

Lesson 2: Net / Racket & Wall Games

Tennis

Physical Development - Applying Learning

Alistair



For this lesson you will need

- Tennis ball
- Soft ball
- Tennis racket
- Chalk
- Balloon



Let's get ready

- Find a quiet, clear space to work away from distractions.
- Ensure the area is safe and that your child is feeling fit and well to take part in the lesson.
- Check you are wearing the right clothes for sport & physical activity.
- Make sure your resources are nearby.
- Use a familiar reference to prepare the learner that the activity is going to start. This could be a symbol, sound or song.



Warm up...

Stretch

Jog

Jump

Stretch, walk, jog and jump to get our muscles ready to play tennis (warm up can last between 2 & 5 minutes).



Sequences of movement...

Tennis

Wall

Crouch

Practice Tennis shots against a wall with a focus on movement and balance. Encourage your child to move forwards / backwards & sideways to make their shot. Highlight the concept of balance and levels of movement (crouching & stretching).



Skills...

Tennis shot

Target

Power

Practice Tennis shots aiming for specific targets (use chalk / tape to mark targets on a wall). Begin to introduce shots with more power and from a different angle.



Make it easier

- *Use larger balls / balloons to practise tennis shots.

- *Focus on fewer skills / movements and progress at a pace appropriate to the learner.

Make it harder

- *Look at our masterclass and explore 'top tips' from International tennis players and coaches.

- *Search for local opportunities to play / watch tennis in your local community.

- *Refine skills e.g. experiment with different kinds of tennis shots (overhead / drop shot).

More ideas

- *Ask a parent or carer to help you search for and watch tennis-specific content online.

- *Think about healthy eating and research what a top tennis player might eat.



STEP Principle

***All of our activities can be adapted using the step principle
(Space, Task, Equipment, People)***

e.g. Balloon with beads in to support visually impaired learners / Bigger, brighter resources / Adapt space & activities to suit wheelchair users e.g. offer physical support (shared holding of the racket) for 'power shots.'



Share your work with Oak National

If you'd like to, please ask your parent or carer to share your work on **Instagram, Facebook or Twitter** tagging **@OakNational** and **#LearnwithOak**

