

Tennis — Racket and Ball Familiarisation

SECONDARY KEY STAGE 3 PE /// NET/WALL

Content outline

This activity aims to develop familiarisation with a racket and ball, which can be applied to Tennis

- Correct 'body position'
- Keep the ball under control using a racket
- Adding a personal challenge



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Create an area on the floor with markers which you need to stay within during the task – make this area smaller to increase difficulty
- To increase difficulty, move around your area whilst completing the tasks



Task

- Complete the task whilst stationary
- Complete the task whilst moving around the area
- How many bounces can be done on the racquet or off the floor in one minute?
- Bounce the ball on the racquet and change your levels as you are doing it. Eg, going from standing to lying on your back to standing again without losing control of the ball



Equipment

- Change size of ball (small ball will increase difficulty)
- Change the weight of the ball
- Use different household items (Eg. Rolled up socks, different types of ball)
- Create your own racket – try to use items which will replicate a racket, such as a frying pan



People

- If you have another person in your house, try to compete against each other – who can keep the ball in the air the longest?
- Compete against someone else – how many times can you bounce the ball of the racket in 1 minute?
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop familiarisation with a racket and ball

Personal:

- Personal challenge
- Target setting

Learning questions:

- Why do we need to start with our feet shoulder width apart?
- Why is it important that our knees are slightly bent?
- When doing these activities - where should you be looking?
- What skill is this working on that is very useful in a game of tennis?
- When were you most successful? And why?
- What coaching points would you identify from these activities?