## Year 4 Tennis: Lesson 5

### Footwork & Shots in Combination
To use **footwork** to make space for an oncoming ball. To demonstrate and use a good ready position so that tennis shots can be used in **combination** to keep a rally going with a partner.

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</thead>
<tbody>
<tr>
<td><strong>The Rhythm Warm Up:</strong> Pupils facing inwards (around the edge of the PE area) with a ball at their feet. Pupils tap their toes on the ball, (right then left) and pick up speed as they work (KP 1). Progress (1) - Pupils tap toes on the ball and then clap their hands, Progress (2) -Click their fingers on their right and then left hand.</td>
<td>10 min</td>
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<th>Main (Development/ Application)</th>
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<td><strong>Introduction</strong>&lt;br&gt;With a partner in a marked court/area pupils attempt to maneuver their opponent using underarm throws using a simple tennis scoring system (1, 2, 3, 4……...), pupils are allowed 1 bounce before catching, ball must land in the marked area (KP 2).</td>
<td>10 min</td>
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**Development:**
With a partner: Rally the ball with your partner using forehands and backhands. Pupils can give themselves more time to get into position to hit a forehand by bumping the ball upwards (to themselves) so that they can send it back over the net to their partner. Encourage all pupils to use quick, small steps to move around the ball and make space for the ball (KP's 1, 2).

With a partner: Rally the ball with your partner using forehands and backhands and volleys. Pairs attempt to achieve their highest rally scores. Encourage all pupils to use quick, small steps to move around the ball and make space for the ball (KP's 1, 2).

**Application:**
With a partner in a marked court/area pupils attempt to maneuver their opponent using forehands and backhands using a simple scoring system (1, 2, 3, 4……...). Use simple diagonal, underarm serve to start the point.

**Cool Down:**
FUNS

10 min
10 min
10 min
10 min
15 min
5 min

Easier – Players are still allowed to take a touch in order to set themselves up for a forehand or backhand

Harder – Players score 2 points if they win a point using a backhand shot