

Tennis — Ready position and Split step

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

- Increase the distance from the ball feeder to make the task more difficult
- Move the coloured zones you are using to be closer to the person completing the task to make it easier



Task

- Increase the distance from the ready position to the target to make this activity more difficult
- Decrease the distance from the ready position to the target to make this activity easier
- Increase / decrease the speed of instructions to change difficulty
- Remove the feeder calling the zone they are going to feed the ball, so that the person needs to react after their split step



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
- Create your own coloured markers (Eg. Different colour clothing items)



People

- If you have another person in your house, try to compete against each other – who can return the most shots in a certain time period?
- Challenge a friend with an online competition

Learning intention

Physical:

- To refine footwork, including the ready position and split step

Personal:

- Communication
- Listening skills

Learning questions:

- Why do you need to start with two hands on the racket?
- Why is it important that our knees are slightly bent?
- Why do you need to split step from the ready position?
- Why do you need balance and co-ordination in Tennis?
- What shot are you likely to hit after a split step at the net?
- What shot are you likely to hit after a split step on the baseline?
- When were you most successful? And why?
- What coaching points would you identify from these activities?