

Content outline

This activity aims to develop the basic skills needed to perform the serve in Tennis

- Arm action
- Ball toss
- Perseverance
- Accuracy



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 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



Task

- Change the pace of all of the actions from slow to fast to make the tasks more challenging
- Add a net / or targets to improve accuracy and increase difficulty



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
- To create targets, try sticking sheets of paper to a wall, or use items like buckets



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 serve in Tennis

Personal:

- Perseverance
- Resilience

Learning questions:

- Why do you need to stand side on to your target?
- Why is the target place diagonally from your starting position?
- Why should we not throw the ball toss too high?
- When were you most successful? And why?
- What coaching points would you identify from these activities?