



Tennis Movement

K-2

Equipment Needed for Lesson Plan:

None

One [racquet](#) and cut [foam training ball](#) for each student
[Beanbags](#)

One [racquet](#) and cut [foam training ball](#) for each student

1. INTRODUCTORY

4

Popcorn

Outcomes:

I can share space with peers.

Instructions:

Divide the class in half. One half of the class is on the floor in push-up position and the other half is standing ready to move. On signal, the standing students move around students on the floor. The students on the floor change from a raised push-up position to a lowered push-up position each time they are circled. On signal, reverse roles.

Teaching Hints:

Use Toe to Toe to divide the class in half.

Caution to avoid touching others and respect personal space.

Challenge students to see how many students they can move over and around.

2. FITNESS DEVELOPMENT

3

5

Sport-Related (Tennis) Fitness Stations

Outcomes:

I can participate in a sport specific physical fitness routine.

I can discuss the importance of challenging myself to improve performance.

Instructions:

Design your circuit so students alternate strength and flexibility activities with sport-related fitness activities. Students do the best they can at each station within the time limit. Children differ and their ability

to perform fitness workloads differs.

1. Rope jumping
2. Tennis shuffle - Similar to the agility run. Mark two lines about 30 ft apart. While holding the racquet in the ready position, slide back and forth between the lines. Change appropriately to the backhand and forehand position when moving.
3. Shoulder girdle development challenges
4. Run and set - Students move with a racquet in hand. They run a short distance, place their feet in proper position and swing at an imaginary ball. Repeat as many times as possible using the forehand and backhand.
5. Flexibility and trunk development challenges
6. Racquets and beanbag toss - Students work with a partner or small group and toss a beanbag back and forth and catch it with racquet. Avoid using hands.
7. Abdominal development challenges
8. Quarter turn sets - Start in a front-facing position with racquet held in the ready position. Follow a leader and do a quarter jump turn (to forehand or backhand setup position). Go back to front facing position each time. Each leader gets to lead 5 jump turns.

Teaching Hints:

Tape alternating segments of silence and music to signal duration of exercise. Music segments (begin at 30 seconds) indicate activity at each station while intervals of silence (10 seconds) announce it is time to stop and move forward to the next station.

See the Week 1 lesson plan for strength and flexibility challenges.

Use signals such as start, stop, and move up to ensure rapid movement to the next station.

Ask students to do the best they can. Expect workloads to differ.

3. LESSON FOCUS

1

Tennis Skills - Racquet handling, Moving and Tracking Skills



Outcomes:

I can control the racquet in a variety of activities.

I can bounce a ball with my racquet using a forehand grip.

Instructions:

Racquet Handling Skills

1. Show the forehand grip. Have the student hold the racquet perpendicular to the floor and shake hands with it.
 - a. The thumb and forefinger make a "V" down the handle.
 - b. Keep the wrist firm.
2. Place ball on racquet and attempt to roll it around the edge of the racquet without allowing it to fall off the racquet. Flip the racquet over (backhand grip) and roll ball.
3. Balance the ball on the racquet using the forehand grip while trying the following challenges:
 - a. Touch the floor with hand.
 - b. Move to knees and back to feet.
 - c. Sit down and get back on feet.
 - d. Lie down and get back on feet.
 - e. Skip, gallop, or any other locomotor movement.
4. Flip the racquet over (backhand grip) and balance the ball while trying the following challenges:
 - a. Pat your knees with the off hand.

- b. While moving, do a full turn and keep walking.
 - c. Walk 5 steps forward and 5 steps backward. Repeat.
 - d. Lie down and get back on feet.
 - e. See how high you can balance the ball. How low can you carry the ball?
5. Beanbag Toss and Catch Activities.
- a. Toss the beanbag in the air and catch it on the racquet.
 - b. Toss the beanbag in the air from the racquet and catch it with the off-hand.
 - c. Toss the beanbag in the air from the racquet and catch it with the racquet.
 - d. Toss the beanbag a few feet in front with the off-hand, move, and catch it with the racquet.

Moving and Tracking Skills

1. Beanbag Balance. Students balance a beanbag on the face of the racquet while moving around the area. Ask them to sit down, do a full turn, and heel click while maintaining control of the beanbag. Ask students to think of challenges to perform with their racquet and ball.
2. Edgy Beanbag Balance. Increase the challenge by asking the students to balance the beanbag on the edge of the racquet. Play "Stop & Go" with the beanbag on the edge of the racquet (students run and freeze quickly without losing control of the beanbag). Try some of the challenges created in the previous activity.
3. Racquet Balance. Change the pace of the lesson by practicing getting the racquet to stand by itself. Balance the racquet, let go of it, swing your leg over the racquet, and catch it with the same hand. Try doing it with the nondominant legs as well.
4. Racquet Balance with a Partner. Partners are about 3 ft apart while balancing their racquets. On signal, they release their racquet and try to catch their partner's racquet before it falls to the ground. If both partners catch their racquet, they each step back one step and repeat the challenge. An additional challenge is to make a full turn after the release and before catching the racquet.
5. Beanbag Pass and Catch. Partners pass a beanbag back and forth to each other and catch the beanbag on their racquet. Begin with partners in a stationary position and then increase the challenge by passing the beanbag to one side of the catching partner (move and catch). Another challenge is to have the catching partner circle around the tossing partner. The catching partner returns the beanbag with a toss.
6. Ready Position and Catch. One player is the tosser and the other player is in ready position with the racquet. The tosser will toss the beanbag to one side or the other of the player in ready position. Their goal is to catch it on the racquet (forehand or backhand) and learn to move into position rather than reaching for the ball. Switch positions after 4 tosses.

Teaching Hints:

Explain the difference between forehand and backhand in these activities, i.e., with the forehand, the palm of the hand is up. With the backhand, the palm of the hand is down.

When students are receiving instruction, teach them to cross their arms and hug the racquet. If instructions are longer than 15 seconds, have students place their racquet and ball on the floor and take one step backwards. Limit instructional episodes to 30 seconds.

Don't chase a ball that is out of your area. When performing drills, teach students to stay at least an arm plus a racquet length from other players.

The purpose of these activities is to learn to keep the racquet in a level plane. Also, students can begin to see the difference between the forehand and backhand stroke.

Have students hold their racquet overhead. The top of the racquet is the highest level they should toss the beanbag. Limiting the height of the tosses will maximize safety and reduce management problems. Beanbags are used in this lesson to help students find success quickly. Place emphasis on learning to watch the moving object.

When youngsters are having trouble mastering an activity, they can go back to the previously learned activities. All students do not have to be on the same activity at the same time. Since these are individual

activities, youngsters can feel comfortable moving at a pace that works for them. Students will go off-task when an activity is too difficult for them.

Change partners regularly so that the class learns to work together. Practicing with different partners will create friendships. Part of tennis is the social experience and learning to enjoy an activity with a friend. Remind students that "Everybody Counts! Make New Friends!"

4. CLOSING ACTIVITY

1

Red Light, Green Light Tennis

Outcomes:

I can control my racquet during modified tennis games.

I can strike a ball using two of four cues during a modified tennis game.

Instructions:

Red Light, Green Light Tennis

Supplies: One racquet and one cut foam ball per student

Skills: Racquet and ball control; reaction time

This game is played somewhat like the original Red Light, Green Light game except that each player has a cut foam ball balanced on their racquet. If a player loses control of their ball (it falls off the racquet or they touch it with the other hand), when "Red Light" is called, they have a point scored against them. "Green Light" starts them moving again. The goal is to avoid accumulating points. To add variety to the game, use other commands like left turn, right turn, "U-turn," and "hit the brakes."
