

how to set up:

- Pupils need to be split into pairs with a ball between them.

equipment:

- Tennis balls



how to play:

- Ask pupils to move around in a space.
- When it is safe to do so, the pupil with the ball rolls it to their partner.
- Once collected the pair move to a new space and continue rolling it back and forth.
- Ask pupils to focus on the speed and accuracy of the ball so their partner can receive it with good control.

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.

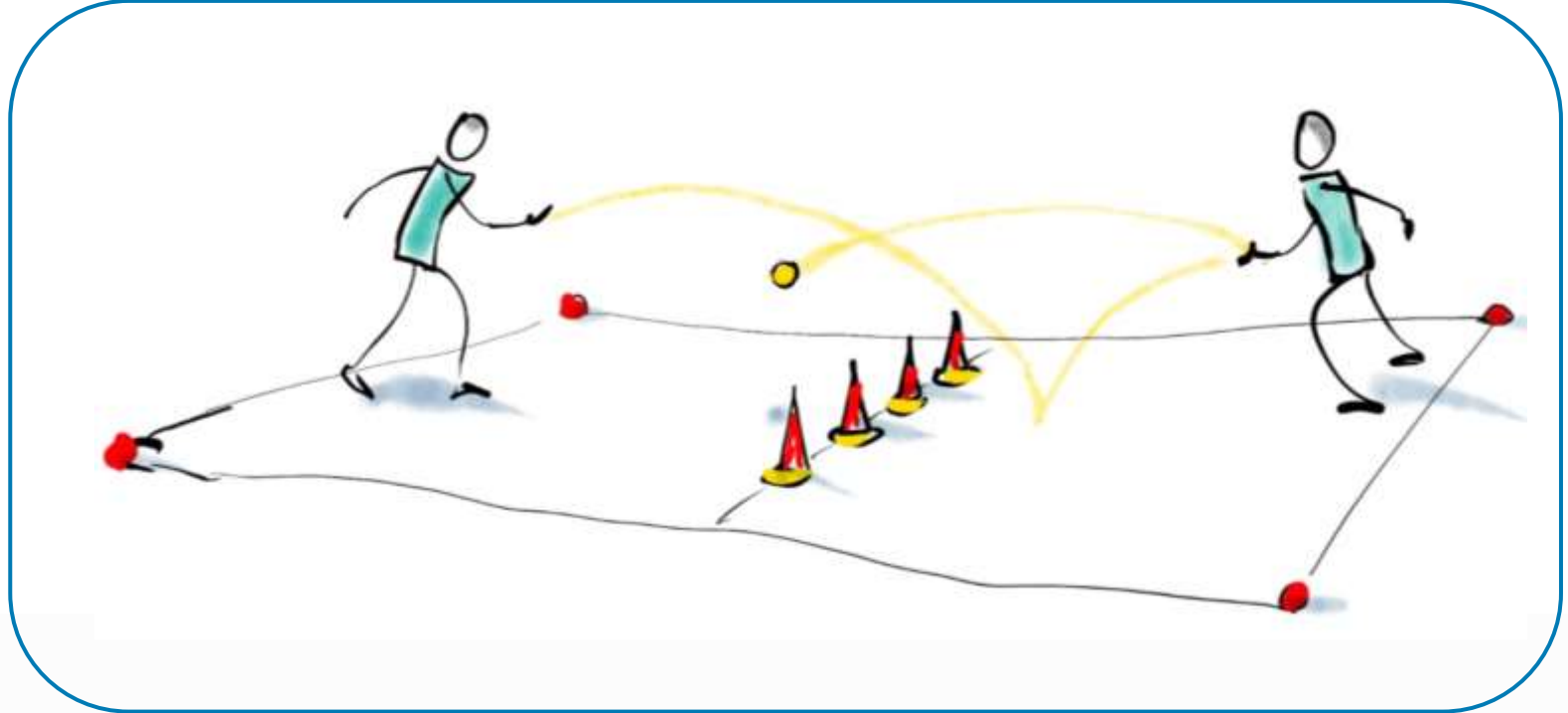
skill development // cooperative rallying – hand tennis

how to set up:

- Pupils work in pairs, with one ball between them.
- Use cones to set up a mini court with a centre line (net).

equipment:

- Tennis balls
- Cones



how to play:

- The aim of the game is to keep the rally going for as long as possible with their partner – a cooperative rally.
- How many consecutive shots can you play with your partner?
- If pupils are struggling, allow the ball the bounce more than once and do not use a net/centre line.
- If pupils are having a lot of success, play on a different size court, and only allow one bounce between shots, ensuring the ball goes over the net/ centre line after every shot.

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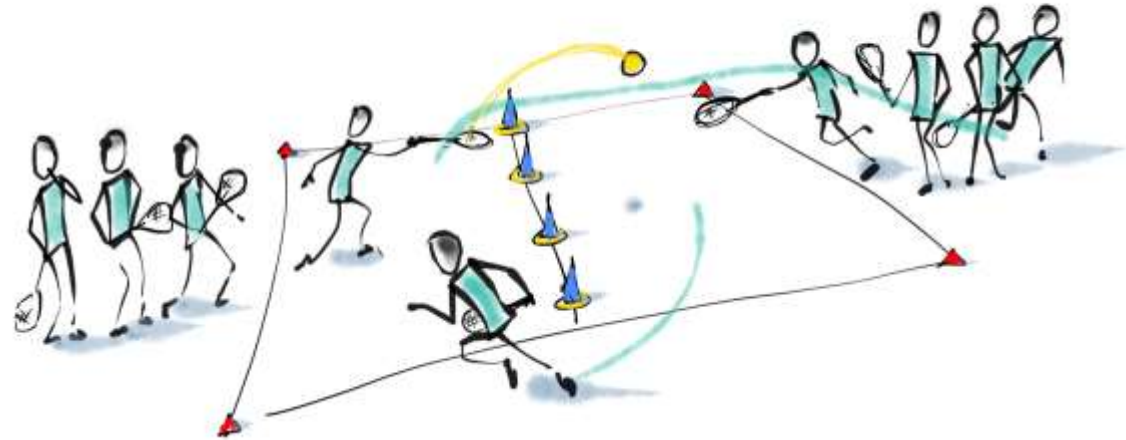
game // keep the kettle boiling – throwing and catching

how to set up:

- Split the class into groups of 10. Each child needs 1 tennis racket.
- The game is played on a large court, as shown in the diagram.

equipment:

- Tennis balls
- Tennis rackets



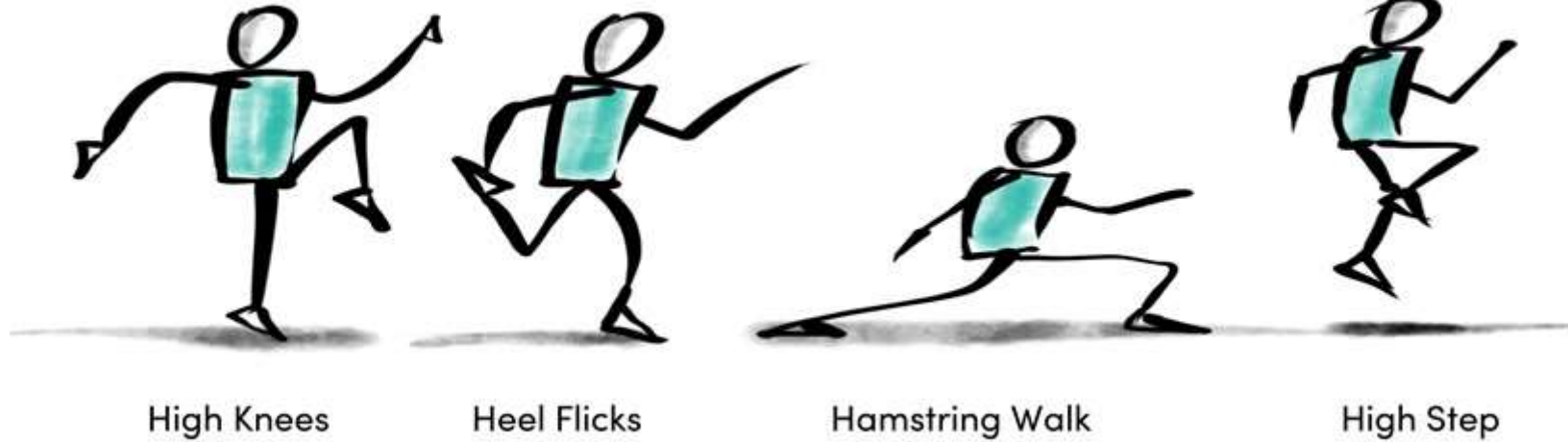
• how to play:

- The aim is to keep a rally going for as long as possible - allow the ball to bounce twice before it is returned over the net/divide.
- Each group is split in half, with each half lining up at either end of the court.
- One child from each side steps into the centre of the court and starts a rally by throwing the ball over the net/divide.
- After throwing the ball over the net/divide a child runs to the back of their line.
- The children keep catching the ball and throwing it back then moving to the back of their line.
- If the rally breaks down, the ball is not successfully returned over the net/divide, then the child who has the ball starts a new rally.
- The challenge is to see how long a team can keep a rally going for.

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cool down // dynamic warm down



how to play:

- Ask pupils to move around the area at a steady pace.
- Introduce different ways of moving:
 - High Knees
 - Heel Flicks
 - Hamstring Walk
 - High Skip
- Ask pupils to slow down their movements gradually.
- Encourage pupils to move into spaces, keeping their heads up and looking where they are going.

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