

# TENNIS LESSON 1

Learning Intention : How can you throw and catch a ball?

## Year 1 & 2

### Resources:

Tennis balls (enough for one each),  
Cones

Yr 1

I can attempt to throw and catch a small ball

I can throw and catch a ball with some control

I can throw and catch a ball with control

Yr 2

I can throw and catch a ball with some control

I can throw and catch a ball with control

I can throw and catch a ball throwing it from one hand to the other with good control

### WARM UP:

Children to jog around in a given area. Teacher to call out command, children to follow:

Grizzly bear = Stand in the ready stance – knees bent, feet hip width apart , keep on your toes, hands out in front

Smash = High five above head

Forehand = swat the fly with the palm of your hand (across body)

Backhand = swat the fly with the back of your hand (across body)

### ACTIVITY 1: Throw and catch

#### Teaching Points

- Watch the ball
- Throw it up into the air – up to head height
- Catch it – cradle ball with both hands

- Children to have a tennis ball each.
- Can they throw it up into the air and catch it with both hands?
- Can they count up to 20?

Q & A – What is important when throwing a ball?

Watch the ball (start off small then build up the height of throw): throw just in front of body.

Q & A – What is important when catching a ball?

Get in ready position (grizzly bear): always be on your toes, watch the ball, hands out ready, make a basket to catch the ball

- Can they throw and catch the ball with their right hand?
- Can they throw and catch the ball with their left hand?
- Can they throw one hand to the other hand?
- Can they throw the ball up and clap and catch? How many claps can they do?

**Challenge:** Can they throw the ball up, turn and catch it?

**Make it harder:** To encourage children to throw it up at different heights.

**Make it easier:** To use a larger ball.



## ACTIVITY 2: Spy Laser Game

Teacher to place cones in a square as shown in the diagram. Children to have one ball each.

1. Children are going to imagine they are spies going on a mission.
2. When all children are stood in the square of cones the teacher can turn the imaginary laser beams on.
3. The aim of the game is for children to follow the instructions (each mission called out).
4. If their ball rolls out of the square (laser beams) they cannot get back inside until the teacher starts again.
5. However, if they are outside the laser beams the children are still to practise and follow the instructions.

Mission 1: Throw and catch two hands

Mission 2: Throw and catch one hand

Mission 3: Throw, clap and catch

Mission 4: Throw to a partner (swapping tennis balls)



Q & A – How can you try and stay inside the lasers?

## ACTIVITY 3: Throw to a partner in the laser zone

1. Children to have one tennis ball between two.
2. Can they pass the ball to their partner and catch it – with both hands?

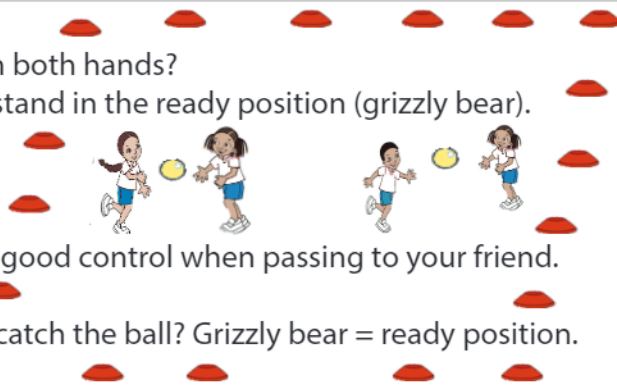
**Important** – the child waiting to catch the ball is to always stand in the ready position (grizzly bear).

3. Can they throw and catch using one hand?
4. How many can they do?

TP – always watch the ball, make a basket to catch the ball, good control when passing to your friend.

Q & A – How should you stand if you are getting “ready” to catch the ball? Grizzly bear = ready position.

**Make it harder:** Encourage to use non-dominant hand.



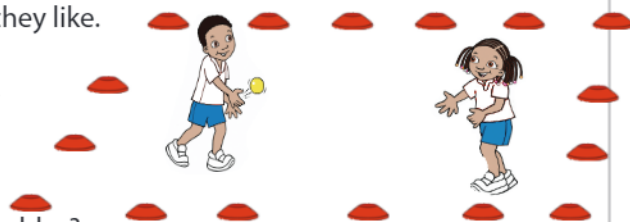
## ACTIVITY 4 : Catch Tennis

In pairs set up the court as shown in the diagram. Pairs are working as a team. Children to remember, if waiting to catch the ball, to stand in the ready position.

1. Children to throw the ball to each other and catch it in any way they like.
2. When playing they need to stay on the inside of their court.
3. If they make a successful throw and catch they both win a point.
4. If the ball goes out of their court they lose a point.

**Yr 2 extension: Doubles**

Can they play the game as above in a slightly larger court – with doubles?



## COOL DOWN

Children to walk around slowly showing their favourite way of catching a ball.

## PLENARY

What is important when throwing and catching a ball?  
Where are you on the progress-o-meter and why?