### Year 5&6 Tennis: Lesson 1

**Forehand**
To move into position to hit a forehand. To apply the fundamentals of forehand hitting to control a ball and hit over a net with a partner.
To be able to play a competitive hitting game with a partner using the forehand.

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loco motor ready position game: Pupils move around PE area (jogging, skipping, hopping) when teacher holds up a red cone pupils assume tennis ready position.</td>
<td>5 min</td>
<td></td>
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<th>Main (Development/ Application)</th>
<th>With timings</th>
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<td>WITH THE WHOLE CLASS: ASK PUPILS HOW CONFIDENT THEY ARE WITH TENNIS: Get them to stand at cones to signify. (RED = Not confident, YELLOW = Quite confident, GREEN = Very confident)</td>
<td>5 min</td>
<td></td>
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</tbody>
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**Introduction**
Racket and ball skills: Balancing, rolling, bouncing (up & down) and using both sides of racket.

**Discuss: Key teaching points for forehand**
Let students practice.

**Development:**
With a partner: 1 coach, 1 player. Coach feeds balls to player’s forehand, who attempts to hit back to the coach. Change roles after 5 balls.

With a partner: rally the ball using forehands.

**Application:**
GAME: Target hitting. Each player places 3 cones/spots on the floor on their side of the net. Players attempt to hit the cones using forehand groundstroke’s and an extended follow through. When they hit a cone/spot they score a point.

**Cool Down:**
Collect in equipment.
Slow side steps, swing arms side to side, around in circles (slowly).