

Title **Introduction to Tennis**

Purpose **PE Assembly @ 40 minutes**

Age Level **6 - 10**

Number of Students **15 - 30**

BEFORE YOU START

EQUIPMENT

- Basket of foam balls or red felt balls
- **3** nets
- **20-30** size appropriate rackets

RECOMMENDATIONS

SAFETY

- Court areas clear
- Rackets lined up along wall
- Children not immediately participating stand or sit at side of courts
- Hug racket to chest when not on court
- No running unless on court

THINGS TO REMEMBER

- Have fun
- Can yell or cheer when teacher raises hands, quiet and listen when teacher lowers hands

GETTING STARTED

WARM UP

- Students pair up, facing each other with single racket between them. One student stands racket on its head. Teacher tells them to let go and partner grabs the racket grip before it falls to the ground. Repeat multiple times. Have children each take 1 step back, and repeat letting loose of the racket with partner to grab it before it falls.
- Walk quickly from 1 wall of gym to the other, bouncing ball down with racket. Depending on number of children, do this as a relay.
- Repeat
- Walk quickly bouncing ball up from racket moving from one side of gym to the other – either individually or as a relay depending upon number of children and space available.
- Repeat
- Two or more teams now race each other in a relay – first bouncing ball down – then bouncing ball up



LESSON OF THE DAY

Demonstrate	Forehand Stroke	Backhand Stroke
<ul style="list-style-type: none"> If two adults are present that have tennis skills, have them rally with a foam ball while the children are assembling – before the student warm-up. Have the adults hit the ball up high near the ceiling. The children react each time the ball comes close to the ceiling or hits it. Explain that they are playing tennis and will be helping the children learn to hit strokes like they are during the period. Then have adults stop and children move to warm up skills. 	<ul style="list-style-type: none"> Pair up children with single racket between them. Hold racket head with face perpendicular to floor and have partner shake hands with the grip. Then have other child offer racket to his/her partner. Demonstrate stand sideways, racket back, step, and swing. Repeat several times with children shadowing instructor. Line up children along wall behind baseline with two children on each court on opposite sides of net. Hit ball over the net to partner with forehand stroke. Partner returns. Continue until instructor announces for students to switch, handing racket to next student. 	<ul style="list-style-type: none"> Ask children if the ball always came to them so that they could hit a forehand. When they say no, explain that when they have to hit from the other side of their body it is called a backhand. Demonstrate a two-hand backhand and have students stand sideways and shadow the movement. Have students pair up on courts. One at net, the other at the baseline. Player at net tosses the ball underhand to their partner's backhand side. Partner swings and hits backhand over net. Repeat until instructor announces for students to switch.
Rally	Teacher/Parent (if present) Rally	Discuss and Return Equipment
<ul style="list-style-type: none"> Pair up children on court. Start rally with a forehand, but instruct children to switch to a backhand if it comes to that side of their body. 	<ul style="list-style-type: none"> Children stand on one foot with arms extended out like a flamingo. Ask them to move around the area like an animal that you choose (tiger, kangaroo, alligator, etc.). When you shout out “Flamingo” the children stop the animal imitation and balance on one foot with their arms out and eyes looking straight ahead. Repeat several times, and choose different animals to imitate. Allow children to make the animal noise and choose the animals. 	<ul style="list-style-type: none"> Ask if the children had fun today. Ask if they would like to learn more about tennis. Talk to them about next steps either program that they can participate in, or that we are going to play again and learn more tennis skills during our next PE class. Ask children to pick up any loose balls and return to basket(s) and to walk their rackets to the wall, lay them down, lining them up on the floor.