

## Example Tennis Lesson

### Enforcing Social Distancing

#### **Layout:**

The children will work in a group of 4. They will have a designated square split into 4 equal sized work zones with 2m separating them. Only one child is allowed in 1 work zone at any one time. The child must not leave their work zone unless instructed to do so by an adult.

Indoor lessons may mean a reduction in class numbers and timings to accommodate children's learning as the work space will be compromised when compared to outdoor learning (See warm up graphic as an example)

Each child will have their own tennis balls/ racket inside the area for them to use. If a ball rolls out the area, the child can use another ball in their area. The child can also go and get it if it's in a space or another child can pass it back using a racket or their feet.

Children are also not allowed to use their hands to touch the ball. So they will learn how to pick the ball up during the lesson using their racket only or feet.

#### **Warm up:** (10 mins)

Movement lines: Children have 4 cones spaced out in front of them on command children complete a series of movements around the cones to warm the body up.

1. Fast walk
2. Jog
3. Heel flicks
4. High knees
5. Sidesteps
6. Lunges

#### **Progression:** Races

1. Children take a tennis ball and place it on a cone before returning for the next ball. First person to fill the cones is the winner
2. Children sprint to take a ball from a cone and return it to the start before returning for the next ball. First person to return all the balls on the spot is the winner
3. Using a tennis racket, children dribble the ball on the floor through the cones (slalom) before returning back. First person back is the winner
4. Using the tennis racket, children complete egg and spoon race through the cones (slalom) before returning back. First person back is the winner

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## Teaching points:

When moving:

-Moving on balls of feet

-Hips to lips hand swing

-Opposite foot to hand

When holding a racket (ball on floor):

-In dominant hand

-Chop down like an axe

-Use both sides of the racket to

When holding racket (ball in air):

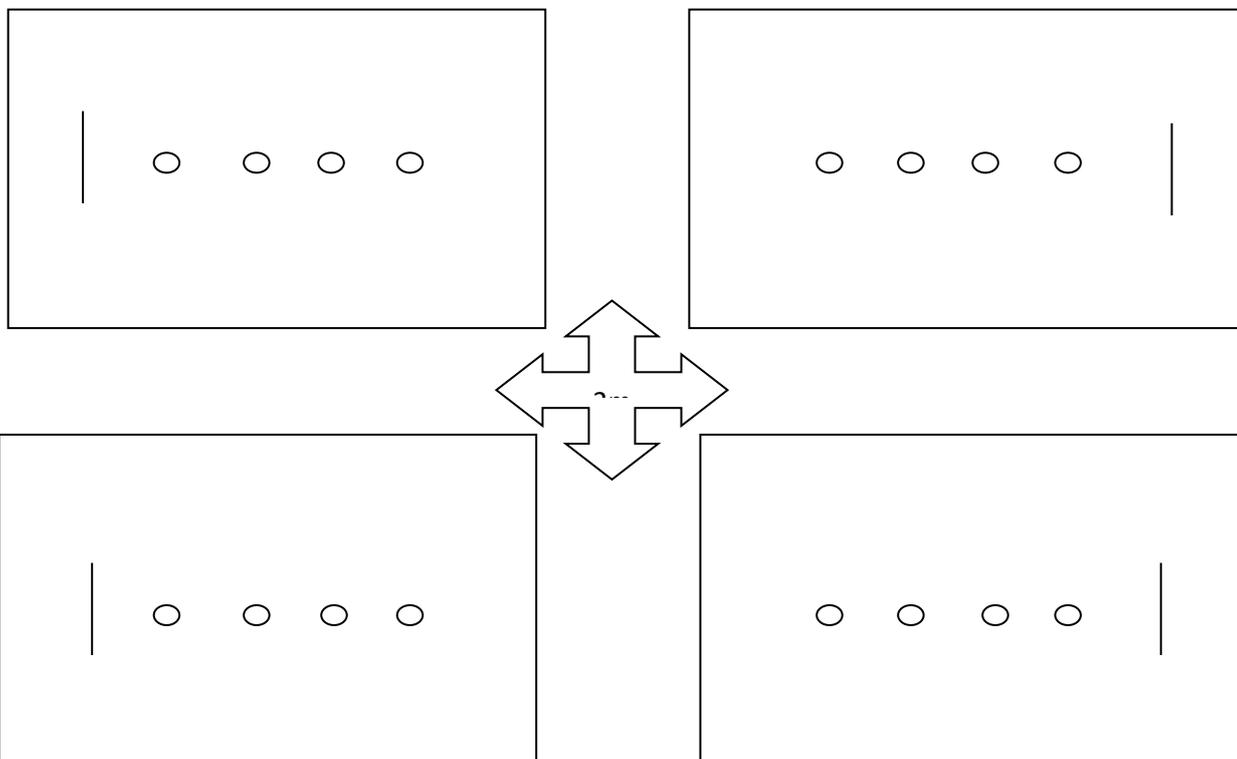
- Hold racket like a frying pan

-Palm facing up

-Keep racket parallel to floor at

Maintain control

waist height



## Skills practice: (15 mins)

In squares children practice keeping the ball up using a tennis racket. Children can't move onto the next challenge until they have mastered the previous one:

No hands allowed to pick up balls during the activities. They must use racket/ feet to pick up.

1. Roll ball backwards onto racket and flick it up into the sky
  2. Wedge ball between racket and foot. Lift both together at the same and release so the ball goes in the air
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1. Children try to do 10 tap ups with racket and ball
  2. Children try to do 10 tap ups with ball bouncing once between each hit
  3. Children tap ball up 10 times using alternate sides of the racket

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4. Children tap ball up 10 times using alternate sides of racket with ball bouncing once between each hit
5. Children tap up using strings then the frame of the racket 10 times

Optional if have a wall-

1. Rally against a wall with ball bouncing on the floor once
2. Rally against a wall with no bounces on the floor allowed.

### Teaching points:

- Hold racket in strong hand (like a frying pan)
- Keep racket at waist height, parallel to the floor
- Little swing low to high, keeping eyes on the ball at all times

### Competition: (15 mins)

- Each child has 5 lives and stands inside their own area. One child flicks the ball up and taps the ball into another child's square. That child has to keep the ball bouncing and hit the ball into another square. A child loses a life if they don't hit a ball into a square. If a child loses all their lives then they become a referee or practice their skills whilst the game continues

**Low Ability:** Can hit the ball as many times/ bounces. Lose a life if it rolls or doesn't go in another player's square

**High Ability:** Ball can only bounce/ hit once. Lose a life if child makes a mistake

### Progression: Doubles:

Children work as a pair inside their own boxes to keep the ball bouncing. If they don't return the ball into the other team's area then they lose the point. Same rules as above.

**Teaching points:** Same as above

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