#ThisIsPE
Tennis — Introduction to serve
SECONDARY KEY STAGE 3 PE /// NET/WALL

Content outline
This activity aims to develop the basic skills needed to perform the serve in Tennis
- Arm action
- Ball toss
- Perseverance
- Accuracy

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

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

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 placed 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?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary