### Year 3 - Tennis - Lesson 5 - Rallying

**Learning objective:**
- Be able to apply the understand the concept of rallying (All)
- Be able to work co-operatively with a partner to play a simple game. (Most)
- Be able to hit varying shots to your partner with accuracy. (Some)

### Lesson Structure

<table>
<thead>
<tr>
<th><strong>Introduction/ warm-up (Connection and Activation)</strong></th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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<tbody>
<tr>
<td><strong>Warm Up:</strong></td>
<td>5-10 Minutes</td>
<td><strong>Extend:</strong></td>
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<tr>
<td><strong>Hoop catching:</strong> 10 pupils (feeders) start with a tennis ball stood inside a hoop; they throw balls to other pupils that move between the hoops attempting to catch them at shoulder height without a bounce and throwing back to pupils inside the hoop.</td>
<td></td>
<td>- Allow higher ability children to carry a racket. Children must hit the ball with accuracy back to a child in the hoop.</td>
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</tbody>
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<tr>
<th><strong>Main (Development/ Application)</strong></th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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<tr>
<td><strong>Introduction:</strong></td>
<td>10 Minutes</td>
<td><strong>Support:</strong></td>
</tr>
<tr>
<td><strong>With a partner:</strong> Floor tennis rallying. Pupils push the ball to each other (2 steps away from each other) using forehand technique (strongest side of the body) (KP’s 1 &amp; 2).</td>
<td></td>
<td>- <strong>Easier</strong> – Pupils can stop the ball before sending it back to their partner</td>
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</tbody>
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| **Development:**                   | 10 Minutes   | **Extend:**                         |
| **With a partner:** Target floor tennis: In pairs pupils work together to have a ‘floor tennis rally’, attempting to send the ball to their partner cone (KP 3). Progress - to goals/points. |              | - **Easier** – Make the goals larger |
| **Discuss – Backhand:** Swing arm across your body. **Forehand:** Arm extended away from your body | 5 Minutes    | **Support:**                        |
| **Harder** – Pupils move further away from each other and try to make each other. |              | - **Easier** – Allow pupils to have 2 bounces |
### Application:

#### With a partner:

1. Coach, 1 player. Coach feeds balls to player’s forehand, who attempts to hit back to the coach after 1 bounce. Change roles after 5 balls. Pupils count how many times they can successfully feed, hit and catch with their partner (KP4).

### Development:

#### Discuss

- What is a tennis rally? Aim is not to score points but to keep the ball moving between pairs for as long as possible.

#### Progress

- First person to miss a shot must do a forfeit i.e. star jumps, burpees.

Make your four cones into a net, how many times you hit the ball forwards and back to your partner?

### Support:

- **Easier** – allow two bounces
- **Harder** – over a tennis net/use backhand

### Extend:

- **Easier** – Make the goals larger
- **Harder** – Make the goals smaller and allow pupils to move further away from each other

- **Easier** – Pupils can stop the ball before sending it back to their partner
- **Harder** – Pupils move further away from each other and try to make each other.

### Plenary

- **Questions:**
  - What do we mean by rally? What things can you do to keep the ball in play?
  - What did we do well? What could we improve?
  - Did you improve your rallying skills today?

  Share with class and expand (teacher led)