

# Classroom PE KS2

KS2



## Learning objective:

To develop hand eye coordination.

To develop an understanding of scoring in tennis.

## Success criteria:

Watch the ball as it comes towards you.

Stand in the ready position so that you can move quickly to return the ball.

## Whole child objectives:

Social: I can communicate with my partner.

Social: I am respectful of others when winning and losing.

Emotional: I can play honestly and abide by the rules.

## Equipment:

7 x Balls

28 x cones

14 x School tables

30 x chairs

10

Mins

## Warm Up and Introduction

### Hot seat:

Pupils move their chair away from the table and begin sitting in it. They complete the following exercises in order:

- Stand up and sit down on your chair x 5  
*Move slowly and controlled without using your hands.*
- Stand up and sit down on your chair using your left leg only x 4
- Stand up and sit down on your chair using your right leg only x 4
- Tuck your chair under your table and complete 10 x star jumps.

30

Mins

## Skill development

A

### The hand hit:

Pupils work in pairs with one ball between them. They stand at either end of a classroom table. One pupil is the feeder and the other the hitter. The feeder underarm throws the ball. After one bounce the hitter returns it using the palm of their hand. Five attempts then change roles.

*Create a C shape as you move your hand from high to low to strike the ball.*

*Ensure the ball bounces once before the feeder catches it.*

*Teacher note: ensure the tables have space around them and that chairs are stored safely.*

- B** Both pupils attempt to rally with each other striking the ball after one bounce with the palm of their hand. How many can they rally in a row?  
*Stand in the ready position with knees bent and feet shoulder width apart so that you can move quickly to return the ball.*

### How to win a point:

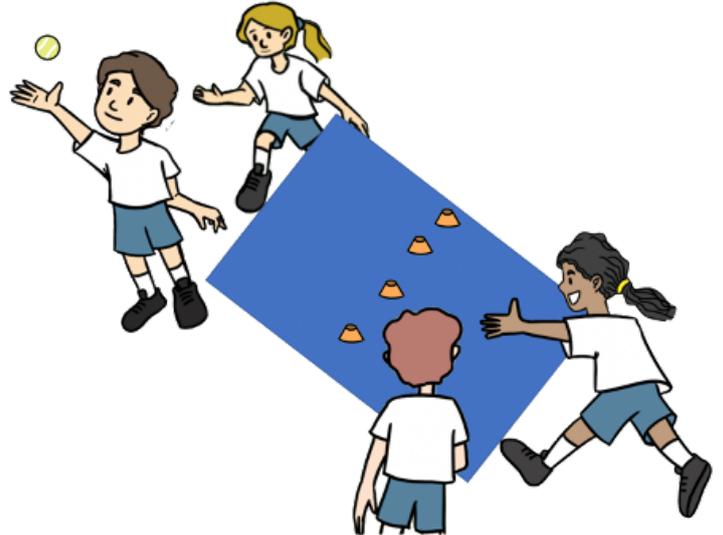
Discuss with the pupils how to win a point in tennis:

- Opponent hits the ball in the net.
- Opponent hits the ball out of the court area.
- Opponent misses the ball.
- Ball bounces twice.
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault.)

### Doubles tournament:

- A** Using two tables pushed together. Create a net down the centre of the 'court' using cones. Pupils play with a partner as a doubles team. Group four teams together. They take it in turns to play each other at one table. The teams who are off act as the umpires. Teams play first to eight points. If you win the game your team wins 5 points, if you draw you win 3 points and a loss gets you 1 point.  
*Take turns with your partner to serve.*  
*The umpire's decision is final.*  
*Communicate with your partner so that you don't both go for the same ball.*

- B** Teams who finish first in their group form a new group, as do teams that placed second, and teams that placed third, and team that placed fourth. Replay the tournament again in the new groups.  
*Make this easier by using a bigger ball.*



---

## 5 Mins Plenary

Ask the pupils if they used any tactics with their partner?

How did communication help them succeed?

Ask the pupils how to score points in tennis?