#ThisIsPE
Tennis — Spatial Awareness
SECONDARY KEY STAGE 4 PE /// NET/WALL

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

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

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

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

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?

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

More resources
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