

Content outline

This activity aims to develop spatial awareness – and encourages the learner to play shots into different areas of the court

- Shot technique
- Spatial awareness
- Accuracy
- Independence



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 ball feeder/target to make the activities more difficult
- Decrease the distance away from the ball feeder/target to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- To make the task more difficult, ask the ball feeder to vary the direction of feed to require the performer to move
- Try using both forehand and backhand strokes



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty)
- 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 some household items to create some targets



People

- If you have another person in your house, get them to feed the ball
- Challenge a friend with an online competition – how many targets can you hit in 10 attempts?

Learning intention

Physical:

- To develop spatial awareness which encourages the player to make their opponent move

Personal:

- Independence

Learning questions:

- Describe / recap the appropriate technique for a forehand and backhand stroke
- Why is it important to be able to direct your shots to different areas of the court?
- Why is it important to make your opponent move during a game?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?