### Year 5&6 Tennis: Lesson 2

**Backhand**
To move into position to hit a backhand.  
To apply the fundamentals of backhand 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 backhand.

<table>
<thead>
<tr>
<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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</table>
| Apple Trees: 1 player starts with 2 balls in each hand (arms stretched out) with a partner facing them (1 big step away). Player drops 1 ball and partner has to try to catch after 1 bounce. Change after 5 attempts. | 5 min | **Easier** – Start with both balls being held with arm stretched upwards and balls closer together. Allow 2 bounces.  
**Harder** – Drop both balls. Reacting player has to try to catch both balls after 1 bounce. Start with arms lower to the ground to give less reaction time. |

**Main (Development/ Application)**

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<td>With a partner: Floor backhand rallying. Pupils push the ball to each other (2 steps away from each other) on the backhand (weaker) side.</td>
<td>5 min</td>
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| **Development:**  
With a partner: 1 coach, 1 player. Coach feeds balls to player’s backhand, who attempts to hit back to the coach. Change roles after 5 balls. | 10 min | **Easier** – Allow players to have 2 bounces  
**Harder** – Players can only hit backhands. |
| With a partner: rally the ball using forehands and backhands ensuring that pupils have space between ball and body. | 10 min |  
| **Application:**  
GAME: Collect the cones. Players start with 3 cones/spots on the floor on their side of the net. Players attempt to hit opponent’s cones using forehands and backhands. Every time they hit an opponent’s cone they take it and add it to their set. | 15 min | **Easier** – Allow players to play the game using throws.  
**Harder** – Put cones close together to make the target area smaller. |

**Cool Down:**

Collect in equipment.  
Slow side steps, swing arms side to side, around in circles (slowly). | 5 min |