warm up // make them reach

how to set up:

- The children are to work in pairs and should stand facing each other 4/5 steps apart with 1 ball per pair.

equipment:

- Tennis balls



how to play:

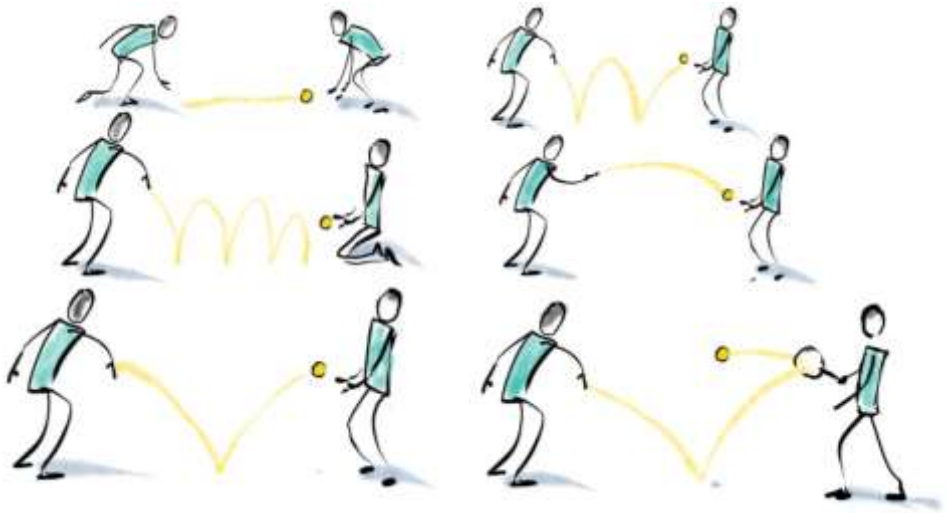
- Ask the children to imagine their feet are 'glued' to the floor so they are unable to move.
- The children should throw their ball back and forth to each other the child receiving the ball must catch it without moving their feet the children should keep throwing and catching the ball.
- Challenge the children to throw the ball to their partner so they need to reach/stretch to catch the ball.

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

skill development // introduce the racket

how to set up:

- Children to work in pairs 5/6 steps apart facing each other with 1 tennis ball between them.



equipment:

- Tennis rackets
- Tennis balls

how to play:

- The children should be introduced to the concept of sending and receiving the ball through the following steps.
  1. Start rolling the ball back and forth using hands to stop and roll the ball.
  2. Multi-bounce – using hands, throw the ball so it bounces lots of times before it reaches your partner.
  3. Two Bounces – the ball is only allowed to bounce twice before reaching your partner.
  4. One Bounce – the ball is only allowed to bounce once before reaching your partner.
  5. No bounce – throw ball back and forth without it bouncing.
- Give one child a tennis racket, their partner should feed the ball by hand (Roll, multi-bounce, 2 bounce, 1 bounce, no bounce).
- The child with the racket should stop the ball each time and then hit it back in the appropriate way.

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game // racket v no racket

how to set up:

- The game is played 1 v 1 on a small court.
- Each pair requires 1 tennis racket, 1 tennis ball and a court to work on.

equipment:

- Tennis rackets
- Tennis balls



how to score:

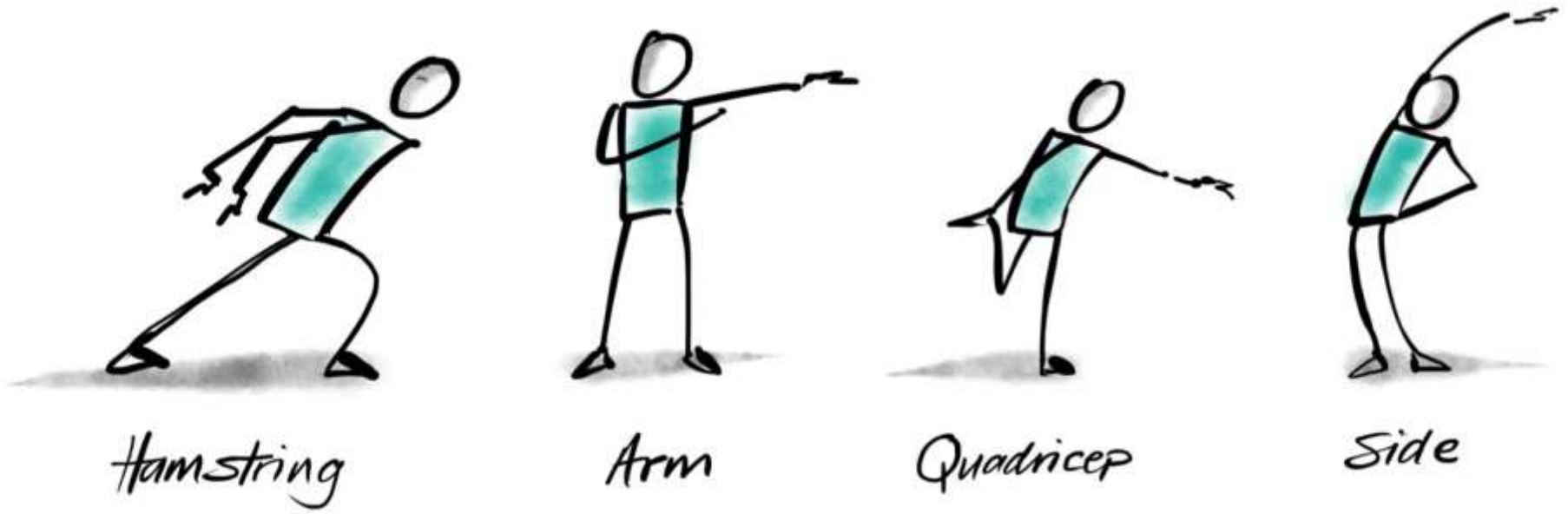
- If the ball bounces 3 times in the court a point is scored.
- If the ball does not go over the net/divide a point is scored.

how to play:

- The children play mini tennis against each other, one child with a tennis racket and the other using throwing and catching skills. Play starts by the player without the racket throwing the ball over the net. The ball can bounce twice. The player with the racket then returns the ball to their partner, over the net.
- When the rally breaks down, the next point starts with a serve from the back of the court. Each child has two serves and then their opponent has two serves - keep swapping every 2 serves. First to 7 points wins. After the game, swap the child who plays with the racket so both children experience playing the game with and without a racket.

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

cool down // stretches



how to play:

- Ask the children to stand in a semi-circle around teacher.
- Ask individual children to step out and demonstrate a stretch to the class.
- Start at the top of the body and work all the way down the body stretching the major body parts.