#ThisIsPE
Tennis — Basic Forehand
SECONDARY KEY STAGE 3 PE /// NET/WALL

Content outline
This activity aims to develop the basic skills needed to perform the forehand stroke in Tennis
• Correct ‘body position’
• Co-ordination
• Follow-through

Space
• Increase the distance away from the target to make the task more difficult
• Decrease the distance from the target to make the task easier
• If you have created a net, this can be brought closer to the young person to make the task easier

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
• Use items to act as targets, such as baskets or buckets

Task
• Start by throwing the ball in the correct position before using a racket
• Add racket when you are more confident
• To make the task more difficult, ask someone to feed the ball to you rather than self-feeding
• You can bring the net closer to you to make the task easier

People
• If you have another person in your house, try to compete against each other – who can hit the most targets?
• Challenge a friend with an online competition

Learning intention
Physical:
• To develop the basic technique of a forehand stroke in Tennis

Personal:
• Decision making

Learning questions:
• Why do you need to stand side on?
• Why do you need the palm of your hand to face the target?
• Why do you need to hit the ball at waist height?
• Why are balance and co-ordination important when performing this skill?
• When were you most successful? And why?
• What coaching points would you identify from these activities?

More resources
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