swing

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



LESSON

2

WARM UP

Flower play

How to Play:

- Students work individually with 2 cones and 1 ball
- Place the cones upside down 2m apart
- Students start between the cones with the ball
- Students side step to either cone, place the ball inside the cone and lifts the cone to head height then back to the floor
- Remove the ball and side step to the other cone
- Repeat 5 times to each cone

Progression:

- Students now use a racket
- Students side step to the right cone
- Put the ball in the cone with the left hand and pick up the cone with the left hand
- Using the racket in the right hand, tap under the cone to push the ball upwards out of the cone
- Catch the ball in the cone and replace it on the floor
- Pick the ball out of the cone with the left hand and side step to the left cone
- Put the ball in the cone with the right hand and tap the ball out of the cone with the racket in the left hand
- Catch the ball with the cone and place cone back to the floor
- Repeat 5 times to each cone
- Tap the ball up then put the cone on the floor and try to catch the ball between the racket and hand before the ball bounces twice




TEACHING POINTS:

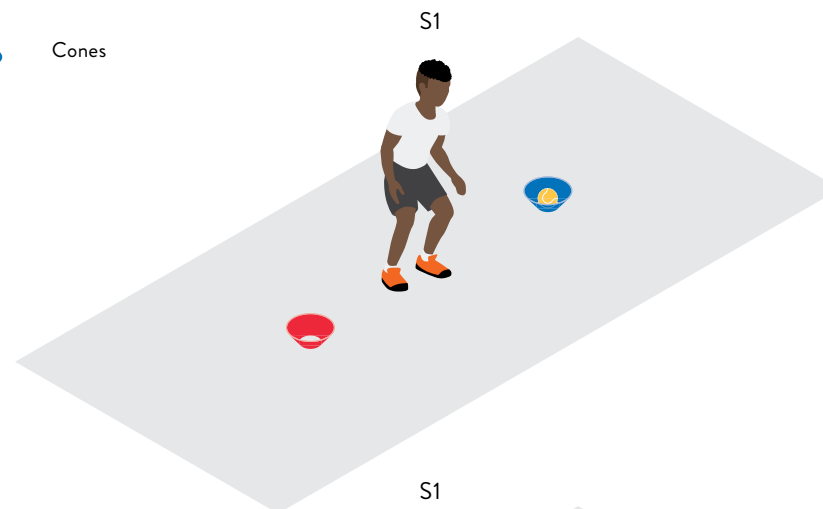
- Ready position
- Light on feet
- Balanced movement
- Bend knees to reach towards the cone

PROGRESSION TEACHING POINTS:

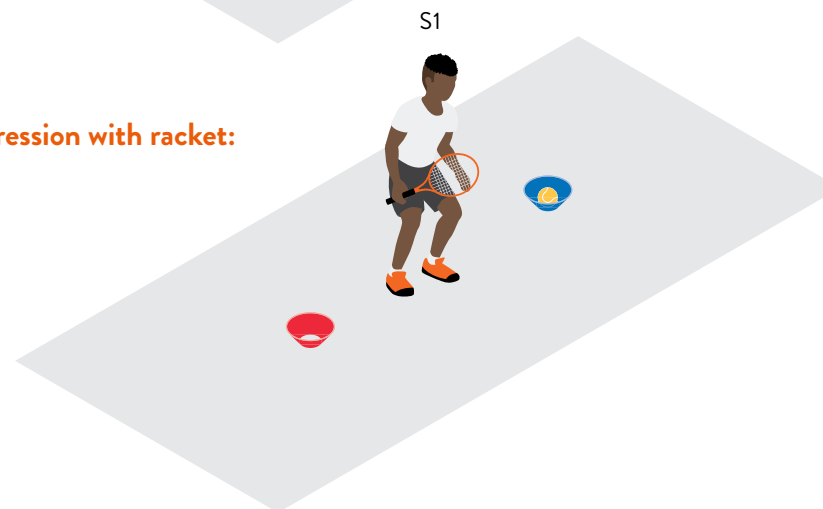
- Arm holding the cone should be extended
- Opposite shoe to the racket stepping forwards
- Control the racket face
- Racket flat with strings parallel to the floor and palm facing upwards when tapping the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Cones



Progression with racket:



BODY & BALL

Cannon ball red

How to Play:

- Students work in 3s with a racket and throw down line each. Student 1 has 3 balls and Student 2 has 2 cones
- Student 1 and 2 stand behind their throw down lines about 2m apart
- Student 2 puts the cones on their forehand side approx. 1m away, creating a goal
- Student 3 starts behind their throw down line 1m behind Student 2
- Student 1 pushes the ball along the floor using a forehand action towards Student 2
- Student 2 stops the ball with their racket, then pushes the ball along the floor aiming for the goal
- Student 3 moves from their starting point when Student 1 pushes the ball and moves to between the cones, and aims to stop the ball with the racket in the forehand position before the ball rolls into the goal

- Repeat the sequence for the 2nd and 3rd ball
- Rotate positions after 3 goes each
- Keep score of goals scored

Progression:

- Student 1 taps the ball up to Student 2
- Student 2 lets the ball bounce, self-taps the ball up, then taps the ball towards the goal using their forehand
- Student 3 catches the ball between the racket strings and hand on the forehand side, or catches with 2 hands
- Repeat the sequence for the 2nd and 3rd ball

TEACHING POINTS:

Forehand action:

- Palm of hand and strings facing partner
- Tip of the racket is touching the floor
- Racket lifts off the floor and extends towards partner as the ball is pushed
- Control the ball speed and direction

Student 2:

- Move shoes and turn 90°
- Allow the ball to pass in front of the body





Student 3:

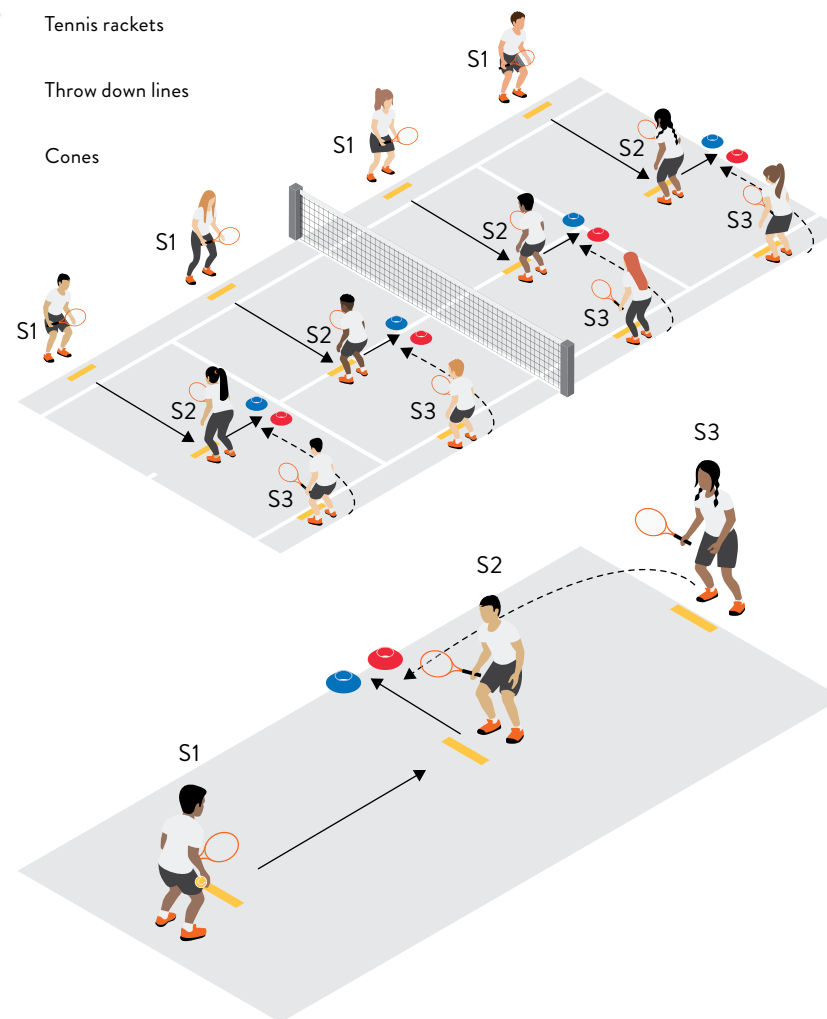
- Adapt to the incoming ball

PROGRESSION TEACHING POINTS:

- Contact the ball with the racket at waist height
- Push the racket strings towards target
- Control the speed and direction of the racket / ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Cones



RACKET & BALL

Bumper rackets

How to Play:

- Students work in 3s on half a court. Students 2 and 3 have a racket and throw down spot each. Student 1 has 3 balls.
- Student 1 is the feeder and starts 2m back from the net
- Student 2 starts on the service line with a spot 1m in front of them, positioned on the forehand side
- Student 3 starts behind Student 1 on the service line with a spot cross court from Student 2
- Student 1 throws underarm aiming to bounce the ball on the throw down spot
- Student 2 self-taps the ball, lets it bounce, then hits the ball over the net aiming to bounce the ball on the diagonally opposite spot
- Student 3 self-taps the ball after 1 bounce and then catches the ball on strings of the racket
- Repeat for the 2nd and 3rd ball
- Rotate positions after 3 goes each

Progression:

- Student 2 hits the ball straight over the net without a self-tap
- Student 2 starts further back
- Change the position of the diagonal spot to a different place but maintain the diagonal angle

TEACHING POINTS:

Student 1:

- Extend the throwing arm towards the spot
- Opposite shoe stepping forward
- Control the speed of the ball

Student 2:




- Ready position

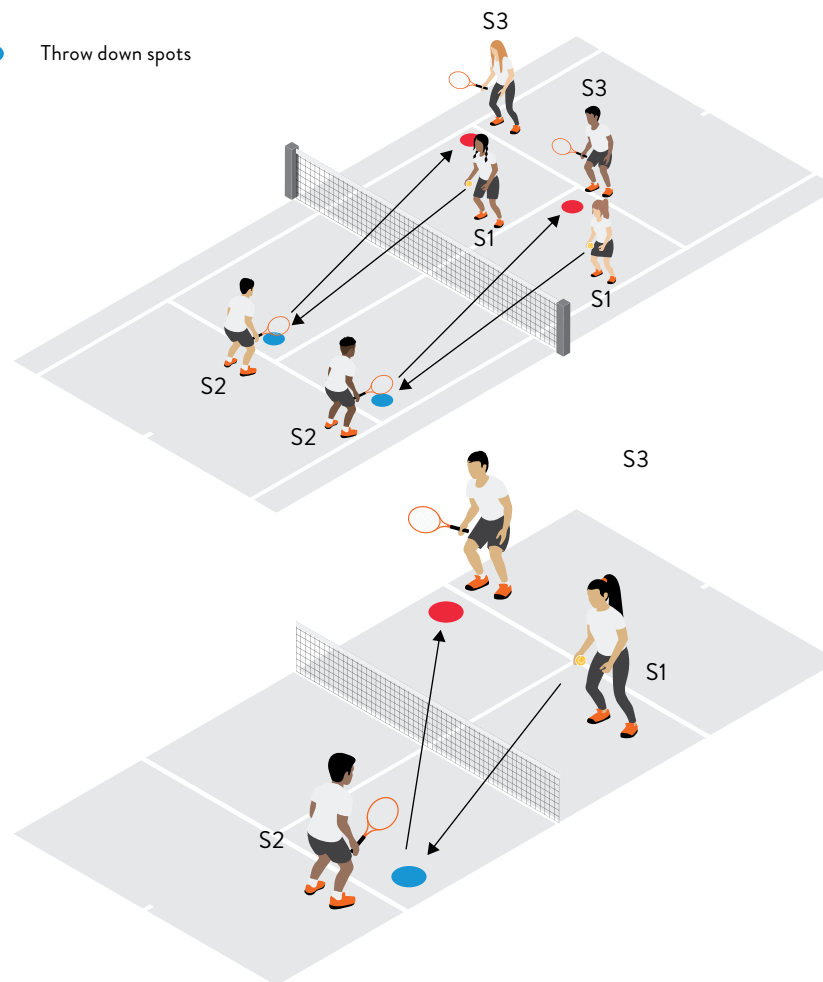
- Adapt the body and racket to the incoming ball
- Racket waist height pushing palm of hand towards the opposite spot

Student 3:

- Ready position
- Track the incoming ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



GAME

Treble up

How to Play:

- Students work in 2s in a service box sized area with a racket, ball and 1 throw down line and 1 throw down spot each
- Students place their spot 2m back from the net on their forehand side
- Students start on their throw down line on the service line in the middle of their space
- Student 1 throws the ball overarm aiming for the ball to bounce on the opposite spot
- Student 2 lets the ball bounce then hits a forehand over the net aiming for the diagonal spot
- Student 1 hits a forehand back
- Stop the rally after 3 shots
- Repeat taking it in turns to start the rally
- Only hit forehands
- Repeat 3 times then increase the rally to 6
- Repeat 3 times then increase rally to 9 etc.
- Students try to beat their score each time

Progression:

- Move the throw down line back 1m each time students achieve a rally of 3, 6 and 9, gradually working towards the baseline

TEACHING POINTS:





Student 1:

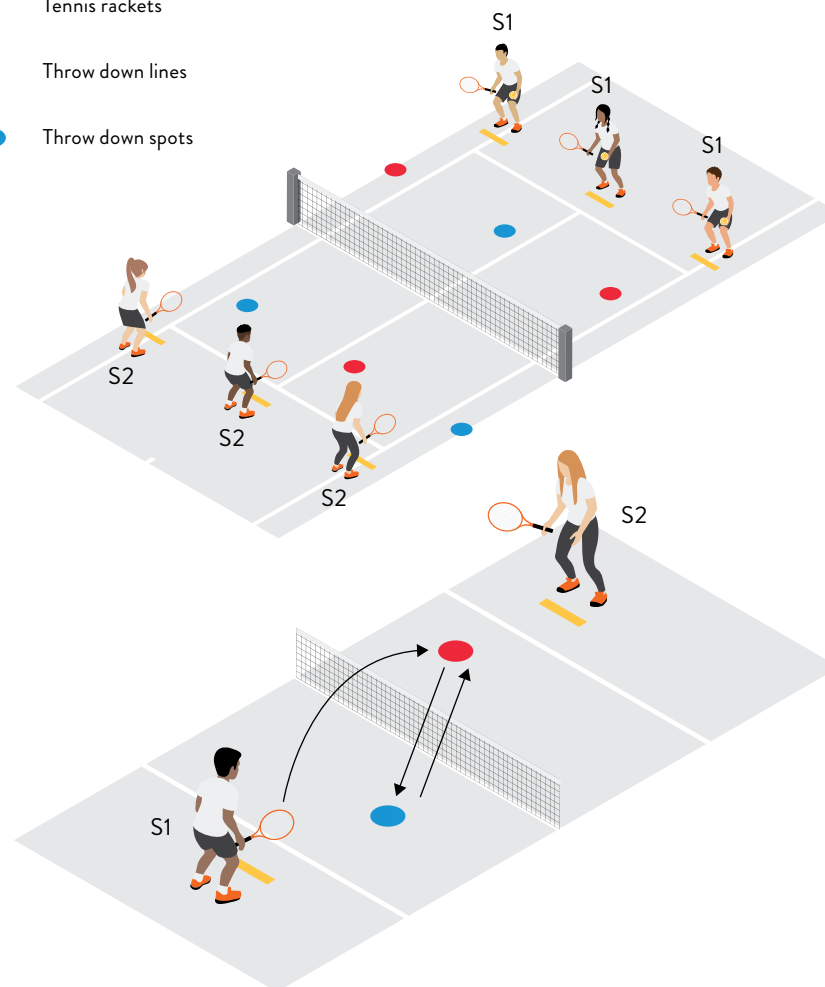
- Direct the overarm throw
- Opposite shoe forward when throwing

Student 2:

- Contact the ball to the side and in front of the shoes
- Control the depth of the ball
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



LESSON 3

WARM UP

Throw & go

How to Play:

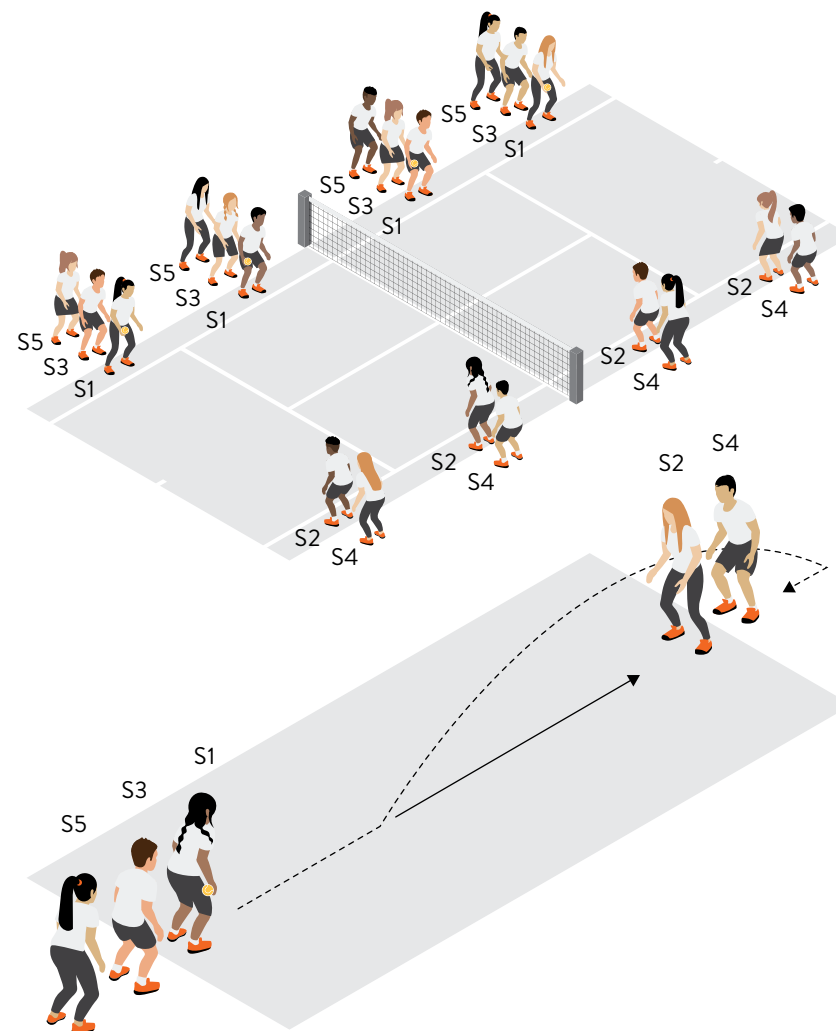
- Students work in groups of approx. 6 with 1 ball
- Half the group stand behind the inside tramline and the other half stand on the opposite inside tramline facing each other
- Student 1 starts with the ball and runs half-way across the court (the centre line)
- At the centre line they throw the ball using 2 hands on the left side of the body, rotating from the waist (like a rugby pass), to Student 2 at the front of the opposite line
- Student 1 follows the ball and joins the back of the other line
- Student 2 catches the ball then runs to the centre line and throws the ball to Student 3 who is now at the front of the opposite line
- Student 2 follows the ball and joins the back of the opposite line
- Students continue running and throwing across the court in
- Repeat throwing using both hands on the right side of the body

Progression:

- Run to the centre line then throw using the right hand from a head height position, aiming to bounce the ball half-way for the next student to catch
- Repeat using the left hand
- The receiving student, now taps the ball up after the bounce, with their right hand; they then catch the ball and run forwards to throw the ball to the next student
- Repeat using the left hand

Equipment:

- Tennis balls



TEACHING POINTS:

- Ready position
- Track the incoming ball
- Rotate the body from the waist
- Light on the feet
- Control the speed of the throw
- Work as a team

PROGRESSION TEACHING POINTS:

- Adjust the shoe position based on which hand is throwing

BODY & BALL

Cannon ball blue

How to Play:

- Students work in 3s with a racket and throw down line each. Student 1 has 3 balls and Student 2 has 2 cones
- Student 1 and 2 stand behind their throw down lines about 2m apart
- Student 2 puts two cones approx. 1m away on their backhand side, creating a goal
- Student 3 starts behind their throw down line 1m behind Student 2
- Student 1 pushes the ball along the floor using a backhand action towards Student 2
- Student 2 stops the ball with their racket, then pushes the ball along the floor using a backhand action aiming for the goal
- Student 3 moves from their starting point when Student 1 pushes the ball and moves to between the cones and aims to stop the ball with the racket in the backhand position before the ball rolls into the goal

- Repeat the sequence for the 2nd and 3rd ball
- Rotate positions after 3 goes each
- Keep score of goals scored

Progression:

- Student 1 taps the ball up to Student 2
- Student 2 lets the ball bounce, self-taps the ball up, then taps the ball towards the goal using their backhand
- Student 3 catches the ball between the racket strings and hand on the backhand side, or catches with 2 hands
- Repeat the sequence for the 2nd and 3rd ball

TEACHING POINTS:

Backhand action:

- Two hands on the racket grip
- Dominant hand at the bottom of the grip
- Tip of the racket is touching the floor
- Back of hand facing partner
- Racket lifts off the floor and extends towards partner as the ball is pushed
- Control the ball speed and direction

Student 2:

- Move shoes and turn 90°
- Allow the ball to pass in front of the body





Student 3:

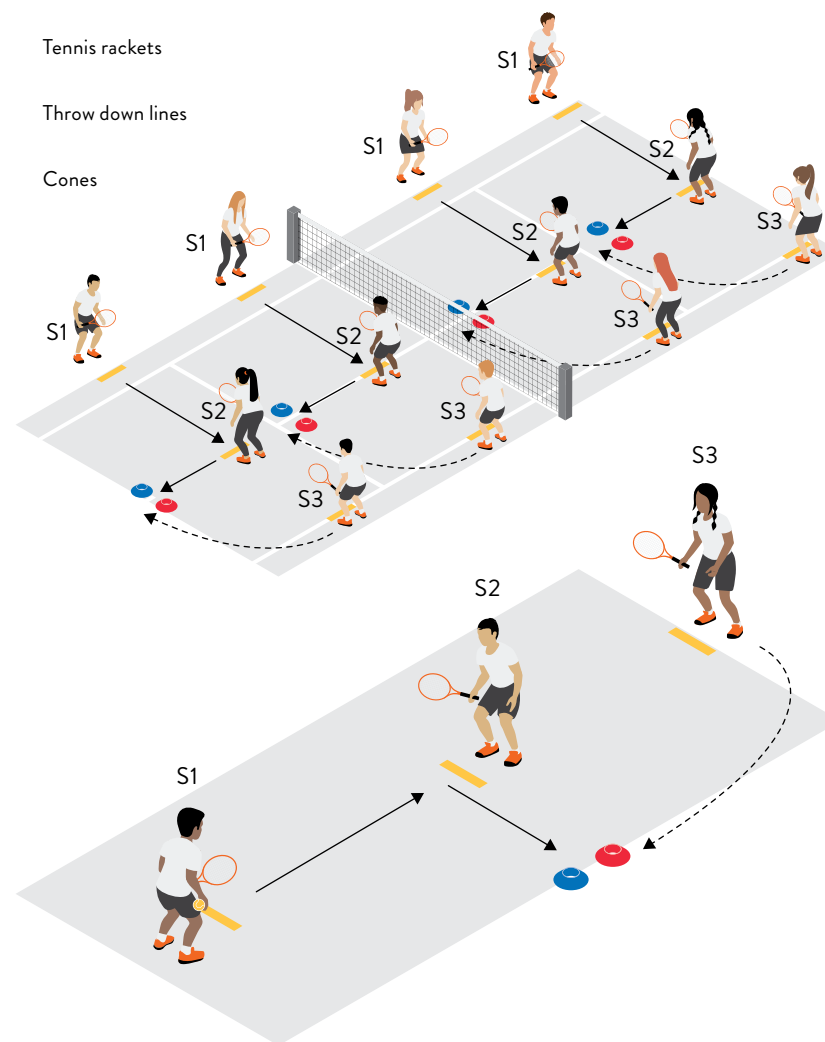
- Adapt to the incoming ball

PROGRESSION TEACHING POINTS:

- Contact the ball with the racket at waist height
- Push the racket strings towards target
- Control the speed and direction of the racket / ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Cones



RACKET & BALL

True blue

How to Play:

- Students work in 2s with a racket and 1 throw down spot each and 1 ball
- Students stand opposite each other on the service line with their spot approx. 1m in front of them on their backhand side
- Student 1 overarm throws the ball aiming for the opposite spot
- Student 2 lets the ball bounce, taps the ball up in the air, then hits the ball using a backhand aiming towards the opposite spot
- Students try and keep a backhand rally going tapping up each time before returning the ball
- Take it in turns to start the rally with an overarm throw
- Students see how many shots they can hit in a rally

Progression:

- Students hit the ball straight back to their partner (a return) without the tap up
- Rally backhand to backhand
- When a rally of 6 backhands is achieved, students move 1 step backwards and rally again
- Move back 1 step each time a rally of 6 backhands is achieved

TEACHING POINTS:




Student 1:

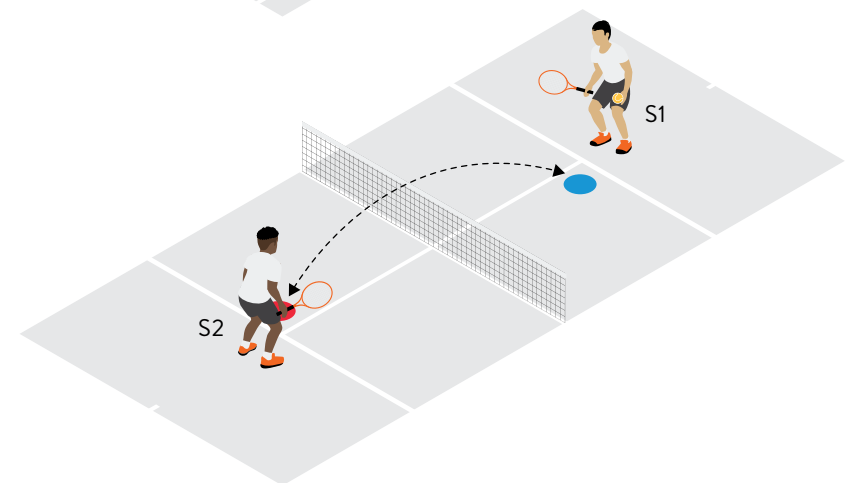
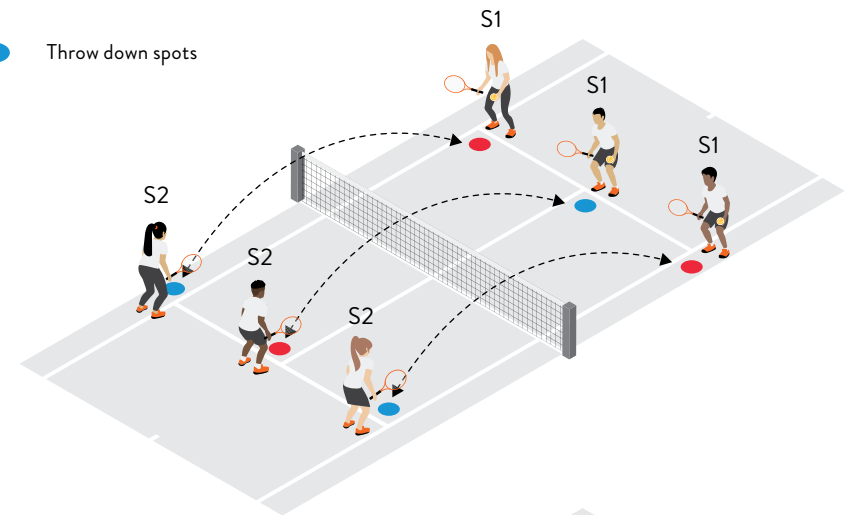
- Extend the throwing arm towards the spot
- Opposite shoe stepping forward
- Control the speed of the ball

Student 2:

- Ready position
- Two hands on the racket grip
- Adapt the body and racket to the incoming ball
- Contact to the side and in front of shoes
- Pushing back of hand and strings towards the opposite spot
- Racket path - low to high

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



GAME

Champion of the court

How to Play:

- Students work in 3s or 4s using a half court (tramlines are in) with a racket each and 1 ball
- Student 1 starts as Champion of the court
- Other students are the Challengers and start at the other end
- Student 2 starts the point with an underarm serve
- Students 1 and 2 play the point out
- If Student 2 wins the point, they score 1 point
- The Challengers take it in turns to play against the Champion
- Students keep their own score
- The first Challenger to score 3 points becomes the Champion and switches places with Student 1. Challengers points reset to 0.

Progression:



- If a Challenger hits a backhand which wins the point, they automatically become the Champion

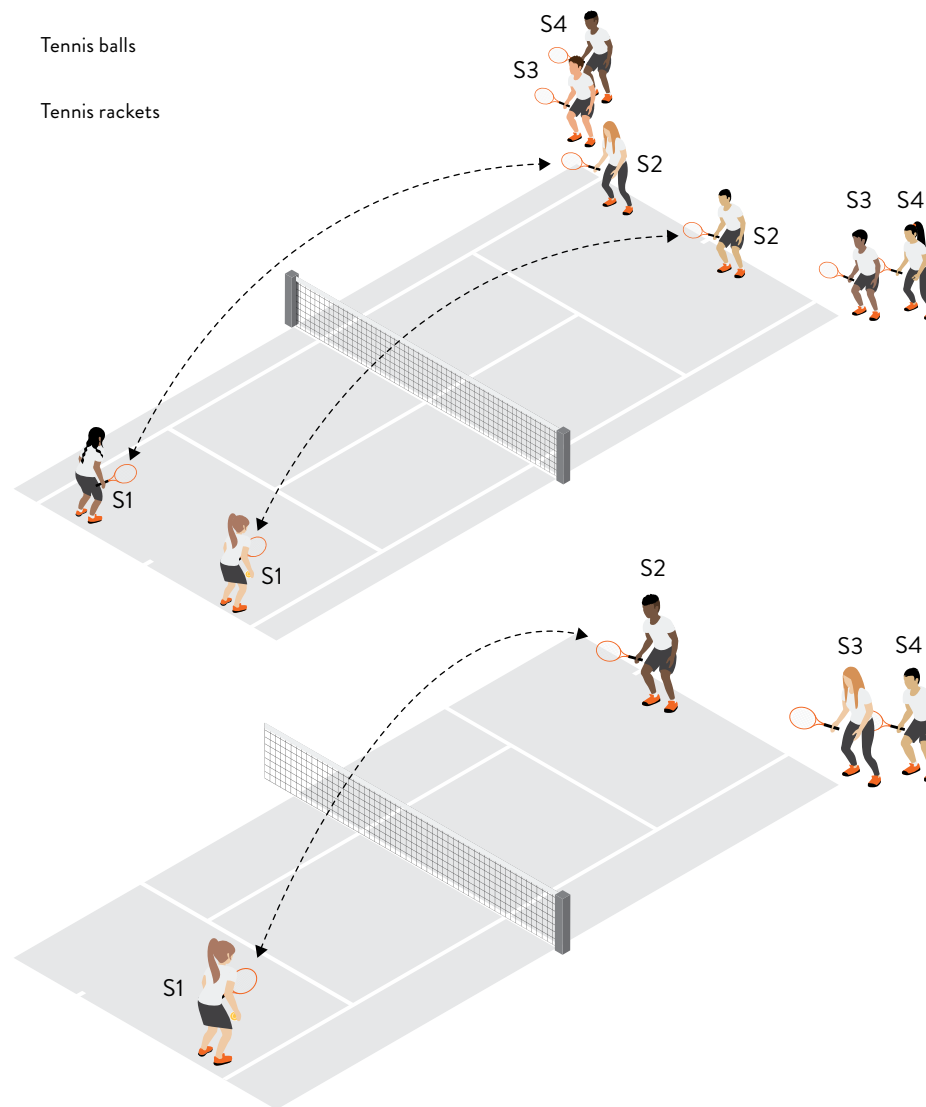
TEACHING POINTS:

Underarm serve:

- Bounce the ball in front of shoes
- Forehand tap over the net towards opponent
- Adapt the body and racket to the incoming ball
- Recover after hitting the ball into the ready position
- Control the direction and depth of the ball
- Aim for space
- Keep track of own score

Equipment:

-  Tennis balls
-  Tennis rackets



LESSON



WARM UP

Switch on the go

How to Play:

- Students work in 4s with 1 throw down line each and 1 ball between them
- Students place their lines to make a square, approx. 2m apart, and stand behind their line
- Student 1 throws the ball to any of the other students, then moves to a different side. Student 1 can choose which side to move to and if there is already another student on that side, they stand behind them.
- Students should let the ball bounce before catching it
- Continue bounce passing the ball around the square ensuring the ball is passed to everyone

Progression:

- Students continue working in 4s. Student 1, 2 and 3 become a team standing on the sides of the square.
- Student 4 starts in the middle of the square
- Students 1, 2 and 3 pass the ball to each other aiming to get 5 passes. They continue to move to a different side each time they throw the ball.
- Student 4 tries to intercept the ball
- Aim for 5 passes then switch the student in the the middle



TEACHING POINTS:

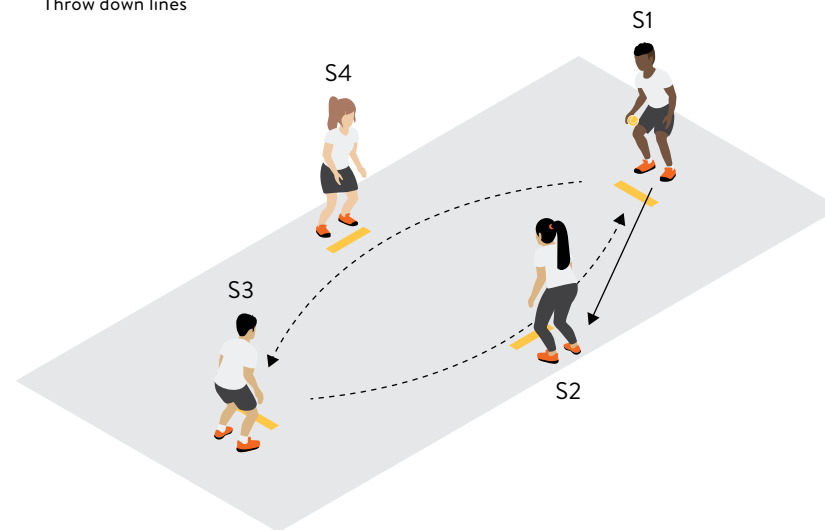
- Focus on the ball
- Move into a space without bumping anyone
- Quick shoe movements

PROGRESSION TEACHING POINTS:

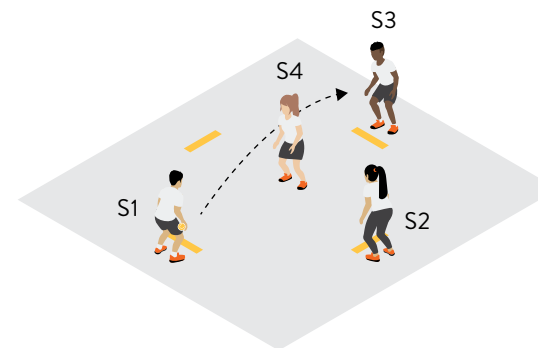
- Light on feet
- Use side steps

Equipment:

-  Tennis balls
-  Throw down lines



Progression:



BODY & BALL

Colour throw

How to Play:

- Students work in 2s with 2 throw down spots each, Student 1 has a racket and Student 2 has 2 balls
- Students stand opposite each other on the service line either side of the net
- Students place the spots approx. 1m in front and 2m apart in forehand and backhand positions
- Student 2 throws the ball overarm, aiming for the right spot
- Student 1 lets the ball bounce, self-taps the ball up and after one bounce hits a forehand aiming diagonally to the opposite right spot
- Student 2 throws overarm now aiming for the left spot
- Student 1 lets the ball bounce, self-taps the ball up and after one bounce hits a backhand aiming diagonally to the opposite left spot
- Repeat the sequence and change roles after 4 sets

Progression:

- Student 1 hits a forehand or backhand without the self-tap, aiming for the diagonal spot

TEACHING POINTS:

Overarm throw:

- Opposite shoe forward
- Throwing hand above head height
- Release the ball at 12 o'clock
- Control the speed of the ball

Hitting:

- Adapt the body and racket to the incoming ball
- Track the flight and bounce of the incoming ball
- Strings to target




Forehand:

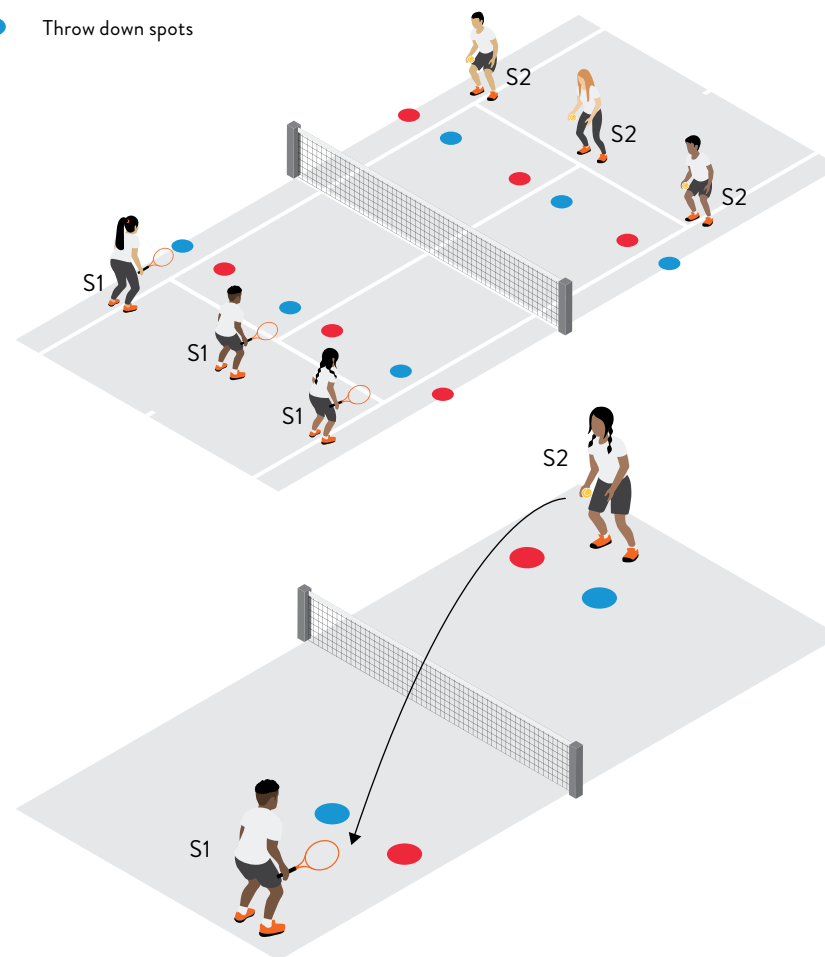
- Palm of hand pushing towards the target (forehand)

Backhand:

- Back of hand pushing towards the target (backhand)

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



RACKET & BALL

Serve it

How to Play:




- Students work individually with 1 ball and racket
- Stand sideways, place the racket on the floor so the grip comes out of the non-dominant shoe
- Hold the ball in the non-dominant hand, and throw the ball up in a straight line (Toss Up) and catch it with the non-dominant hand
- Repeat 10 times
- Start with the dominant arm touching the back of the head
- Toss the ball up using the non-dominant hand
- Reach up with the dominant hand and catch the ball above and in front of the head with a straight arm
- Students work in 2s with 1 ball
- Students start either side of the net on the service line
- Student 1 overarm serves the ball to bounce inside the service box
- Student 2 stops the ball with their racket, after one bounce

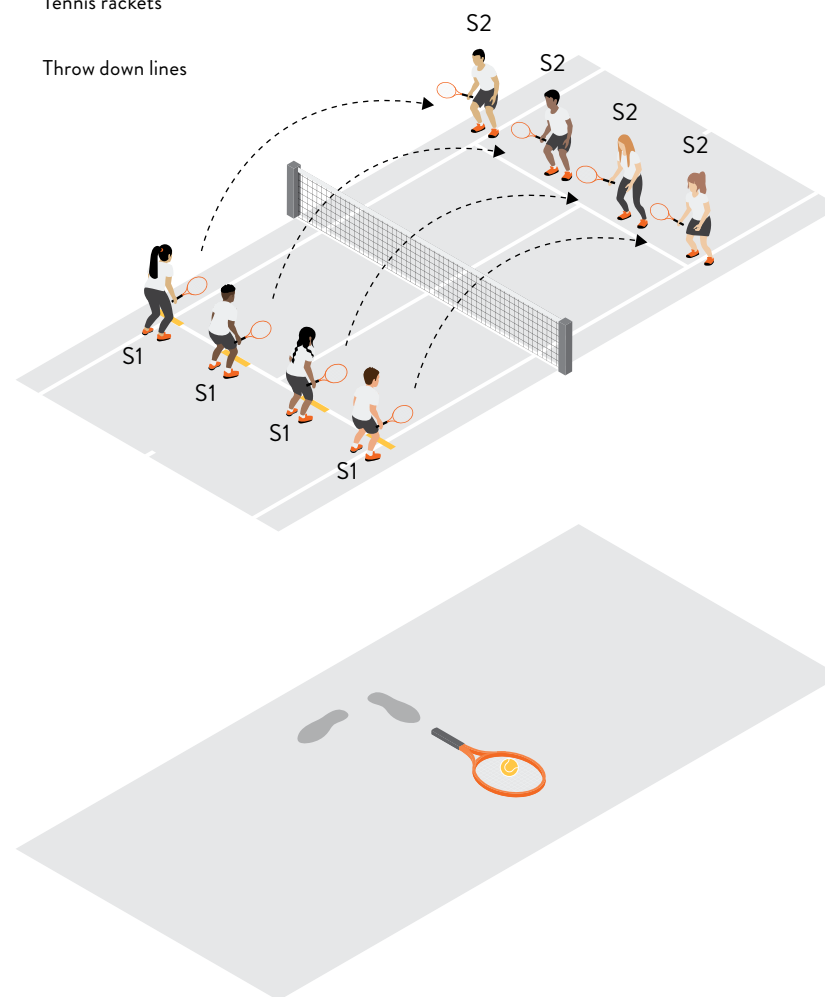
- Student 2 moves to the service line and overarm serves the ball back to Student 1
- Repeat 3 times each, then both students take a step backwards, gradually moving back to the baseline

Progression:

- Students work in 4s in half a court, switching 2 on and 2 off, all with rackets, 2 throw down lines and 1 ball between them
- Student 1 and 2 place a throw down line half way between the service line and the baseline
- Students stand behind the line and take it in turns to serve overarm aiming for the ball to land in the service box
- The receiver stops the ball with their racket after one bounce, then serves the ball from behind their throw down line
- Score 1 point for each serve that bounces in the service box
- Students 1 and 2 switch with Students 3 and 4 after 2 serves each
- Move the throw down line gradually back towards the baseline each time they score 3 points

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



TEACHING POINTS:

- Opposite shoe forwards to the dominant hand

Non-dominant hand:

- Ball is released straight up and fingers stretch to the sky

Dominant hand:

- Hand behind the head

- Elbow high above head (Nike tick or Bolt position)
- Extend arm to straight position as it passes over the head
- Catch / contact the ball with a straight arm in front of the body at a 12 o'clock position

GAME

Dot to recover

How to Play:





- Students work in 4s, on half a court, with 2 throw down lines, 4 throw down spots, 1 ball and a racket each
- Throw down lines are placed just behind the baseline on both sides. The spots are placed just inside the service lines, 1 on the right and 1 on the left.
- Students 1 and 2 start on court; Student 3 and 4 start as umpires / coaches
- Student 1 starts at the baseline and overarm throws the ball towards the right spot on the other side of the net
- Student 1 recovers to the throw down line as soon as they have thrown the ball
- Student 2 starts on the throw down line and self-taps the ball, lets the ball bounce and hits the ball back (returns) aiming for a spot
- Student 2 then recovers back to the throw down line after hitting
- Student 1 moves to the ball, self-taps the ball and hits the ball over the net aiming for a spot, then recovers
- Students continue the rally as long as possible

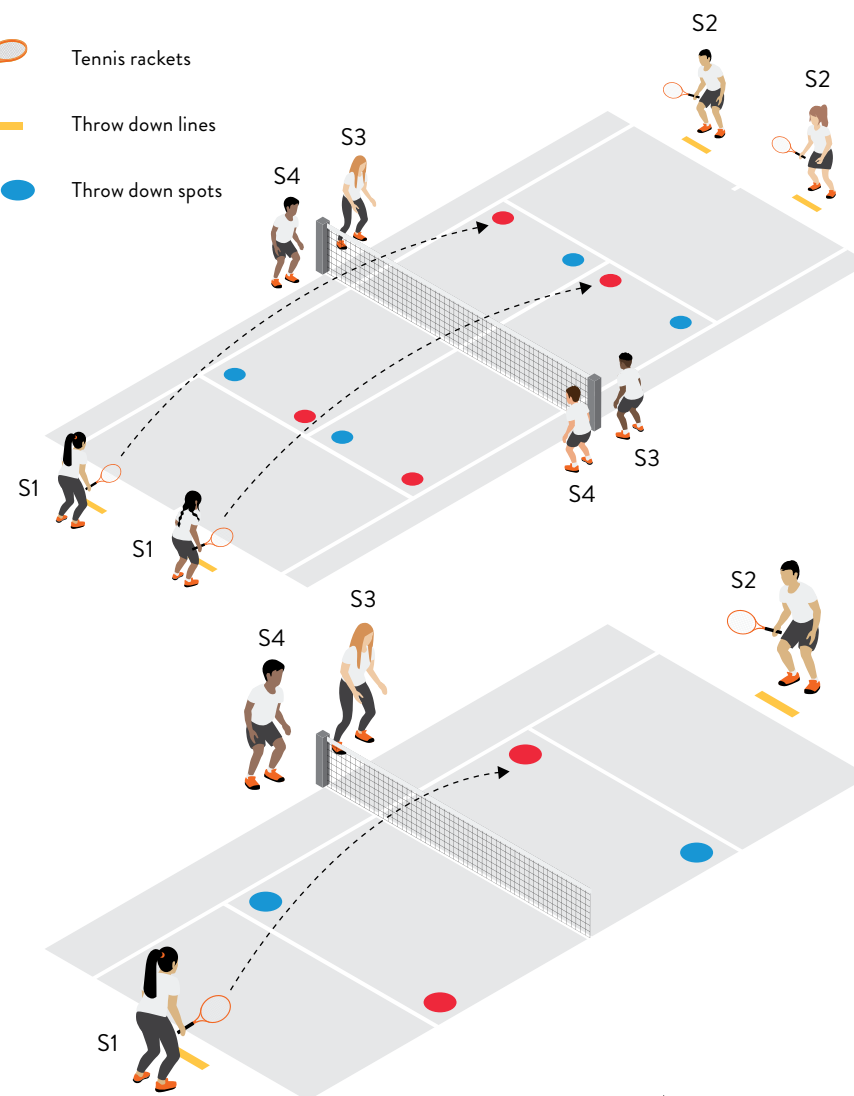
- To start the next rally Student 2 overarm throws to the right spot
- Student 1 starts the next rally throwing to the left spot
- Student 2 starts the next rally throwing to the left spot
- After 4 service points Students 3 and 4 come on court and Students 1 and 2 become umpires / coaches

Progression:

- Start the rally with an overarm serve using the racket
- Make it competitive and score a point each time the point is won
- Umpires call when a point is won / lost and keep the score
- Hit the ball back directly without a self-tap

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



TEACHING POINTS:

- Control the throwing action
- Control the racket and ball
- Communicate when a point has been won / lost and why

PROGRESSION TEACHING POINTS:

- Aim for space to win the rally

LESSON

5

WARM UP

Beat the tap

How to Play:

- Students work in 2s with 4 cones, 1 throw down line and 1 racket and ball, in a service box size court
- Place the 4 cones upturned in the corners of the service box with the throw down line in the middle of the box
- Student 1 starts on the throw down line
- Student 2 starts to the side with a racket and ball
- Student 2 taps the ball up on the forehand side counting the number of taps out loud
- Student 1 has to touch as many of the cones as they can before Student 2 has completed 20 tap ups
- Student 1 must return to the throw down line before moving to the next cone
- Student 1 should touch cones on the right with their right hand, and cones on the left with their left hand, but can turn in any direction to move towards the cones
- Student 1 scores one point for every cone they touch
- Switch roles after the 20 tap ups
- Students should try to beat their previous score

Progression:

- Tap the ball up with a backhand
- Tap the ball up alternating the racket face between forehand and backhand

TEACHING POINTS:





Student 1:

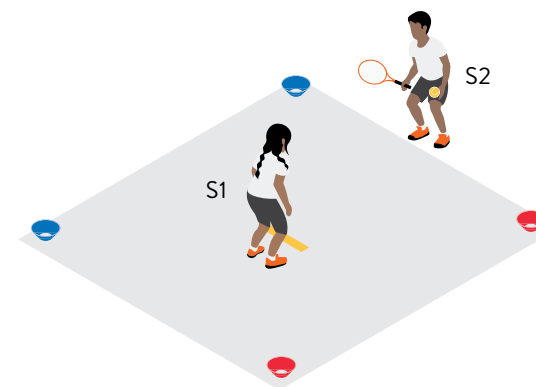
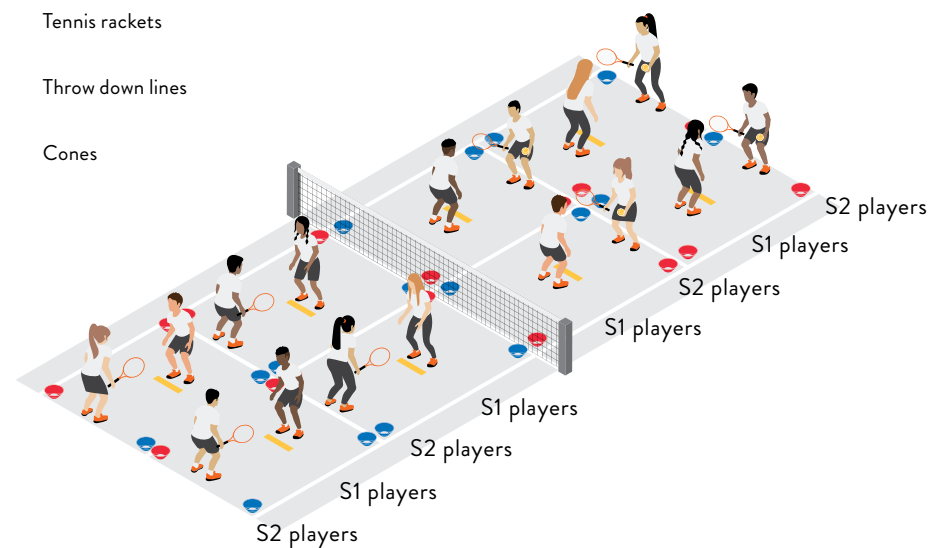
- Ready position
- Lunge towards the cones
- Reach with outstretched arms to touch the cones
- Balanced body and quick movement of the shoes

Student 2:

- Focus on the ball
- Racket held out in front of shoes
- Racket strings parallel to the floor
- Control the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Cones



BODY & BALL

Volley catch



How to Play:

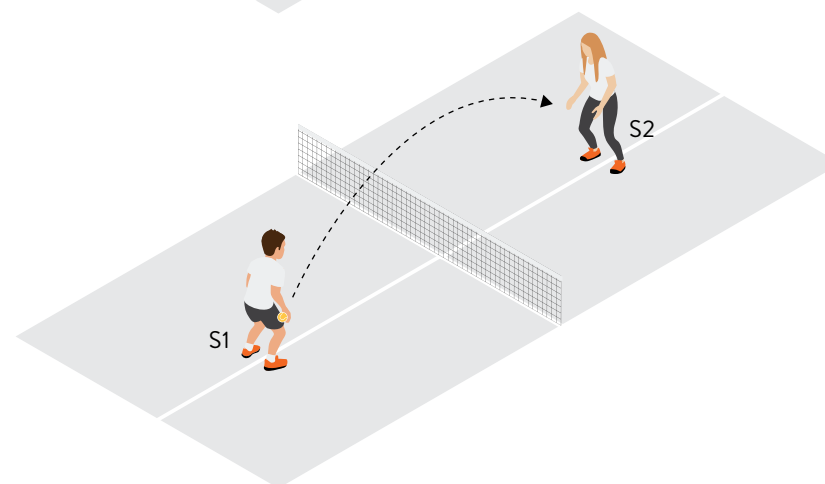
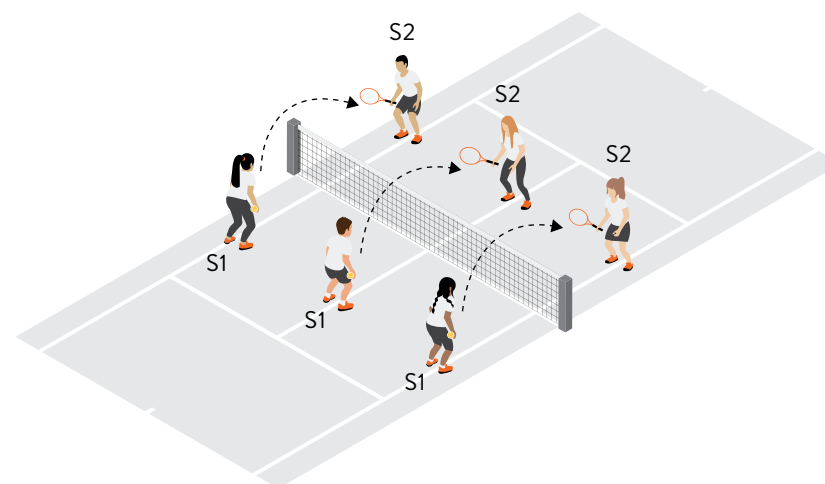
- Students work in 2s with 1 ball
- Students start either side of the net approx. 1m back
- Student 1 throws the ball underarm towards Student 2, aiming for shoulder height on their right side
- Student 2 taps the ball back to Student 1 using their right hand
- Repeat the sequence 5 times then change roles
- Student 1 throws underarm to the left side of Student 2
- Student 2 taps the ball back to Student 1 using their left hand
- Repeat the sequence 5 times then change roles
- Student 2 now has a racket. Repeat the sequence for the forehand and backhand volleys

Progression:

- Student 1 alternates the throw to the right and left side for Student 2 to execute forehand and backhand volleys
- Repeat the sequence 5 times then change roles

Equipment:

-  Tennis balls
-  Tennis rackets



TEACHING POINTS:

Sender:

- Accurate underarm throw
- Control the direction and speed of the ball

Receiver:

- Ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact the ball with racket in front and to the side of the shoes
- Tap the ball (no swing)

PROGRESSION TEACHING POINTS:

Receiver:

- Recover quickly into the ready position in order to prepare for the next ball

RACKET & BALL

Volley charge

How to Play:

- Students work in 2s with 1 racket, 1 ball, 1 throw down line and 2 throw down spots
- Student 1 places the throw down line 1m back from the net, and starts on the service line with the racket
- Student 2 places the spots 1m in from the service line, 1 on the right and 1 on the left
- Student 2 starts on the service line with the ball
- Student 2 throws the ball underarm to the forehand side of Student 1
- Student 1 lets the ball bounce then hits the ball towards the right spot
- Student 1 moves to the throw down line in a volleying position
- Student 2 catches the ball after 1 bounce and from where they catch, they throw underarm towards Student 1's forehand side

- Student 1 hits a forehand volley
- Repeat the sequence 5 times then change roles
- Repeat on the backhand side
- Student 1 aims to hit the left spot
- Repeat the sequence 5 times then change roles

Progression:

- Both students now have a racket
- Student 1 starts with a bounce feed and then moves to the throw down line into a volley position
- Student 2 hits a forehand or backhand shot and tries to hit a passing shot past Student 1
- Student 1 tries to volley the ball and they play out the point
- Student 2 is not allowed to lob

TEACHING POINTS:

Student 1:

- Ready position

Forehand / backhand volley:

- Adapt the body and racket to the incoming ball
- Contact the ball in front and to side of shoes
- Tap the ball (no swing)
- Racket head above the wrist





Student 2:

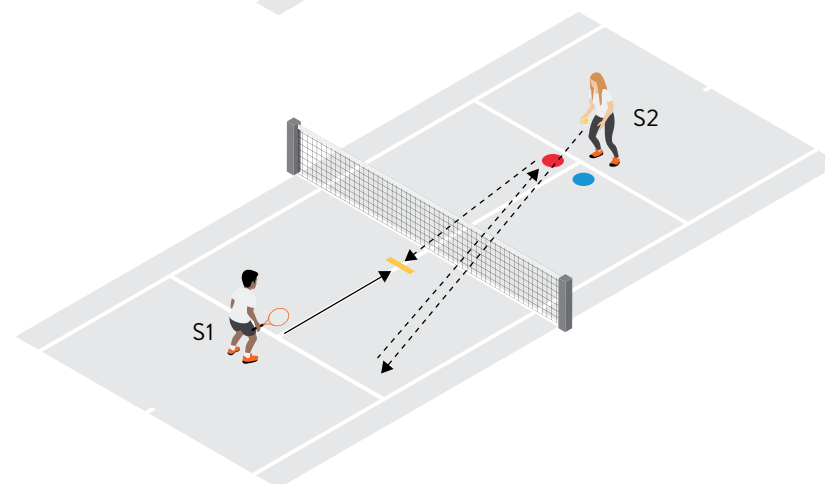
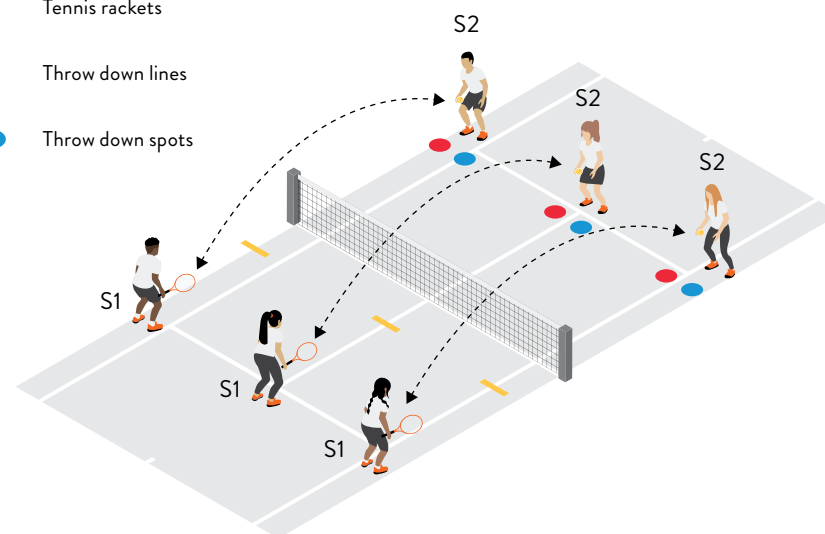
- Opposite shoe to the throwing arm steps forward
- Accuracy of throw

PROGRESSION TEACHING POINTS:

- Stop before hitting the volley (where possible)
- Control the racket when changing from the groundstroke to volley position
- Control the speed of the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



GAME

Net play

How to Play:

- Students work in 4s as two pairs, with a racket each, 4 spots and 1 ball
- Student 1 and 2 start on court; Student 3 and 4 start as umpires
- Student 1 places 2 spots 1m back from the net in right and left volley positions
- Student 2 places 2 spots just inside the opposite service line in right and left positions
- Student 1 starts behind the service line and overarm throws to the diagonal right spot then moves forwards to the net between the spots
- Student 2 returns the ball after the bounce to Student 1
- Student 1 hits a volley and they play the point out
- No lobs allowed
- Student 1 serves again diagonally towards the left spot and moves forward to the net between the spots
- Student 2 returns the ball to Student 1 to volley and they play the point out
- Umpires keep the score
- Students swap on / off court after every 2 points
- Change the server each time the pair return to the court to play

Progression:

- Student 1 now starts on the baseline and serves the ball overarm into the service box. They then follow the serve into a volley position at the net.
- Students play the point out
- Students swap on / off court after 2 points

TEACHING POINTS:




Volleys:

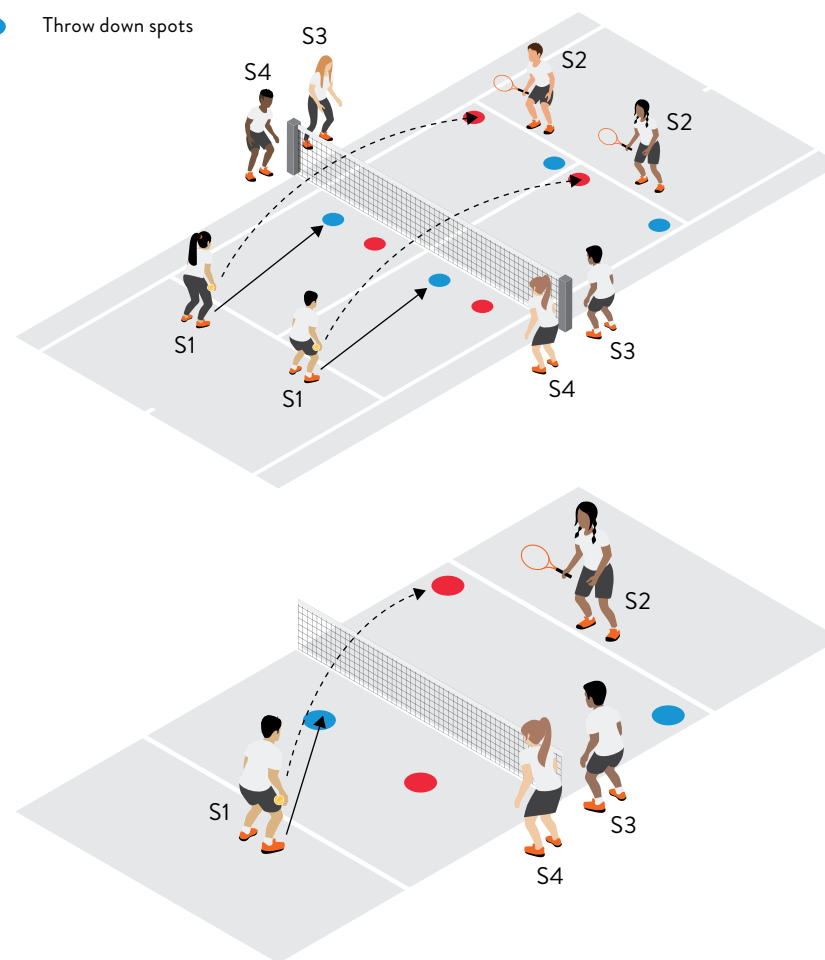
- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Tap the ball (no swing)

Groundstrokes:

- Adapt the body and racket to the incoming ball
- Contact to the side and in front of the shoes
- Racket path – low to high
- Recover to a central position
- Work collaboratively for the serve and return

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



LESSON



WARM UP

Team trickers

How to Play:

- Students work in 2s with a racket each and 2 balls
- Students start on opposite service lines
- Student 1 has both balls and starts by throwing a ball overarm to the forehand side of Student 2
- Student 2 lets the ball bounce then self-taps the ball on the forehand side, then traps the ball on the strings of the racket
- Student 1 throws the next ball overarm to the backhand side of Student 2
- Student 2 lets the ball bounce then self-taps the ball on the backhand side, then catches the ball on the strings of the racket
- Student 2 now throws the balls overarm to Student 1
- Students repeat the sequence



Progression:

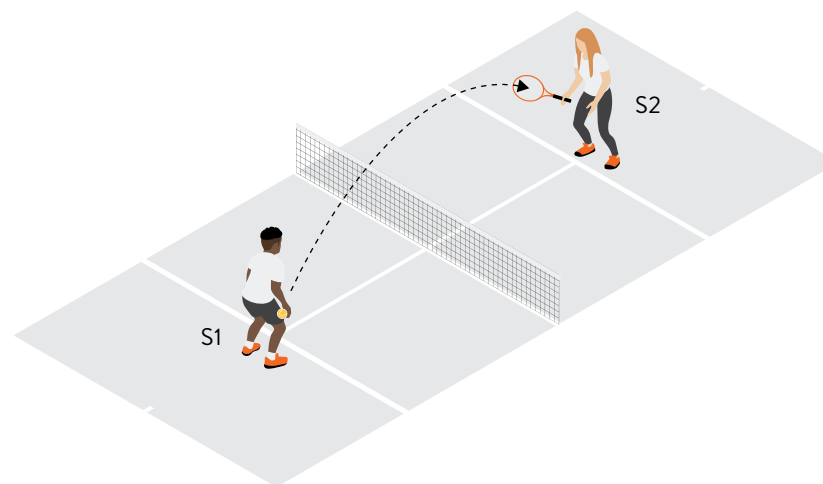
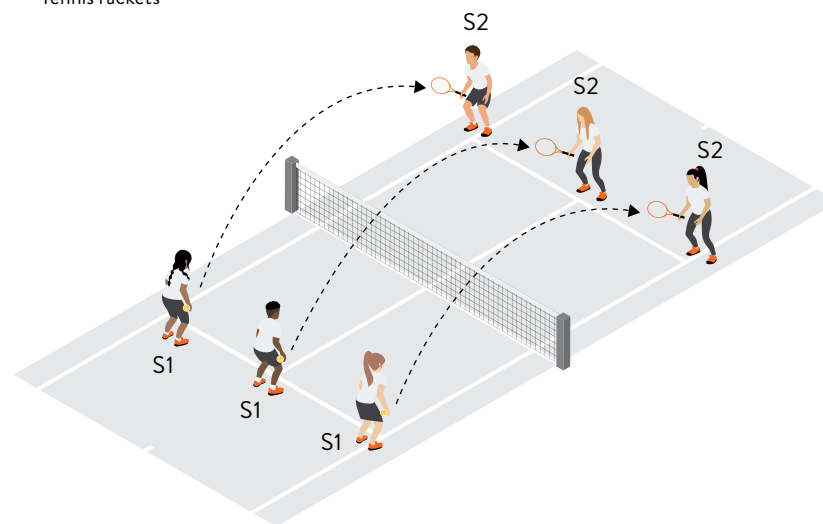
- Student 2 moves forward into a volley position
- Student 1 throws overarm to the forehand side
- Student 2 self-taps with a volley and then catches the ball on the strings
- Repeat on the backhand side
- Student 2 now throws to Student 1
- Students repeat the sequence

TEACHING POINTS:

- Ready position
- Accurate throwing to forehand and backhand sides
- Adapt to the incoming ball
- Contact ball to side and in front of shoes
- Control of the ball

Equipment:

-  Tennis balls
-  Tennis rackets



BODY & BALL

Crafty catchers

How to Play:

- Students work in 4s in a service box area with 1 ball
- Students 1 and 2 start on opposite service lines
- Students 3 and 4 start as umpires
- Student 1 throws the ball overarm (serve) aiming into a space over the net
- Student 2 catches the ball after 1 bounce and throws it from where they caught it, over the net into space (return of serve)
- Student 1 and 2 continue throwing the ball underarm from where they catch the ball until the point ends (i.e. the ball doesn't go over the net, the ball bounces twice, or the ball is thrown out of the service box)
- Students should aim to throw the ball into a space to move their opponent
- Students 1 and 2 take it in turns to serve
- Play the best of 3 points. The winner has won the game.
- Students 3 and 4 now play while Student 1 and 2 are the umpires
- Continue switching between playing and umpiring

Progression:

- Play first to 5 points
- Play as doubles. Students can either cover their side of the court, or alternate who catches and throws the ball.

TEACHING POINTS:

Pair 1:

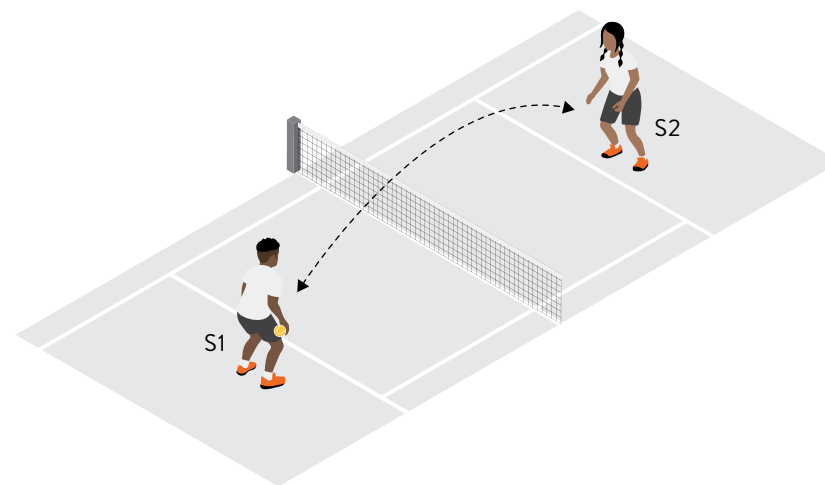
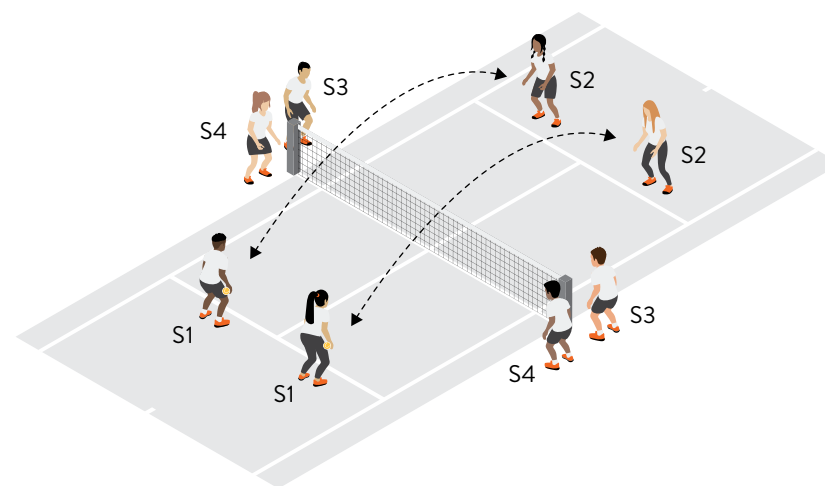
- Ready position
- Overarm throwing with accuracy
- Opposite shoe forward to the throwing arm
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Play the ball into a space
- Demonstrate sportsmanship by shaking hands

Pair 2:

- Watch the ball
- Correct calling of Out and Stop
- Accurate scoring

Equipment:

- Tennis balls



RACKET & BALL

Pack partners

How to Play:

- Students work in 4s in a half court with a racket each, 1 ball and 2 throw down lines
- Place a throw down lines half-way between the service line and baseline on both sides of the court
- Students 1 and 2 start on court and Student 3 and 4 start as coaches
- Students start on the service line and hit 2 forehand groundstrokes, 2 backhand groundstrokes, then both move into volley, and hit 2 forehand volleys then 2 backhand volleys
- Students swap on / off court after each rally
- The observing pair give feedback identifying why the players were successful or reasons why the sequence broke down
- If successful students start at the throw down line half-way between the service line and baseline and repeat the sequence: 2 forehand groundstrokes, 2 backhand groundstrokes, both move into a volley position and hit 2 forehand volleys, followed by 2 backhand volleys
- If successful students start on the baseline and repeat the sequence




Progression:

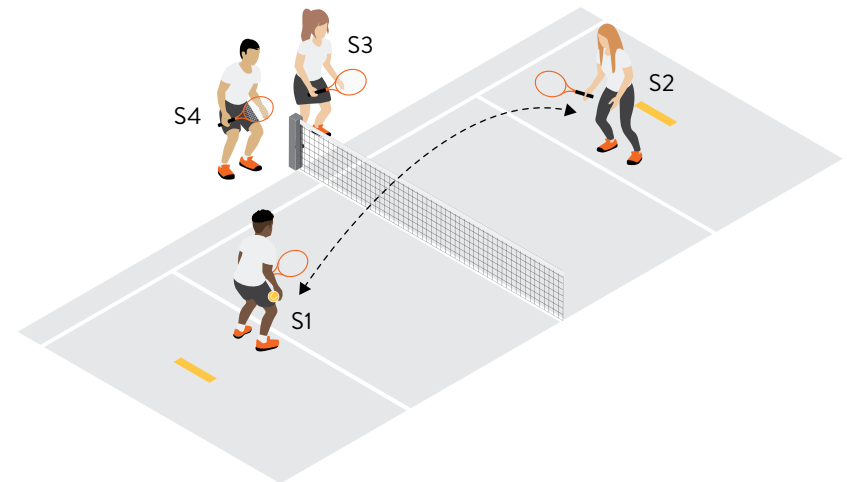
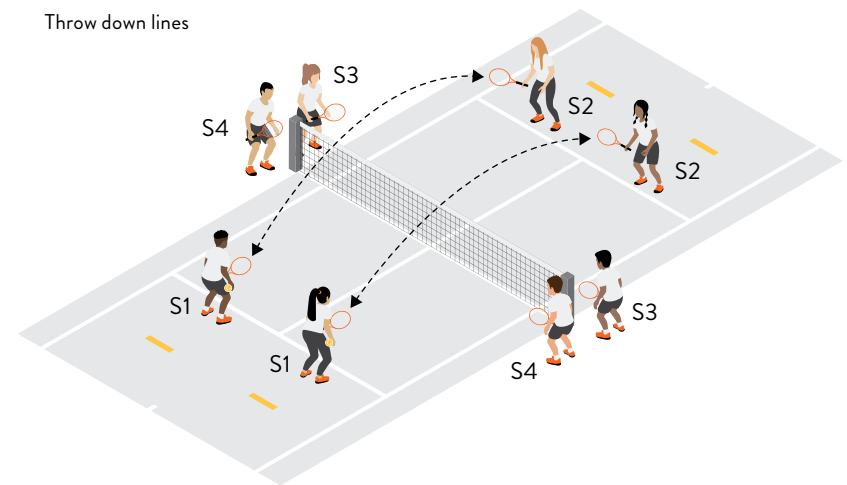
- Extend the number of shots in the sequence e.g. 4 forehand groundstrokes, 4 backhand groundstrokes, 4 forehand volleys and 4 backhand volleys
- Progress through the 3 sequences without stopping i.e. moving forwards and backwards on the court

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Contact to side and in front of shoes
- Racket path - low to high
- Control the speed and length of the ball through the racket swing
- Co-operate to achieve the sequence
- Side step when moving backwards on the court

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



GAME

Round robin



How to Play:

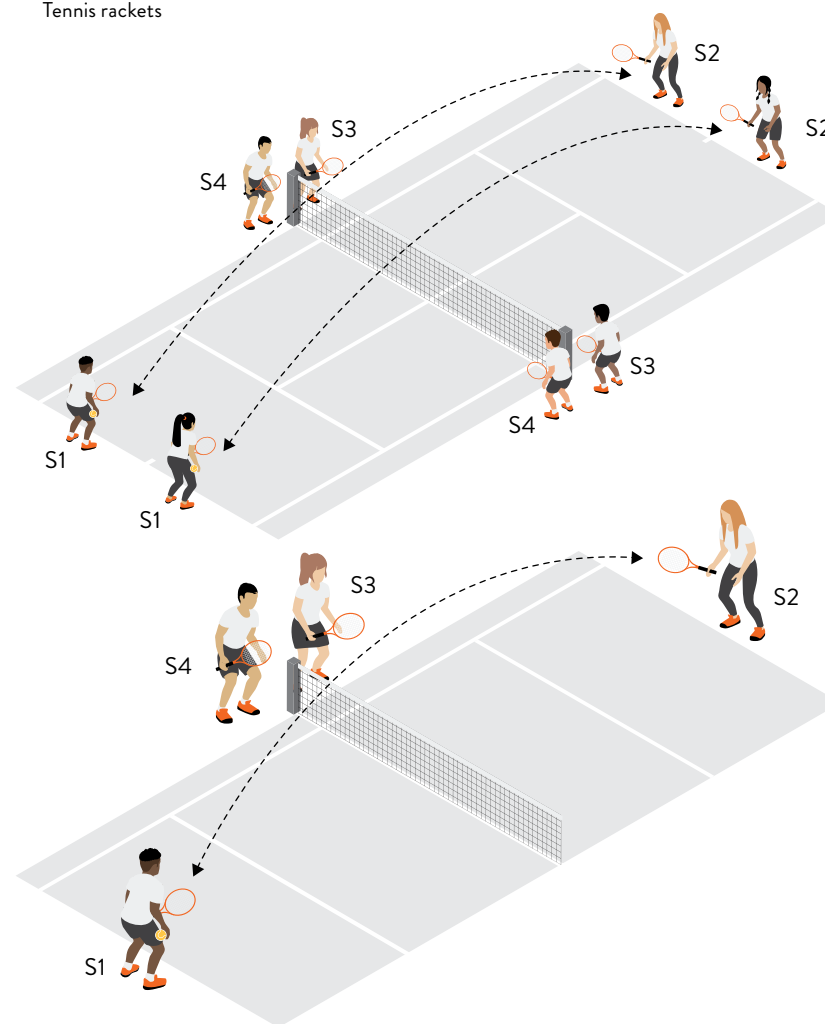
- Students work in 4s in a half court with a racket each and 1 ball
- Students play singles games
- Play first to 3 points
- Take it in turns to serve
- When not playing students act as line judges and umpires
- After each game, students switch on / off court

Progression:

- Increase the game length e.g. first to 5 points
- Change the pairings with the winning students and the losing students playing against each other

Equipment:

-  Tennis balls
-  Tennis rackets



TEACHING POINTS:

- Recover into the ready position after each shot
- Play the ball into a space to move your opponent

LESSON

SECONDARY SCHOOLS

Lesson Plans: Activity Cards

WARM UP

Number challenge

How to Play:

- Students work in 2s with a racket and throw down line each and 1 ball
- Students take 1 step back from the tramlines and place down their throw down line
- Student 1 taps the ball upwards, aiming for it to bounce inside the tramlines
- Student 2 lets the ball bounce once then taps the ball up, aiming for it to bounce inside the tramlines
- Students aim for a rally of 5
- Each time a rally of 5 achieved students score 1 point
- Take it in turns to start the rally

- Introduce a competition:
 - How many points can a pair score in 1 minute?
 - How many continuous tap ups can a pair achieve?

Progression:




- Students take a further step back and aim to bounce the ball between the tramline and the throw down line

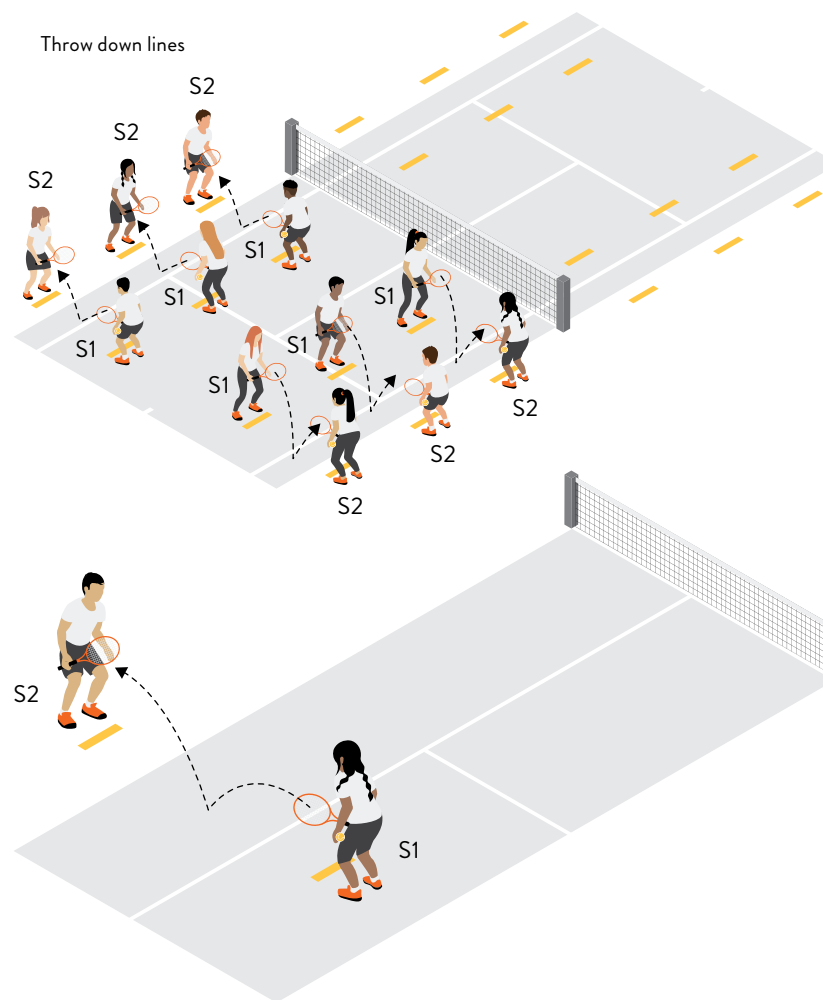
TEACHING POINTS:

Ready position:

- Shoes wider than shoulders
- Weight forward and athletic position
- Hands and racket central
- Grip: shake hands with the racket
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Recover to the ready position after each tap

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



BODY & BALL

The twos tower

How to Play:

- Students work in 2s with a racket each and 1 ball
- Students start behind opposite service lines
- Students hit groundstrokes within the service box, aiming for a rally of 4 shots
- When they achieve a rally of 4, increase the rally target to 6, and continue increasing the target by 2 each time they are successful
- Take it in turns to start the rally



Progression:

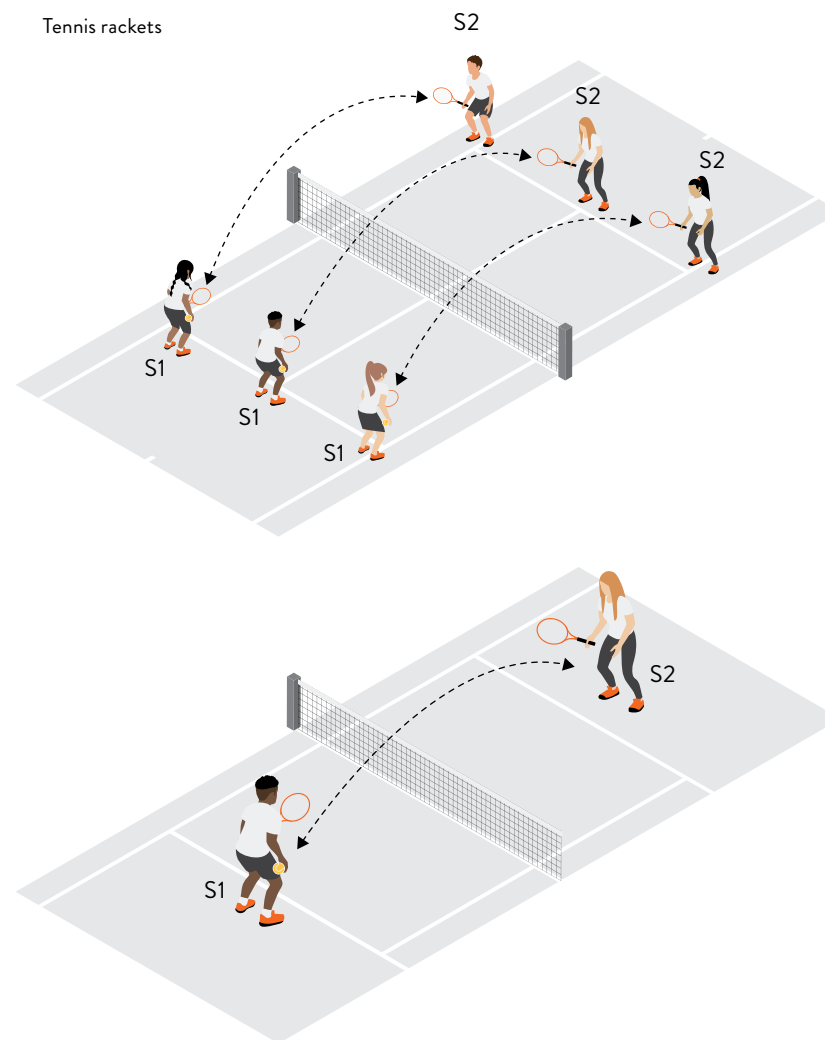
- Specify the number of forehands and backhands students have to hit e.g. 2 forehands and 2 backhands to achieve the rally of 4
- Continue increasing the target by 2

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Stop before hitting (where possible)
- Shoes wider than shoulders
- Contact the ball to the side and in front of the shoes
- Maintain racket control
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets



RACKET & BALL

Bounce setter

How to Play:

- Students work in 2s with a racket each, 2 throw down lines and 2 balls
- At 1 end of the court place 1 throw down line 1m in front of the service line and the other 1m behind the service line making a target area
- Student 2 starts on the baseline behind the target area with the 2 balls
- Student 1 starts on the opposite baseline
- Student 2 feeds the ball to Student 1 who aims to hit the ball into the target area
- Student 2 stops the hit ball and feeds the next ball
- Each time the return ball bounces in the zone the pair score 2 points
- Students may use either forehand or backhand groundstrokes
- Swap roles after 5 hits
- Maximum 10 points available per person; 20 in total

Progression:

- Students now rally continuously
- Student 1 continues to aim for the target area scoring 2 points each time the ball first bounces in the area
- Introduce a competition to see which pair can score the most points in a set amount of time
- Students swap roles and add their scores together
- Use either forehand or backhand groundstrokes only, or alternate groundstrokes

TEACHING POINTS:

- Accuracy of ball and racket control
- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Contact the ball to the side and in front of the shoes
- Strings towards target at contact




Forehand:

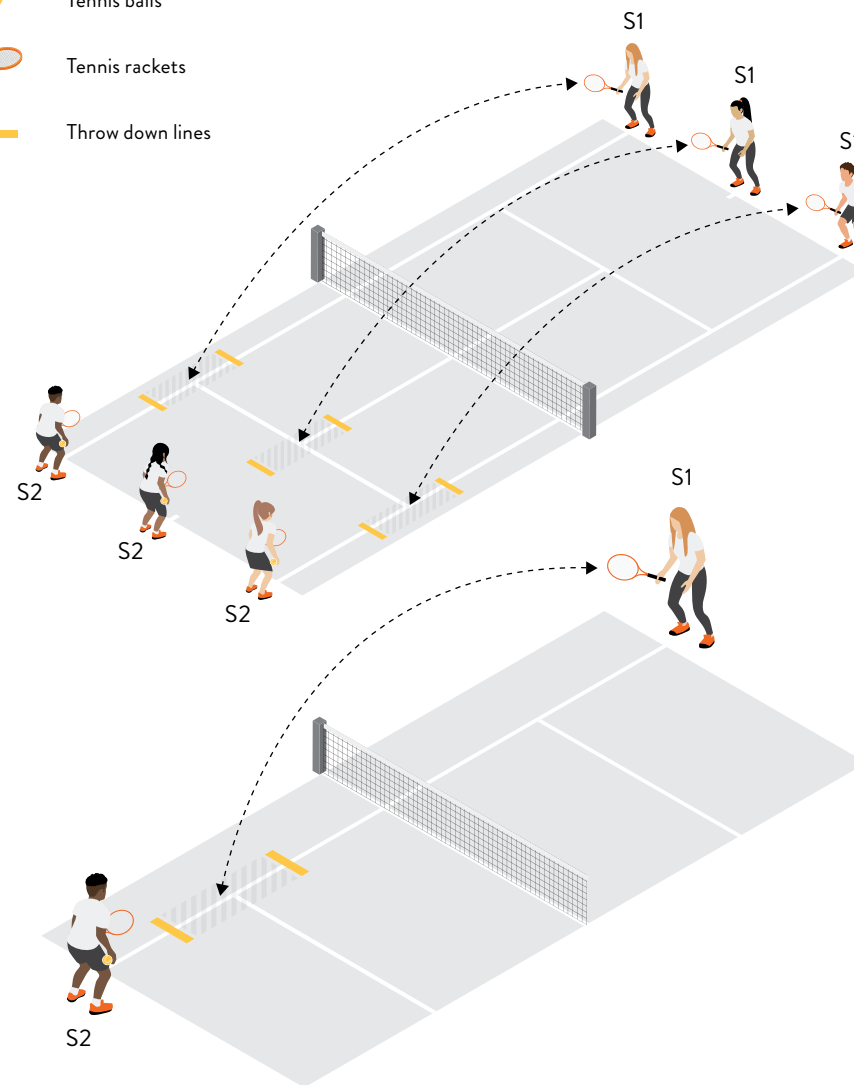
- Palm of hand pushing towards the target

Backhand:

- Back of hand pushing towards the target
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



GAME

Black hole




How to Play:

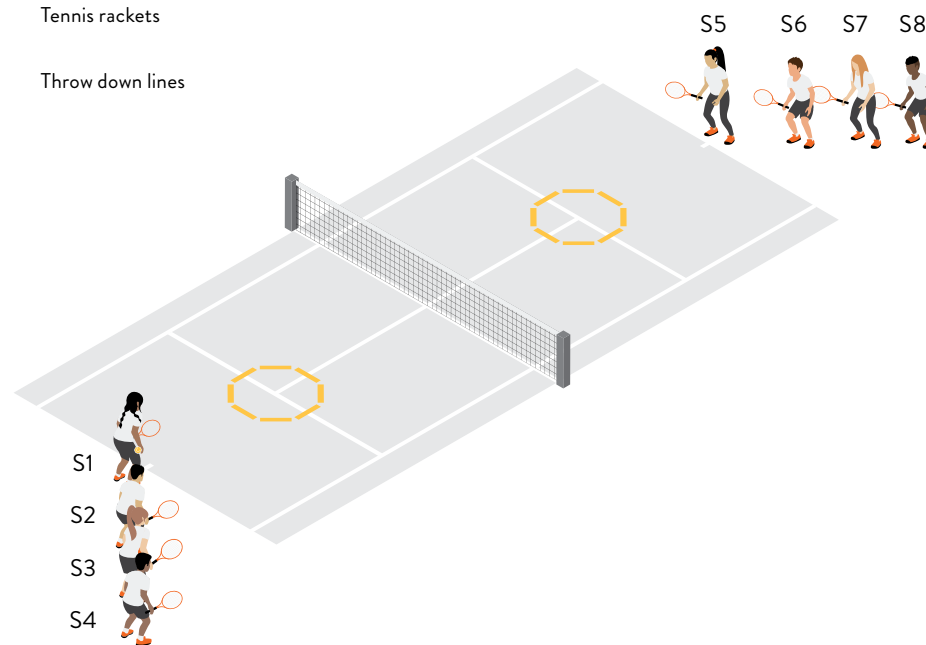
- Students play in teams of 4 against another team. Each team needs a racket each, throw down lines and 1 ball.
- Place the throw down lines in the centre of the court around the service line to mark a “Black Hole”
- Teams start on opposite baselines
- Student 1 feeds the ball into play then moves to the back of their team
- Students take it in turns to hit the ball and recover to the back of their team
- Teams play out the point avoiding the Black Hole
- If a team hit the ball into the black hole, they automatically lose the point
- Keep the score

Progression:

- Increase the size of the black hole
- Limit the type of shot to forehands or backhands only
- Start each point with an overarm serve which must land in the service box

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



TEACHING POINTS:

- Start in the ready position
- Adapt the body and racket to the incoming ball
- Set up to hit before the incoming ball bounces
- Contact to the side and in front of the shoes
- Racket path – low to high
- Increase the depth of the ball by increasing the length of the racket swing and aiming higher over the net

LESSON

WARM UP

Tramlines

How to Play:

- Students work in 2s with a ball each
- Students start opposite each other on the outside tramline facing into the court
- Both students start jogging towards each other
- Just before half-way, they both roll their ball to each other and collect the other ball, while continuing to run to the opposite tramline
- Students turn and repeat the movement several times
- Underarm throw the balls, letting the ball bounce once before catching it
- Underarm throw the ball and catch before the bounce
- Side step facing each other and pass the ball underarm (no bounce)

Progression:

- Students now have a racket each and 1 ball
- Student 1 starts with the ball balanced on their racket strings
- Students jog towards each other and transfer the ball from one racket to the other, and then continue to the opposite tramline
- Students turn and repeat several times
- Students 1 starts tapping the ball up on the strings and passes the ball to Student 2 at the half-way point
- Students have a ball each and tap it up to the half-way point, where they switch balls over and continue to the opposite tramline

TEACHING POINTS:

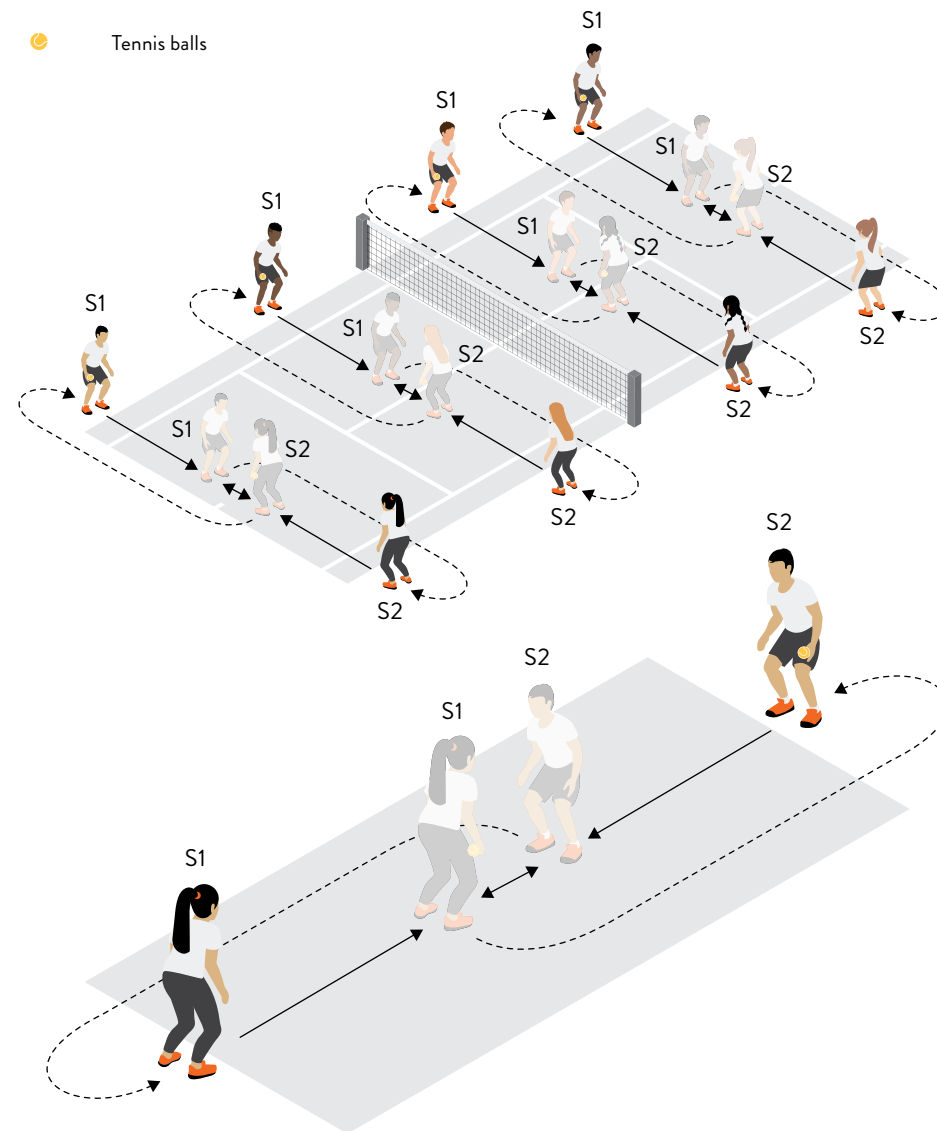
- Light on shoes
- Balanced movement
- Adjust body at the half-way point to pass the ball
- Work collaboratively

PROGRESSION TEACHING POINTS:

- Racket flat with strings parallel to the floor
- Control the racket face

Equipment:

- Tennis balls



BODY & BALL

Quick & go

How to Play:

- Students work in 2s with 1 ball using the end zone of the court
- Student 1 starts on the service line with the ball
- Student 2 starts on the baseline facing Student 1
- Student 1 underarm throws the ball to the left or right of Student 2
- Student 2 split steps and moves to the ball to catch it after 1 bounce
- Student 2 uses 2 hands to throw the ball back to Student 1 (like a rugby ball)
- Student 2 throws the ball from where they caught it, and throws from the side of the body that they caught it i.e. throw from right if they caught on right side
- Swap roles after 4 throws each

Progression:

- Students now place 2 rackets 1m in front of the baseline, 1 to the right and 1 to the left
- Student 1 throws towards the right or left racket, aiming to bounce the ball before the racket
- Student 2 has to touch the racket with their hand before they can catch the ball
- Student 2 throws the ball back using 2 hands
- Swap roles after 4 throws each
- Student 2 has to touch the racket with the opposite hand before they catch the ball e.g. the racket on the right side, has to be touched with the left hand and vice versa



TEACHING POINTS:

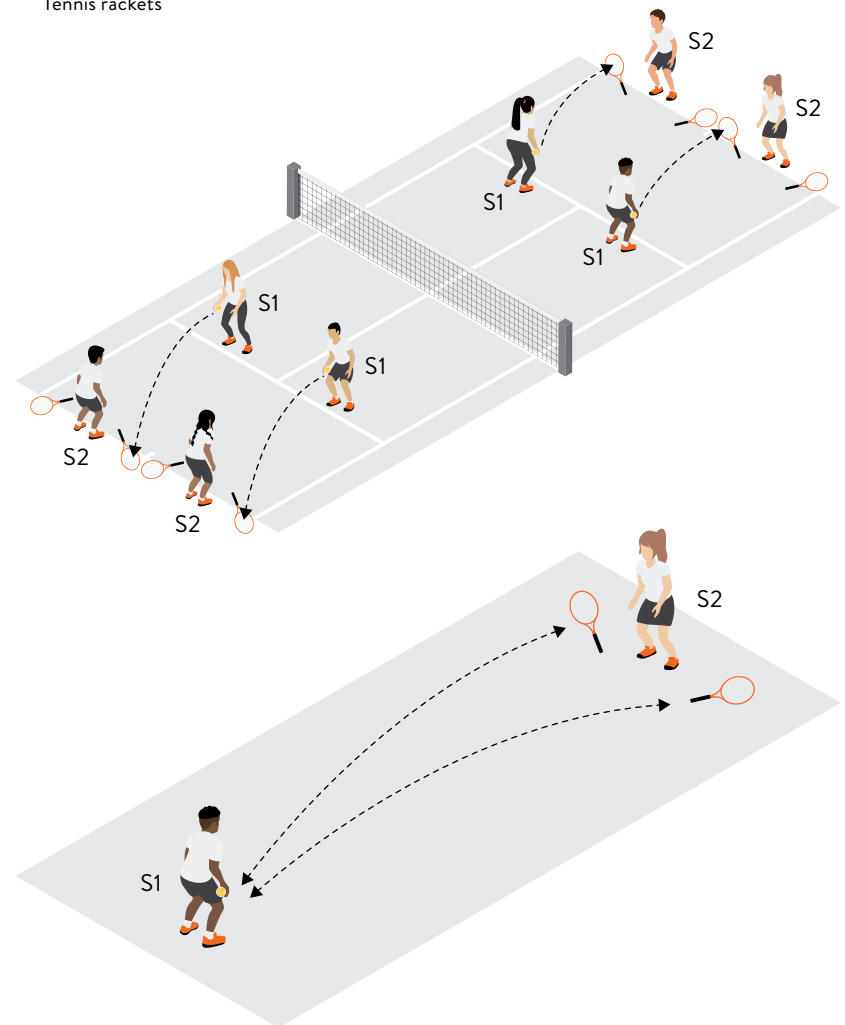
- Ready position
- Accurate throwing
- Track the incoming ball
- Adapt to the incoming ball

Split Step:

- Small jump from 2 shoes landing on 2 shoes
- Jump is a few cm high
- Time jump as the ball is thrown

Equipment:

-  Tennis balls
-  Tennis rackets



RACKET & BALL

Rally cruncher

How to Play:

- Students work in 2s with a racket and ball each
- Students start on opposite service lines
- Student 1 throws the ball overarm to start
- Students aim to hit a rally of 3 groundstrokes
- If successful, students move back to half-way between the service line and baseline, and aim for a rally of 3
- If successful, students move back to the baseline and repeat the rally of 3
- Students take it in turns to start the rally with an overarm throw
- Students only move back if a rally of 3 is achieved
- Once students have completed all 3 stages rallying to 3, they start again from the service line and aim to achieve a rally of 4
- Continue to increase the rally target each time the 3 stages are completed

Progression:

- Limit the rally to either forehands or backhands only
- Alternate the groundstrokes between forehands and backhands.
- Students start the rally with either an underarm or overarm racket serve

TEACHING POINTS:

- Split step as the ball is hit
- Adapt the body and racket to the incoming ball
- Stop before hitting where possible
- Set up with shoes wider than shoulders
- Racket path - low to high
- Strings towards target at contact
- Recover to the ready position



Forehand:

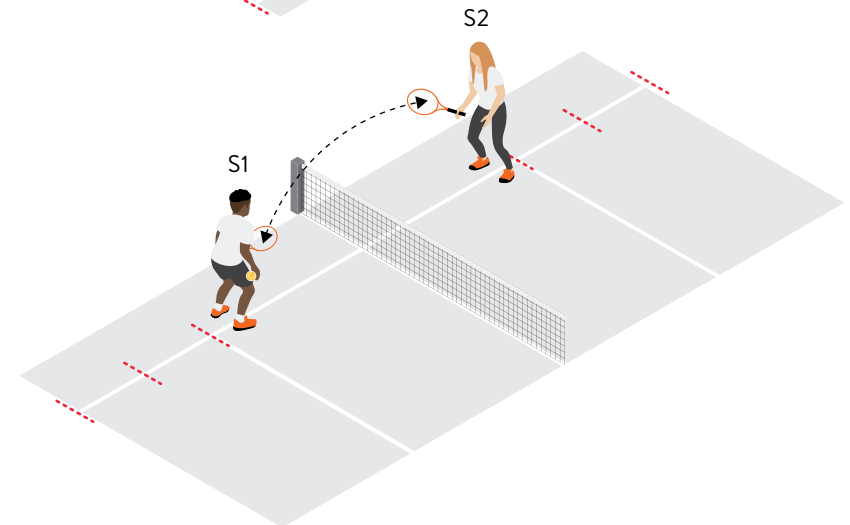
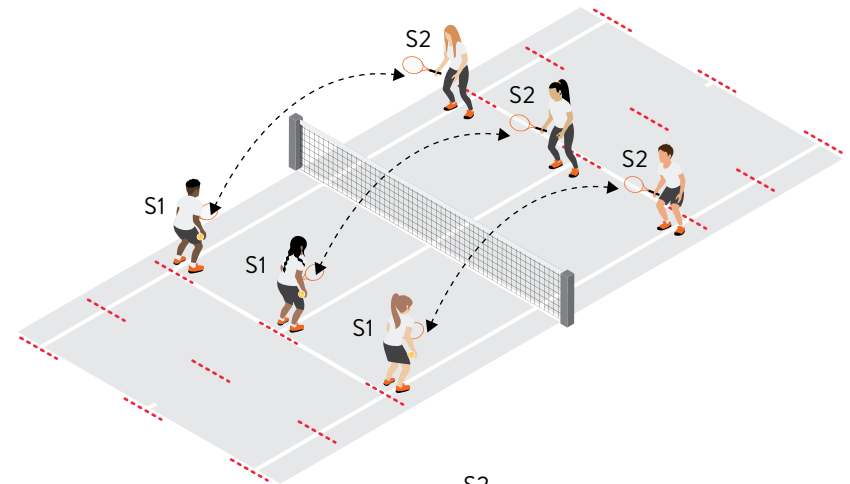
- Palm of hand facing partner

Backhand:

- Two hands on the racket grip
- Dominant hand at the bottom of the grip
- Back of hand facing partner

Equipment:

-  Tennis balls
-  Tennis rackets



GAME

Back of the court

How to Play:

- Students work in 3s on a half court with a racket each and 1 ball
- Student 1 and 2 play against each other
- Student 3 is the umpire
- Student 1 starts the point with an underarm or overarm serve then students play out the point
- Students select their starting point i.e. service line, half-way back or baseline
- Students take it in turns to serve
- A winning backhand shot scores 3 points
- Student 3 calls “OUT” or “STOP” and keeps the score
- Play first to 7 points then swap on / off court



Progression:

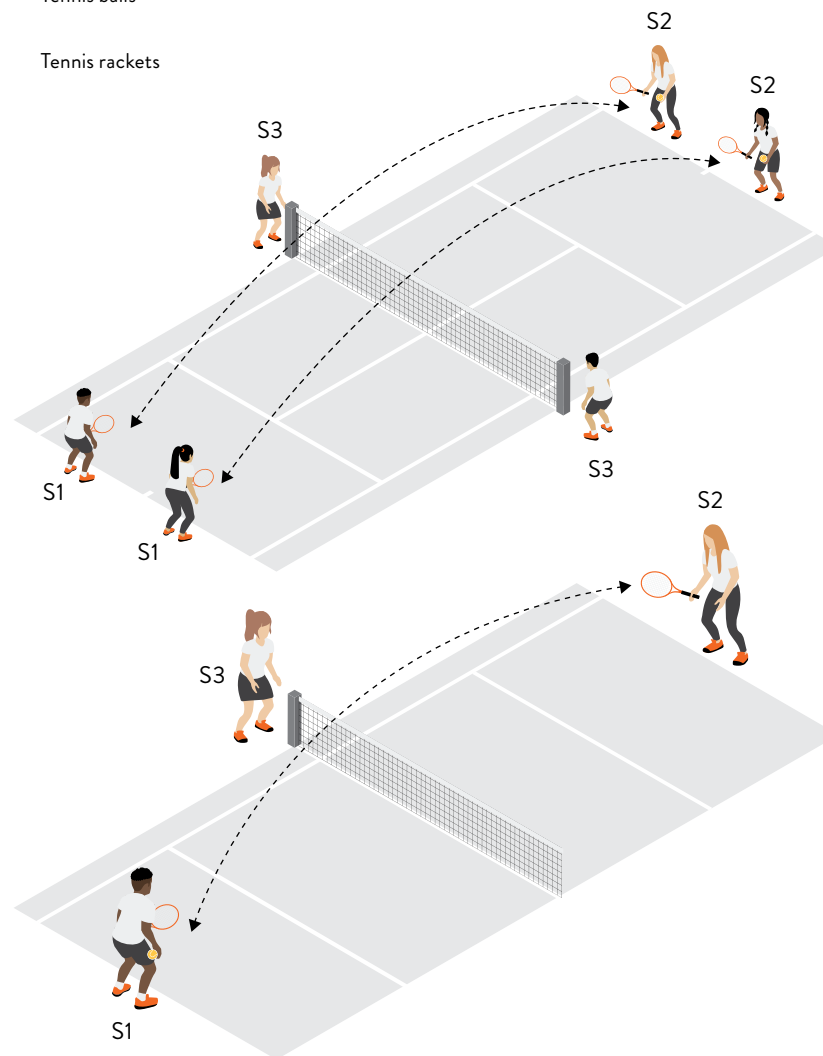
- After the serve, the first ball hit must be a backhand
- Play 2 v 1, with the team of 2 limited to 1 playing forehands and the other playing backhands only
- The single player can hit any shot

TEACHING POINTS:

- Set up behind the ball and on balance before contact
- Contact the ball to the side and in front of the shoes
- Racket path - low to high
- Increase the length of the swing to hit deeper shots
- Recover to the ready position
- Execute a split step

Equipment:

-  Tennis balls
-  Tennis rackets



LESSON



WARM UP

Rockets & mines

How to Play:

- Students work in 2s with a racket each and 1 ball
- Place the rackets end to end between the tramlines on one side of the court creating a target
- Both students stand on the opposite tramlines across the court
- Student 1 starts on the inside tramline facing the racket target
- Student 2 stands behind Student 1 on the outside tramline with the ball
- Student 2 rolls the ball between Student 1's shoes, aiming to hit the racket target on the opposite tramlines
- Student 1 runs to stop the ball before the ball hits the rackets
- Students take it in turns to roll and chase the ball




- Student 1 starts facing Student 2
- Student 2 rolls the ball as previously and Student 1 turns and chases the ball

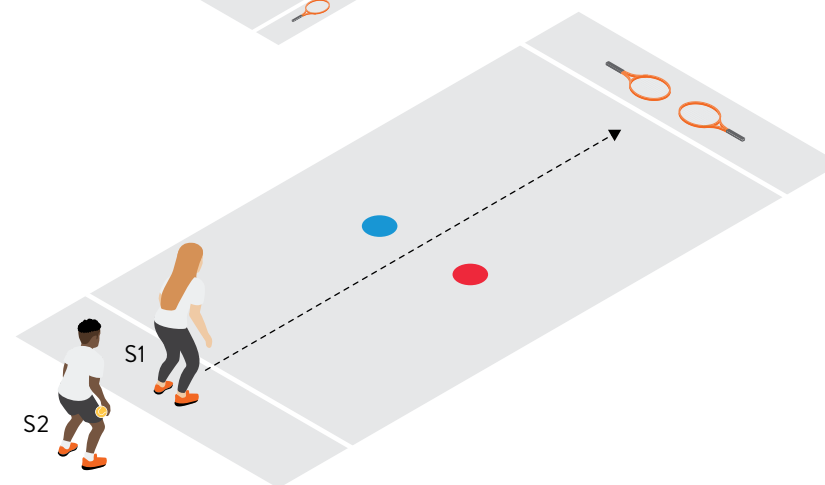
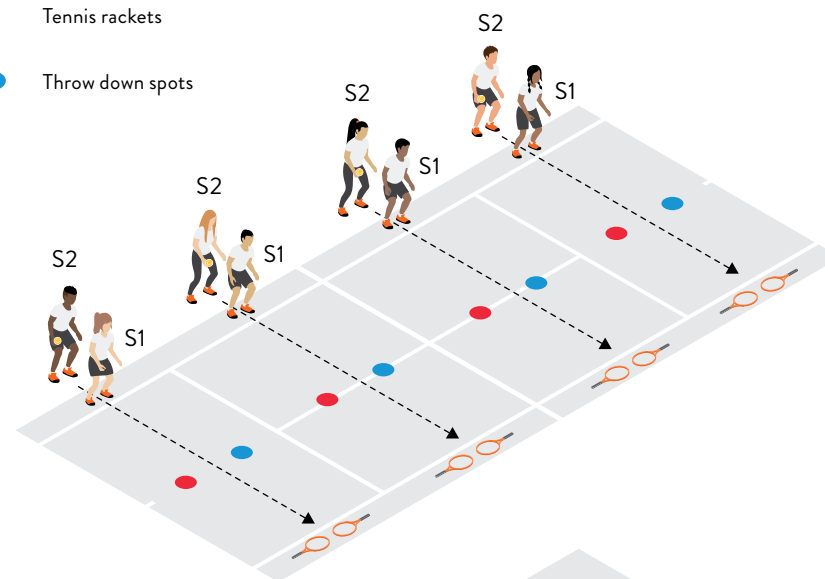
- Student 1 starts facing Student 2
- Student 2 underarm throws the ball up and over Student 1's head (a lob)
- Student 1 turns, lets the ball bounce once and then stops the ball before it reaches the targets

Progression:

- Two throw down spots are placed approx. 2m apart on the left and right of the path towards the racket target
- The student who releases the ball calls "RIGHT" or "LEFT"
- The student running must touch the 'called' spot before they stop the ball

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS:

Chaser:

- Ready position
- Quick reaction to the rolling ball
- Agile movement with shoes and body

Sender:

- Low body position
- Opposite shoe forward to the rolling arm
- Extend the rolling arm to point at the target
- When rolling or throwing, release the ball smoothly

PROGRESSION TEACHING POINTS:

- Clear communication of the instruction
- Use of sidestep and lunge when reaching for the spot
- Low body position
- Quick reactions
- Track the flight and bounce of the ball (lob)

BODY & BALL

Volley 4 life

How to Play:

- Students work in 4s in the service boxes with a racket each, 2 throw down spots, 1 throw down line and 1 ball

Student 2 places the throw down spots 1m in front of the service line in a right and left position

Student 1 places the throw down line approx. 1m back from the net on the other side of the net

- Students 3 and 4 act as coaches
- Student 1 starts on the service line and throws the ball overarm towards the right spot, then moves forward into a volley position on the throw down line
- Student 2 lets the ball bounce and then hits a groundstroke to Student 1
- Student 1 volleys the ball aiming to bounce the ball in the service box
- After the volley the rally stops
- Students 1 and 2 repeat the practice, with Student 1 throwing towards the left spot
- Students 3 and 4 give feedback then have their turn hitting
- When Student 1 and 2 return to the court they swap roles, so Student 2 is now volleying

Progression:

- Students 1 and 2 play out the point after Student 1 has volleyed the ball
- Play 2 points then swap on / off with Student 3 and 4





TEACHING POINTS:

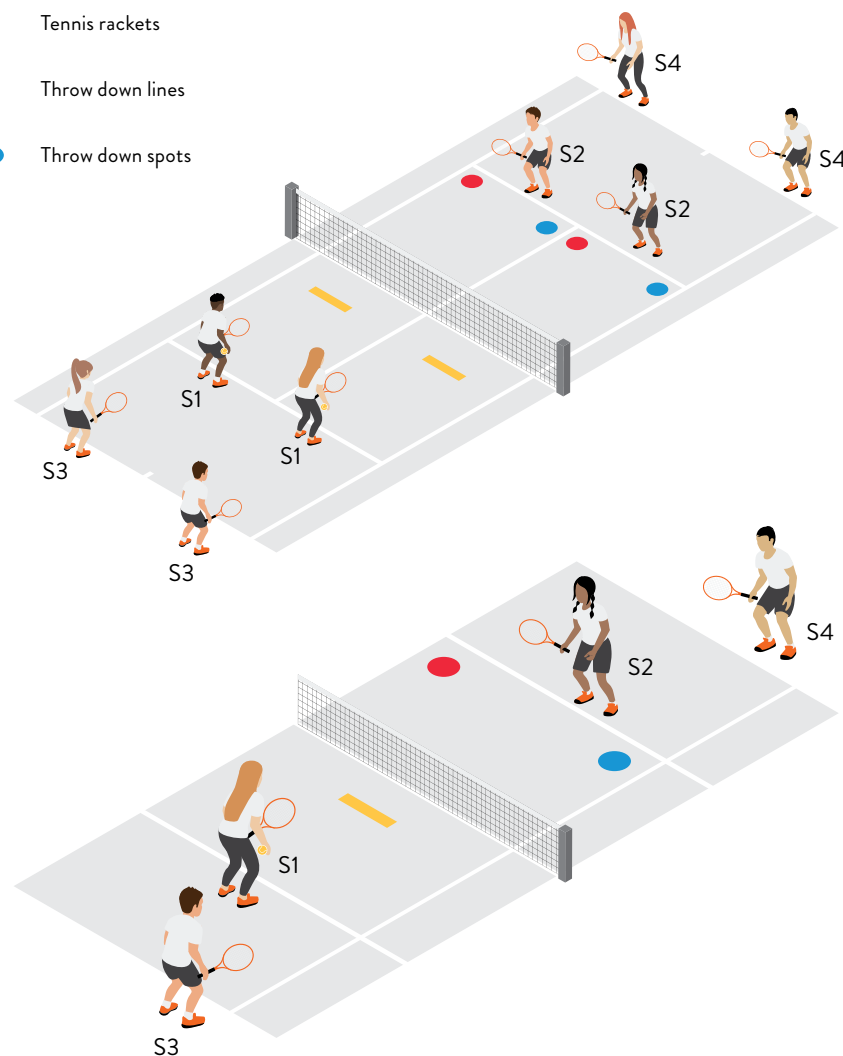
- Split step then move forwards into the volley position
- Accurate throw
- Control the speed of the throw

Volley:

- Balanced central ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact with a tap (no swing)
- Contact in front and to the side of shoes

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines
-  Throw down spots



RACKET & BALL

Volleys & lobs

How to Play:

- Students work in 4s in a half court area with a racket each and 1 ball
- Students 3 and 4 act as coaches
- Student 1 starts on the service line and feeds the ball underarm aiming for the ball to bounce in the service box
- Student 1 then moves forward into a volley position (use a throw down line as a marker if required)
- Student 2 lets the ball bounce then returns the ball over Student 1's head, playing a lob
- Student 1 tries to intercept the lob with their racket and the sequence stops
- Students 3 and 4 give feedback then have their turn on court
- Students continue switching on / off the court after every 2 balls
- When Student 1 and 2 return to court they switch roles

Progression:

- Students play out the point after the lob using the full length of the court
- Students switch on / off the court after each point
- Alternate who serves

TEACHING POINTS:



Volley:

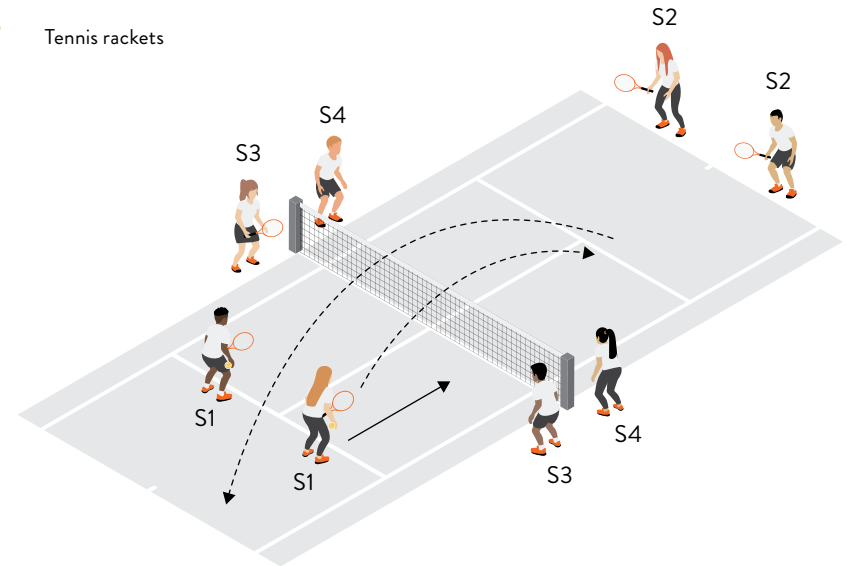
- Balanced central ready position
- Adapt the body and racket to the incoming ball
- Racket head above the wrist
- Contact with a tap (no swing)
- Contact in front and to side of shoes

Lob:

- Racket path - low to high
- Strings pointing up
- The ball travels high above the head of the student at the net

Equipment:

-  Tennis balls
-  Tennis rackets



GAME

Waves

How to Play:

- Students work in 3s playing against another team in the full court, with a racket each and 1 ball
- Students start spaced along the baseline
- Student 1 feeds the ball underarm and the point is played out
- The team who win the point, move forward to start the next point on the service line
- If the point is won by the team who started on the service line, they move forward again to start the next point in a volley position. If they lost the point, they move back to the baseline and the opposite team moves forward to the service line.
- If a team wins the point when they started in the volley position they win a game and the teams restart the game with both teams starting at the baseline again
- Students take it in turns to feed the ball into play
- No lobs allowed
- Students change positions within their team at the start of each game



Progression:

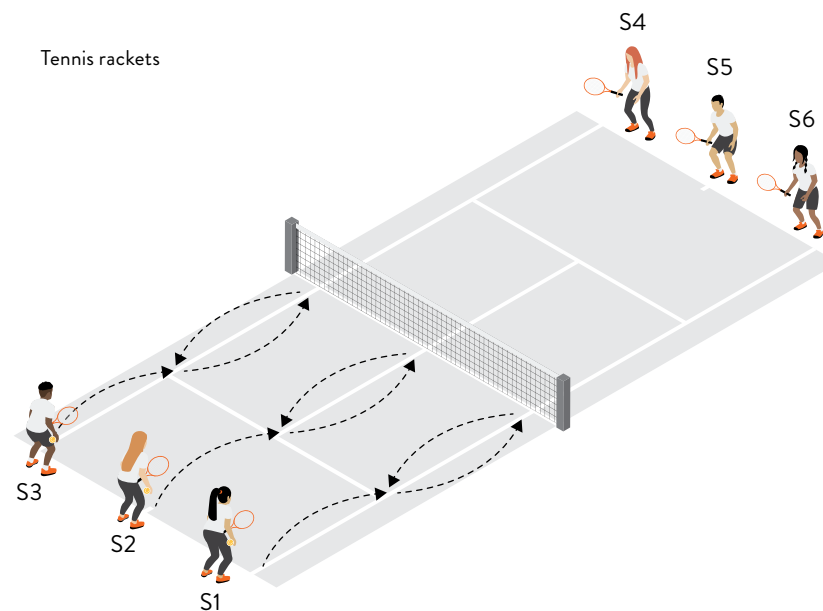
- Lobs are now allowed
- If a lob is played the whole team should move backwards together

TEACHING POINTS:

- Awareness of space
- Agile movement of shoes and body
- Quick reactions to the ball
- Work collaboratively

Equipment:

-  Tennis balls
-  Tennis rackets



LESSON 10

WARM UP

Rebound catcher

How to Play:

- Students work in 5s on 1 side of the net, with 1 racket and 1 ball between them and throw down lines
- Place the throw down lines parallel to the service line to mark a zone
- Student 1 starts in the zone with the racket
- Students 2, 3, 4 and 5 each stand in a quarter of the court approx. 2m away from Student 1, creating a square
- Student 2 throws the ball underarm to Student 3, 4 or 5 and they continue to throw to each other
- Underarm passes only and the ball can bounce before catching it
- Student 1 tries to intercept the ball and can use the racket
- Students 2, 3, 4 and 5 aim to reach 5 passes without Student 1 intercepting
- If Student 1 intercepts the ball, they switch with the student who threw the ball
- After 5 successful passes swap the student who is intercepting




Progression:

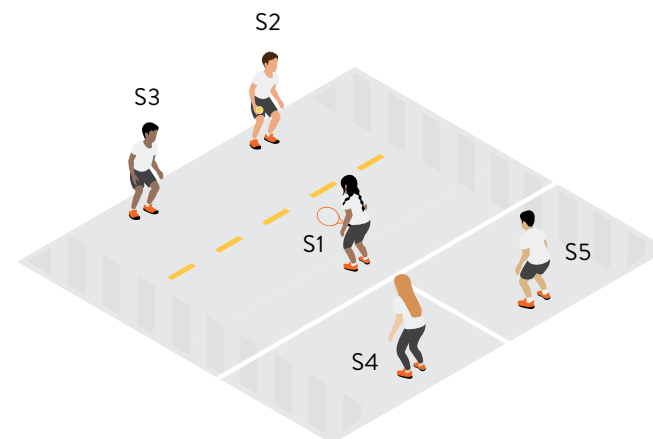
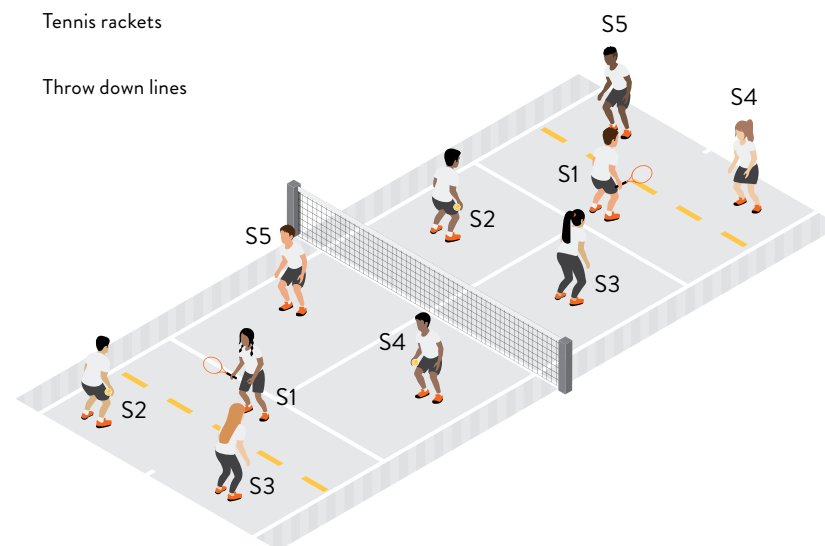
- Students passing the ball now self-tap the ball up with their hand and catch the ball before throwing to another student

TEACHING POINTS:

- Ready position
- Track the incoming ball
- Quick shoe movements
- Racket control
- Controlled underarm throw

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down lines



BODY & BALL

Throwing challenge

How to Play:

- Students work in 2s with a racket and ball each
- Students start on opposite service lines and place their rackets down inside the service box as a target
- Student 1 starts with the 2 balls
- Student 1 throws the ball overarm (serve) aiming to bounce the ball on their partner's racket
- Student 2 catches the ball
- Student 1 overarm throws a second serve and Student 2 catches it
- Student 2 now overarm throws a first and second serve
- Students score 5 points if the ball bounces on the racket strings and 1 point if it lands within 1m of the racket
- Students try to beat their previous score each time it is their turn to serve
- Change the target racket position after 2 sets of throws each

Progression:

- Students throw from half-way between the service line and baseline
- Students throw from the baseline



TEACHING POINTS:

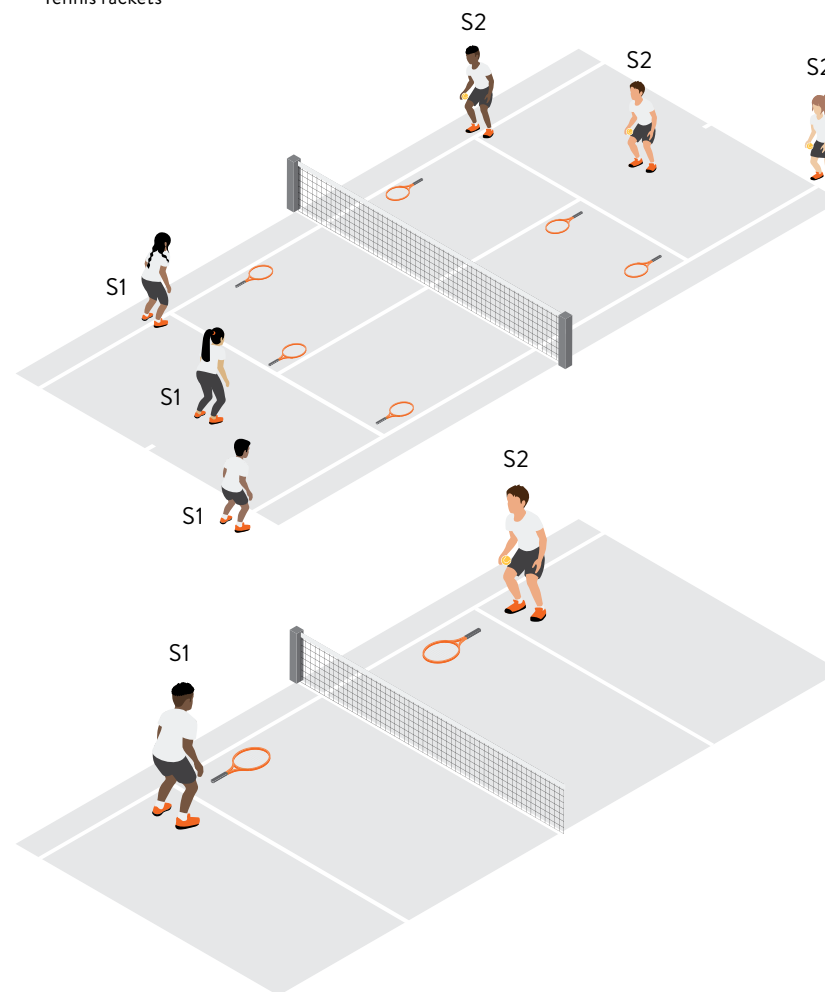
- Opposite shoe to throwing arm forwards
- Ball to be released in front and above the head in a 12 o'clock position
- Arm to extend fully and finish pointing towards the target

PROGRESSION TEACHING POINTS:

- Ball should travel higher above the net the further back the server stands
- Take a bigger backswing when standing further back
- Server can step forward onto the court to follow through the throwing action

Equipment:

-  Tennis balls
-  Tennis rackets



RACKET & BALL

Return rockets

How to Play:




- Students work in 4s with a racket and throw down spot each, and 1 ball
- Students play half court singles diagonally
- Place 2 spots approx. 1m in front of the service line in a right and left position, and 2 spots the other end, half way between the service line and baseline, in front of the server
- Students 1 and 2 start on court; Students 3 and 4 start off court
- Student 1 starts behind the baseline and serves the ball overarm aiming for the right or left spot in the diagonally opposite service box
- Student 2 lets the ball bounce and hits the return aiming diagonally to the corresponding spot i.e. if Student 1 aimed towards the right spot, Student 2 aims for the right spot
- Student 1 serves again and Student 2 hits a return shot
- Students 1 and 2 switch with Students 3 and 4

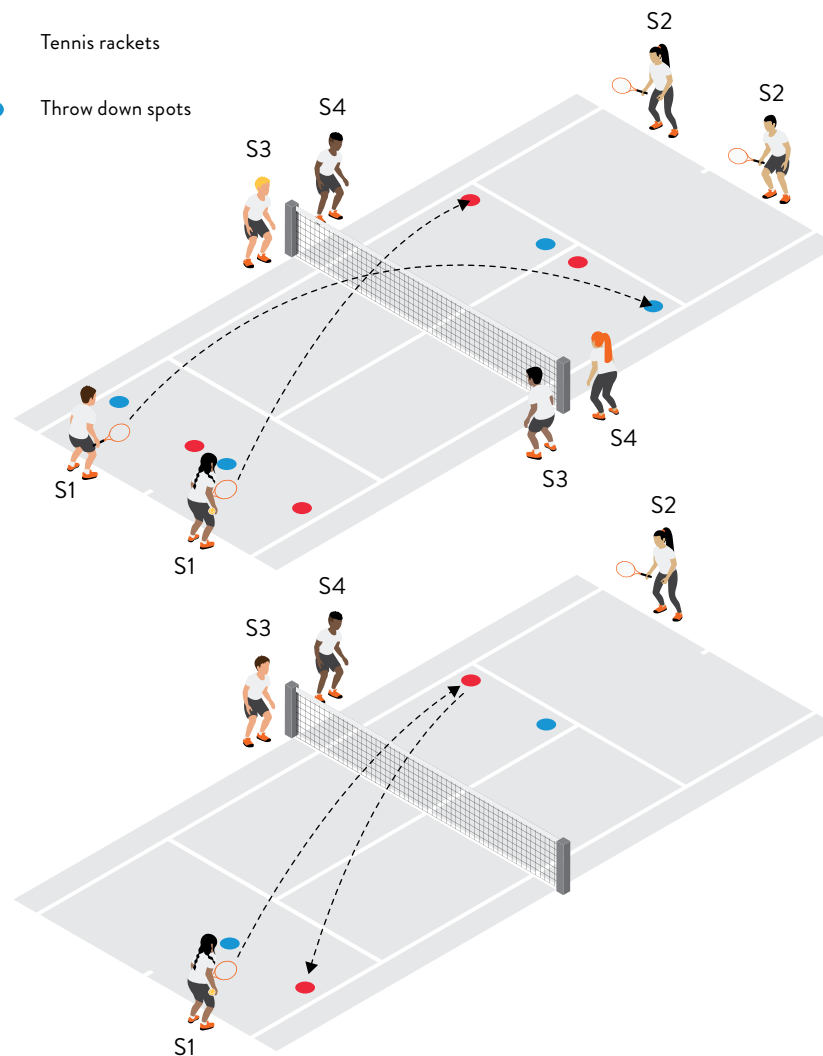
- Students 3 and 4 serve and return
- Students 1 and 2 return to the court and Student 2 now serves twice
- Continue the serve and return rotation
- Students switch to the other half court and practice serving and returning from the alternative diagonal

Progression:

- After the serve and return students play the point out
- Switch on / off court after each service point

Equipment:

-  Tennis balls
-  Tennis rackets
-  Throw down spots



TEACHING POINTS SERVER:

- Opposite foot forwards to the dominant hand

Non dominant hand:

- Ball is released straight up and fingers stretch to the sky

Dominant hand:

- Racket behind the head
- Elbow high above head (Nike tick or Bolt position)
- Contact the ball at 12 o'clock using an overarm throwing action

TEACHING POINTS RETURNER:

- Adapt the body and racket to the incoming ball
- Recover to the ready position after each shot

Forehand:

- Palm of hand towards the target

Backhand

- Two hands on the grip
- Back of hand towards the target

GAME

Live

How to Play:

- Students work in 4s with a racket each and 1 ball
- Students play half court singles diagonally
- Students 1 and 2 start on court; Students 3 and 4 start as umpires
- Student 1 starts behind the baseline and overarm serves the ball into the diagonal service box
- Student 2 hits the return and they play the point out
- The server is the caller and can call “LIVE” at any stage during the point
- The server should call “LIVE” when they feel they have the advantage
- The student who wins the point scores 1 point
- If the point ends before “LIVE” has been called then no score is counted
- Students switch on / off court after every point
- Alternate the server
- Students 1 and 3 are a team and Students 2 and 4 are a team adding their points together
- Students switch to the other half court and play using the alternative diagonal



Progression:

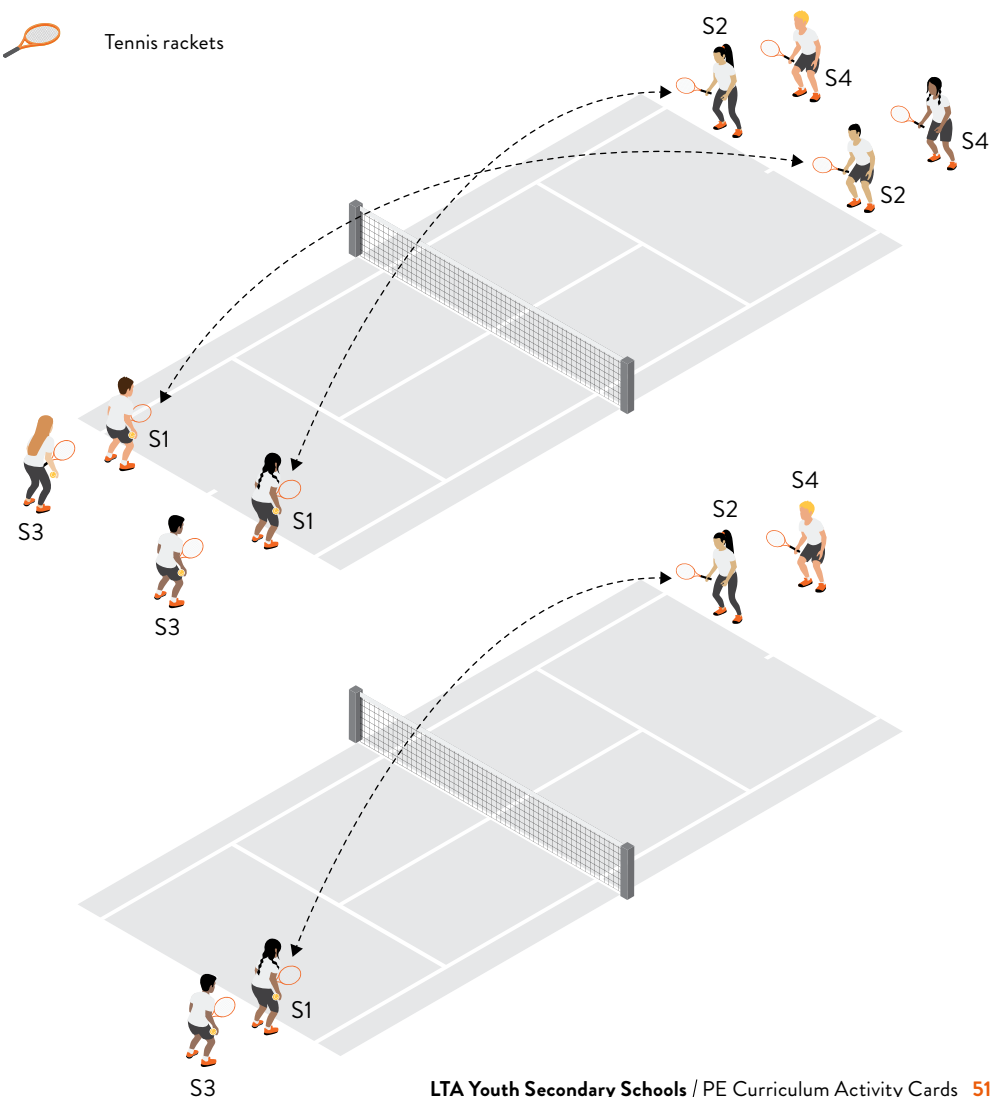
- The returner becomes the caller and can call “LIVE” at any stage during the point
- The students off court become the callers, deciding when their team mate is in a winning position
- “LIVE” has to be called before the ball is hit

TEACHING POINTS:

- Control the ball when serving
- Return the ball accurately
- Aim for spaces to win the rally
- Anticipate where your opponent is going to hit the ball
- Play attacking shots based on your opponent’s court position
- Recognise your opponent’s weakness and aim to put them under pressure

Equipment:

-  Tennis balls
-  Tennis rackets



LESSON

11

WARM UP

2v2

How to Play:

- Students work in 4s across the width of the court with 1 ball
- Students split into 2 teams
- Pair 1 start with the ball and underarm throw the ball to each other aiming to make 5 catches
- Pair 2 try to intercept the ball
- If Pair 2 intercept the ball they then try and make 5 catches
- If a pair achieves 5 catches, the game resets and the other pair starts with the ball
- Students are not allowed to move with the ball

Progression:

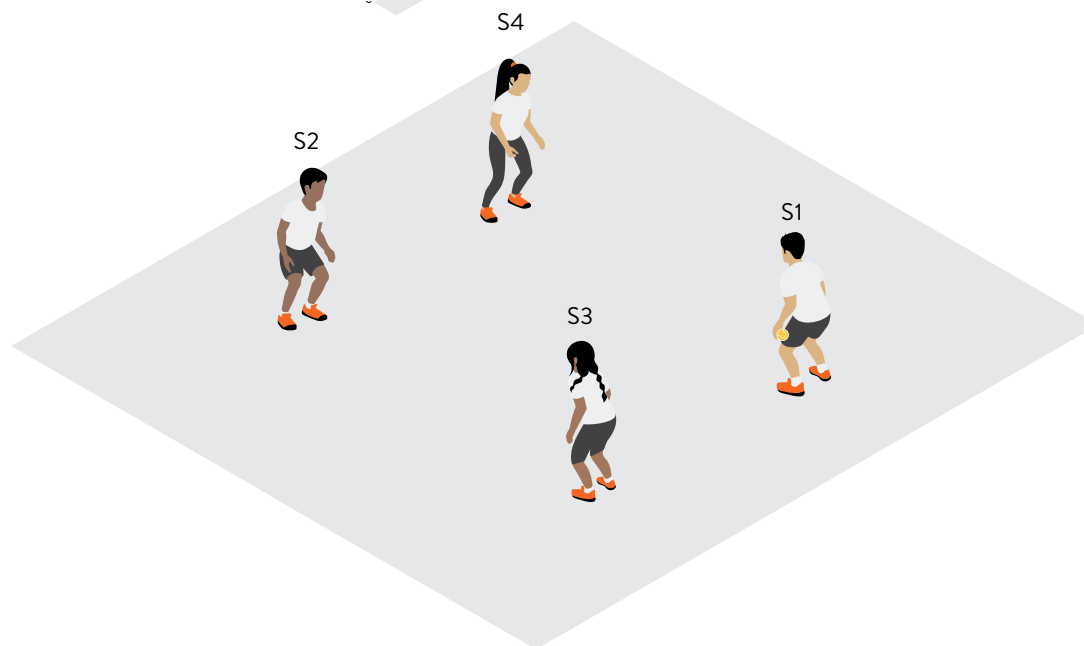
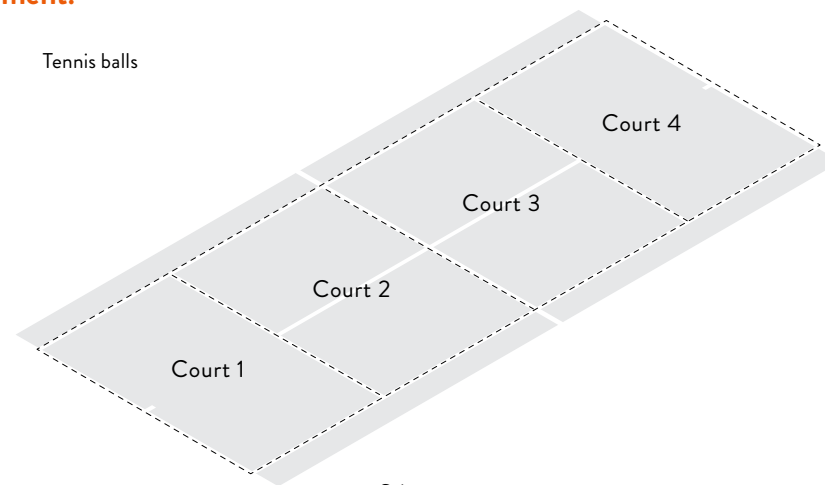
- Use an overarm throw
- Use a bounce pass
- Allow any throwing action
- Introduce a second ball

TEACHING POINTS:

- Ready position
- Move into spaces
- Quick shoe movements
- Track the incoming ball
- Anticipate the direction of throw

Equipment:

- Tennis balls



BODY & BALL

Speed box doubles

How to Play:

- Students work in 2s as a doubles pair, with 4 pairs per court, and 1 ball per game
- Students use the service boxes extended to the outside tramlines
- Pair 1 and Pair 2 start on opposite service lines
- Pair 3 and Pair 4 start behind opposite baselines
- Pair 1 throws the ball underarm to bounce in the service box
- Pair 2 catch the ball and throw it underarm back from where they caught it
- The pairs continue to throw and catch until the ball is thrown out or a pair fails to catch it after one bounce
- The ball must bounce before each catch
- Either student from the pair can throw and catch the ball
- The pair that win stay on court; the pair that lose switch with the pair waiting at the same end

Progression:

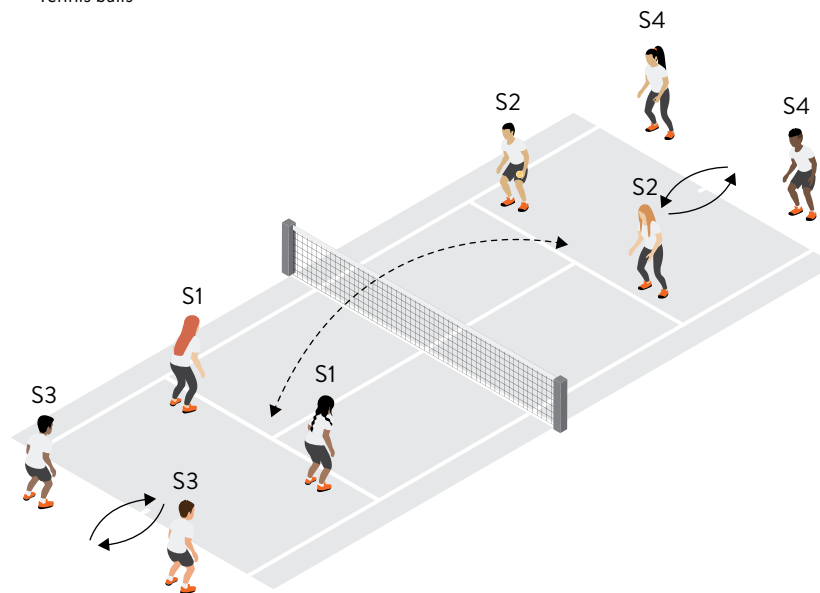
- After the serve and return throws, the students may catch the ball before it bounces i.e. a volley
- Any type of throw is permitted
- Students use rackets and start the rally with an underarm serve

TEACHING POINTS:

- Throw the ball into a space
- Work as a team to cover the court area
- Adapt to the incoming ball
- Quick, balanced shoe movement
- Recover on own half of the court

Equipment:

- Tennis balls



RACKET & BALL

The team approach

How to Play:

- Students work in 2s as a doubles pair, 3 or 4 pairs per court, all with rackets and balls
- Students play in the full court
- 2 pairs start on opposite baselines
- Pair 1 feeds the ball underarm into the diagonal service box
- Pair 2 return the ball and pairs play the point out
- Pairs aim to hit a deep ball into the back part of the court, beyond the service box
- If the ball lands in the service box the receiving pair must move forward together into a volleying position and continue to play the point out
- No lobs allowed
- After 1 point Pair 2 switches on / off with Pair 3
- Pair 1 stay on court for 3 points, then switch with Pair 2, who then switch with Pair 3 after a further 3 points



Progression:

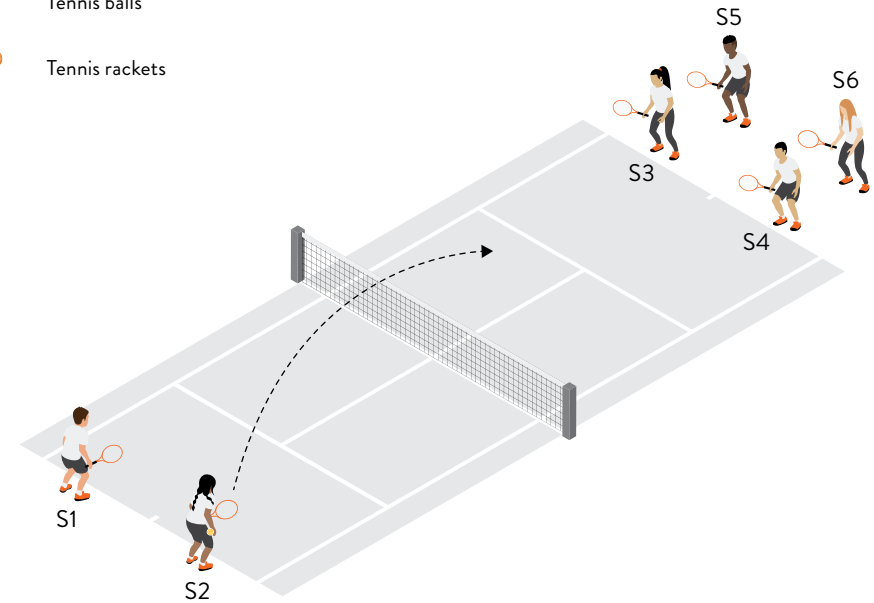
- Start the point with an overarm serve, alternating serving from the right and left
- Lobs allowed

TEACHING POINTS:

- Hit the ball higher over the net to hit a deeper shot
- Increase the length of the racket swing
- Contact the ball in front and to the side of the shoes
- Racket path - low to high
- Two hands on the grip for a backhand

Equipment:

-  Tennis balls
-  Tennis rackets



GAME

Champions of the court



How to Play:

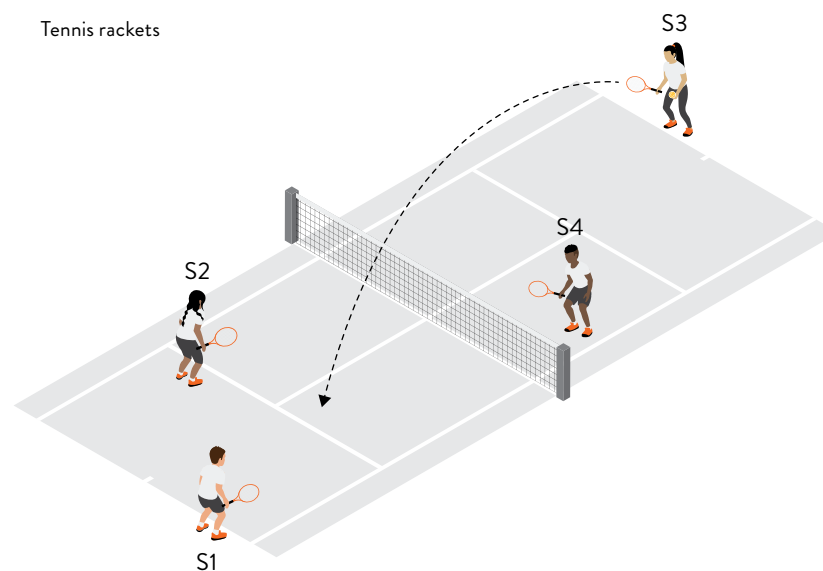
- Students work in 2s as a doubles pair, 3 or 4 pairs per court, all with rackets and balls
- 2 pairs start on court in full doubles positions: server behind the baseline, servers partner in a volleying position; receiver on the baseline, receivers partner in a volleying position
- Pair 1 are the champions of the court and are the receivers
- All other pairs are the challengers and are the servers
- If the challengers win the point they become the champions, and the existing champions become the challengers
- If the champions win the point they remain as champions and play against the next challengers
- Challenging pairs take it in turns to serve

Progression:

- Challenging pairs have to win 2 continuous points to become the champions
- Serve the first point from the right, and if challengers win the first point they then serve from the left

Equipment:

-  Tennis balls
-  Tennis rackets



TEACHING POINTS:

- Quick shoe movement to move around the court
- Work as a team to cover the whole court
- Decide where to aim the ball based on your opponent's court position
- Concentrate on the depth and flight of the ball

LESSON 152

WARM UP

Switch & change

How to Play:

- Students work in groups of 6-8 in a half court
- Students stand in a circle facing inwards with a small gap between each student
- The teacher or a student is the 'caller'
- "GO" students start side stepping clockwise staying in their circle
- "CHANGE" students change direction of the side step
- "SWITCH" students turn to face outwards and continue side stepping in the same direction
- "STOP" students stop immediately and adopt the ready position
- Give calls increasingly faster

Progression:

- Pass a ball in the opposite direction to the way the students are moving
- "CHANGE" students change direction of the ball and the side step so the ball still travels in the opposite direction
- Pass another ball in the same direction as the students are moving
- Use different types of ball

TEACHING POINTS:

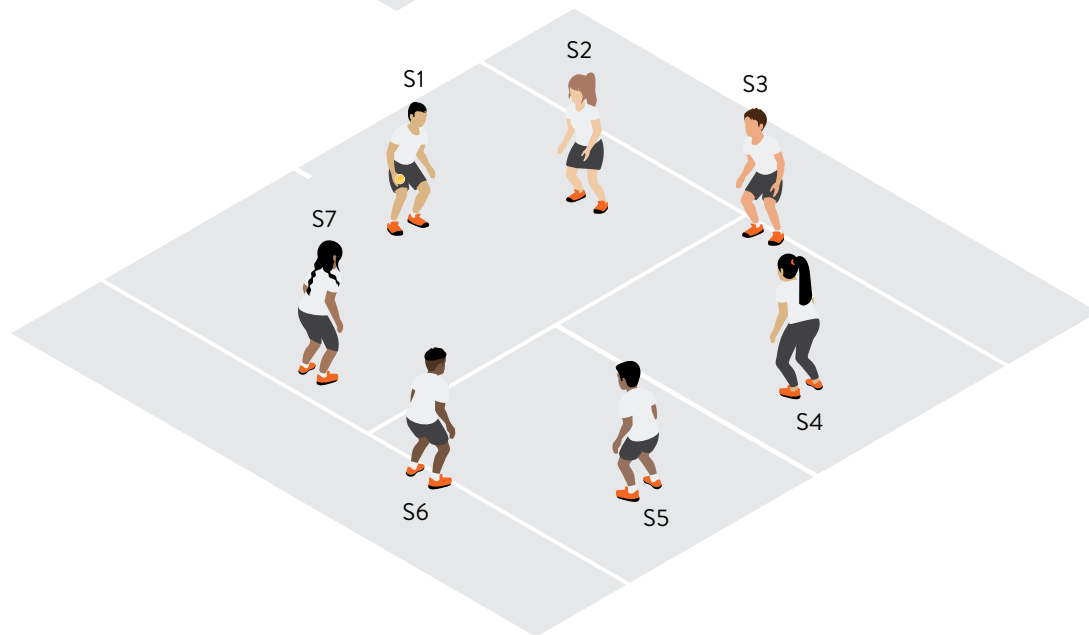
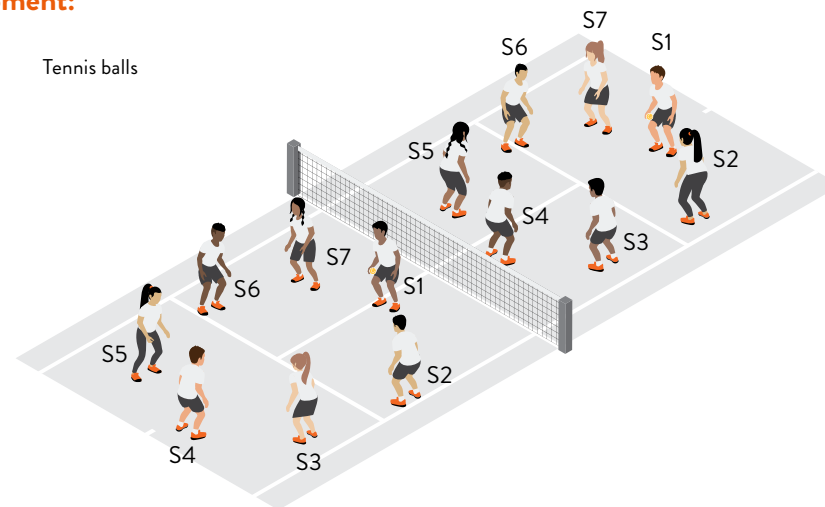
- Clear communication from the caller
- Ready position
- Balanced side step movement
- Quick shoe movement to change direction

PROGRESSION TEACHING POINTS:

- Focus on the shoe movements first
- Keep hands in a ready position for receiving the ball
- Control the speed of the ball

Equipment:

- Tennis balls



BODY & BALL

Touch tennis

How to Play:

- Students work in 3s with a racket and ball each, in half court service boxes
- Students 1 and 2 start on court on opposite sides of the net
- Student 3 starts as the umpire
- Students 1 and 2 start by balancing the ball together on top of the net using the index finger of their non-dominant hand
- On the count of 3 they let go of the ball and play the point out
- The ball must bounce before it is hit
- After each point the student who lost rotates with the student who is umpiring



Progression:

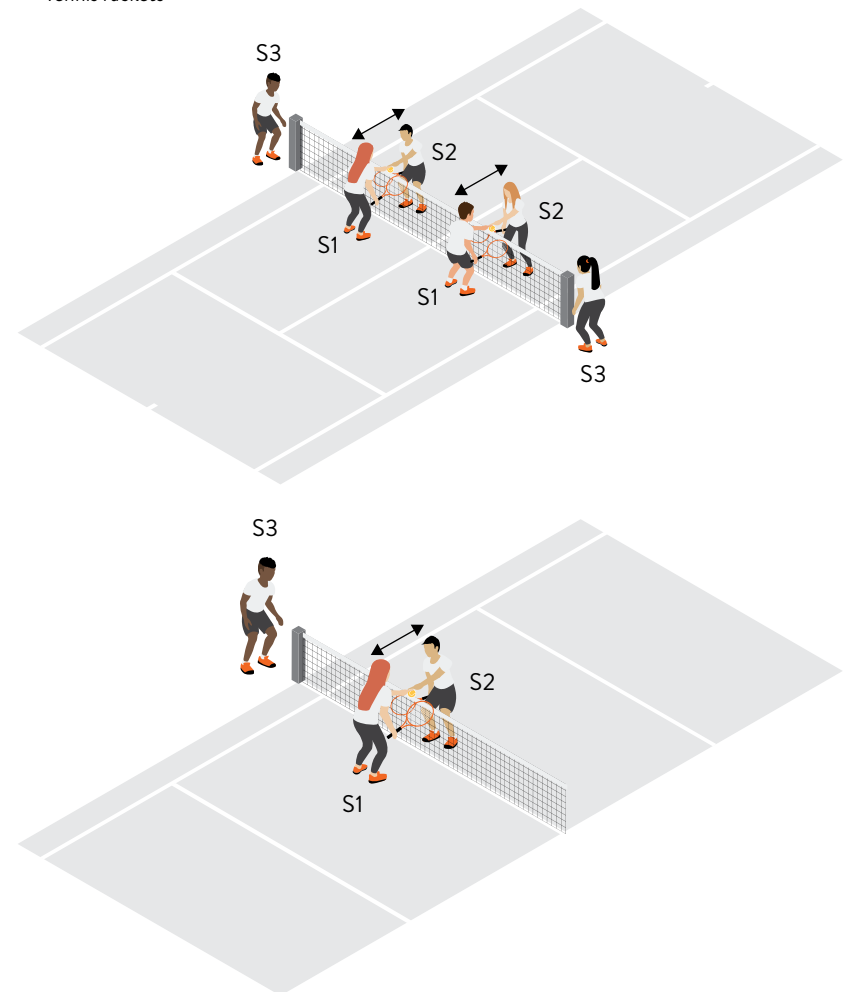
- Volleys can be played after the initial shot

TEACHING POINTS:

- Track the incoming ball
- Adapt the body and racket to the incoming ball
- Control the speed of the ball

Equipment:

-  Tennis balls
-  Tennis rackets



RACKET & BALL

Return & approach

How to Play:

- Students work in 3s with a racket each and 1 ball, in a half court
- Students 1 and 2 start on opposite baselines
- Student 3 starts as umpire
- Student 1 starts the point with an overarm or underarm serve into the service box
- Student 2 hits a return and they play the point out
- After each point students rotate taking it in turns to play and umpire

Progression:

- After the return of serve, if the ball lands in the service box, then the student must hit an approach shot and move forward to a volley position and continue to play the point out
- No lobs allowed



TEACHING POINTS:

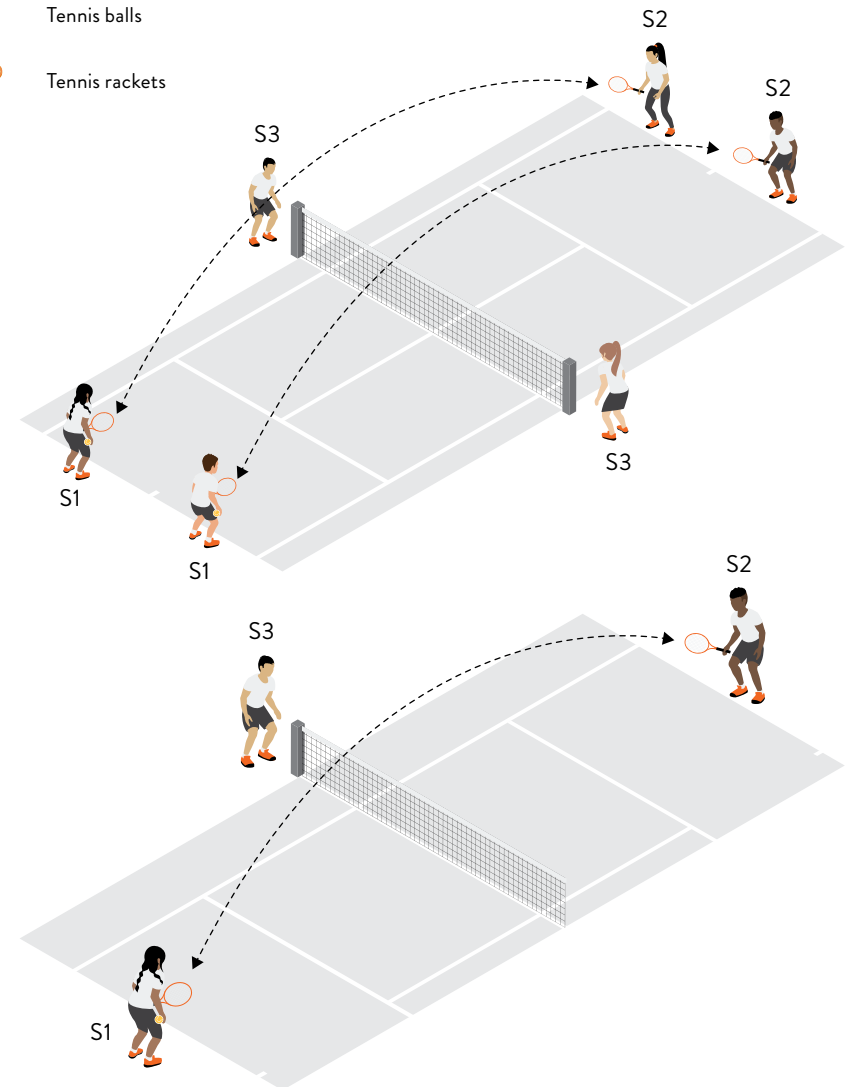
- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Recover into the ready position after each shot
- Play the ball into a space to move your opponent

PROGRESSION TEACHING POINTS:

- Move forwards and stop before hitting (where possible)

Equipment:

-  Tennis balls
-  Tennis rackets



GAME

Half court singles

How to Play:

- Students work in 3s in a half court with a racket each and 1 ball
- Students 1 and 2 start on opposite baselines
- Student 3 starts as the umpire
- Student 1 serves overarm or underarm to start the point
- Student 1 serves for the whole game
- Students play first to 3 points with sudden death at 2-2
- Student 2 then serves for the game against Student 3
- Student 3 then serves for the game against Student 1
- Students continue the rotation, keeping score of how many games they win



Progression:

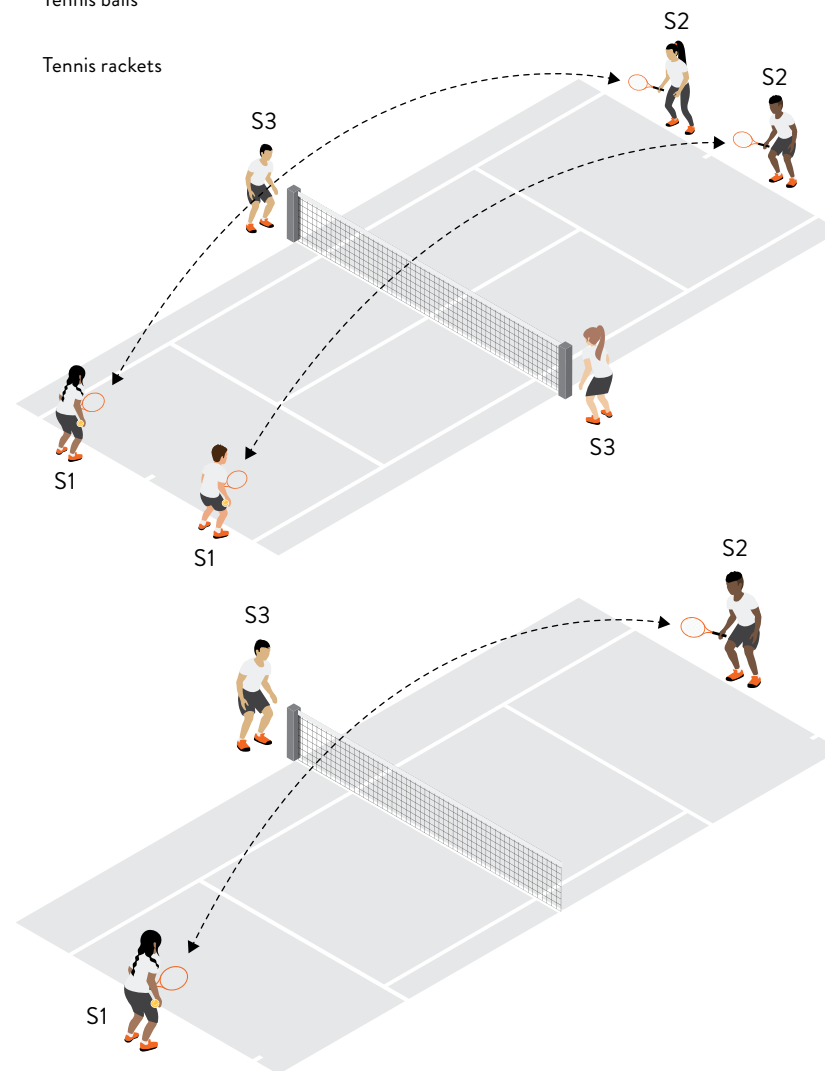
- Play full tennis games i.e. 15-30-40

TEACHING POINTS:

- Adapt the body and racket to the incoming ball
- Contact the ball in front and to the side of the shoes
- Recover into the ready position after each shot
- Play the ball into a space to move your opponent
- Move into a volleying / attacking position

Equipment:

-  Tennis balls
-  Tennis rackets





FOR
PROGRESS

LTA

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