

WARM UP

Warm Up Match

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

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

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

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

Teaching Points:

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

Skill UP

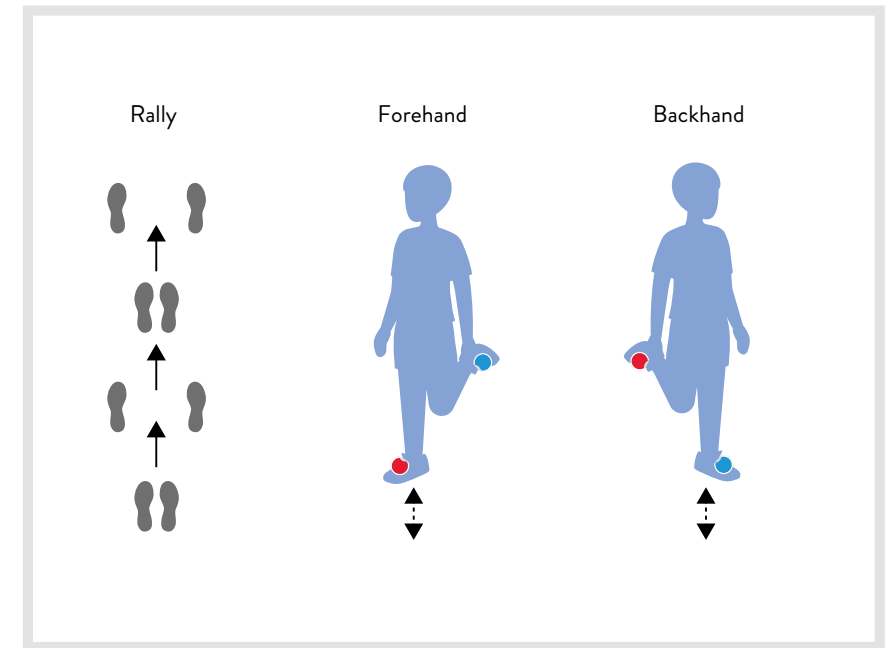
Combine shoe and hand movements. For example:

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

Linking key words to shoe and hand patterns

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Example of whole class activity set up:



Equipment:

None required