

RACKET & BALL

ELEPHANT PLAY

In pairs. Pupil 2 has a racket and two spots on the floor (side by side, 1m apart).

Pupil 1 and Pupil 2 are opposite each other.

Pupil 1 rolls a lightweight ball towards a spot on the side that Pupil 2 is holding their racket.

Pupil 2 moves towards the spot, stops the ball with the racket and push rolls the ball back along the floor (floor tennis style). This is called a forehand.

Repeat 3 times.

Pupil 1 then rolls a lightweight ball to a spot on the other side.

Pupil 2 keeps the racket in their preferred hand and returns the ball, floor tennis style along the floor using their preferred hand. Pupil 2 should move and turn the racket in front of their body. This is called a backhand.

Repeat 3 times.

Teaching Points:

- Contact with the racket in front of shoes
- Side on when pushing the ball
- Palm of hand pushing towards partner for a forehand
- Back of hand pushing towards partner for a backhand.

Skill UP:

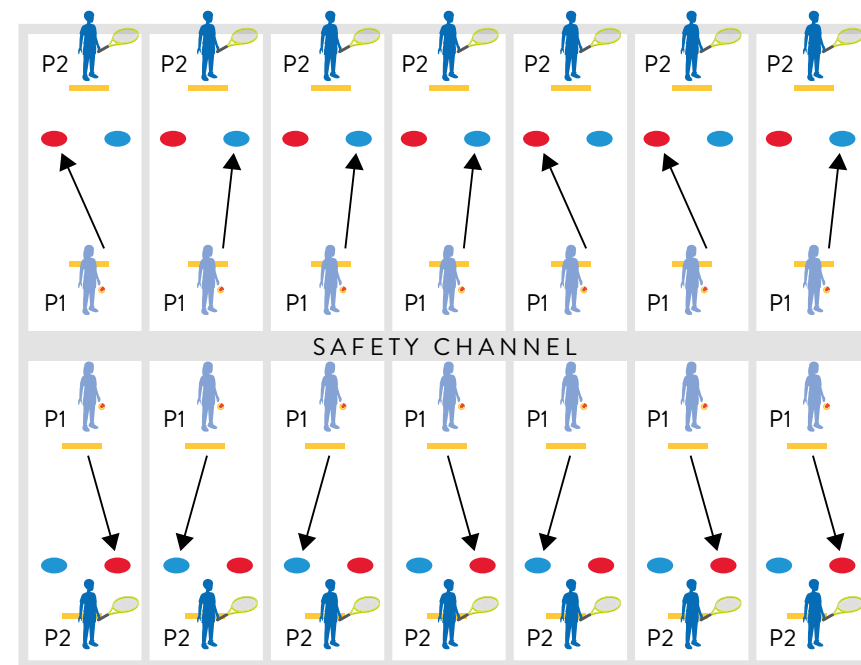
Pupil 1 throws underarm and Pupil 2, taps the ball up in the air, lets it bounce in front of them and then taps back to Pupil 1. Repeat 3 times on the forehand side and 3 on the backhand side, then swap over.



INTRODUCING THE WORDS AND ACTIONS FOR FOREHAND AND BACKHAND

09

Example of whole class activity set up:



Equipment:

- Balls
- Rackets
- Throw down lines
- Throw down spots

Activity set up:

