



# Tennis

## Key Stage 1

### BEGINNER Movement

In tennis, it is important that players are able to move side to side across the area to return a ball to an opponent. This section focuses on this type of movement.

#### Introduction

Explain to players that you are going to ask them to move like an animal. For example, ask them to hop like a rabbit, run like a dog or walk side to side like a crab. To make it more difficult, you could use a coloured cone to represent the particular animal, for example a red cone for a crab. Then when you hold up that cone, the players will need to move in that way.

#### Game: Cups and Saucers

Place lots of cones on the area floor. Half of them need to be placed on the floor in the normal way, and half upside down. This creates the cups and saucers. Divide the group in two, depending on whether they are a cup or a saucer, and ask the players to turn the flexi cones over for their team. The team with the most cones turned over within a set time wins. The game can be repeated by increasing the time or travelling in a specific way, for example side to side.

### INTERMEDIATE Throwing and Catching

The players need to be able to throw and catch a tennis ball before they can begin using a racket. This section focuses on this skill.

#### Introduction

Give each player a tennis ball. Ask the players to throw the tennis ball up in the air and catch it again. Ask them to use two hands at first, then move on to using one hand. Initially, ask them to remain still while doing this, then progress to doing this while walking forwards or backwards, running etc.

#### Game: Don't Drop It!

Split the group so that each team only has five players. Each team will only need one tennis ball. Ask the players to call a player's name, then throw the ball to that player. If that player drops it, then they are out (you could give the players more than one try). The player remaining at the end is the winner. To make it more difficult, the players can take a step back to increase the distance or use only their weaker hand.

### ADVANCED Using a Bat or Racket

It is essential that the players are comfortable with a tennis racket and have developed the hand-eye co-ordination they need to be able to hit a ball. This section helps improve hand-eye co-ordination.

#### Introduction

Give each player a beanbag and a bat. Ask the players to move around the area and throw the beanbag in the air and catch it using only the bat. Ask the players to do this while remaining still initially, then while walking forwards or backwards, side to side and jogging.

#### Game: Bounce the Ball

Give each player a ball and a tennis racket or a bat. Mark out an area with cones that the players must stay within. Ask the players to move around the area, bouncing the tennis ball in the air with the racket. Ensure the players keep control of the ball at all times. Ask the players to do this while remaining still initially, then while walking forwards or backwards, side to side and jogging. The player who can do this the longest is the winner.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Allow wheelchair users and those with difficulties and impairments more time.

### Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Lower the net, if necessary.
- Allow the player to use a racket with a shorter handle and bigger faces to help players control the ball.
- If a player finds it difficult to throw/catch/bounce a tennis ball, use a bigger ball or beach ball or balloon to help them.
- If a player has difficulty with movement, then perhaps this player can be the server.
- Pair up players who find it difficult to throw or catch with another player of a similar level so they can use same ball type.
- Pair up players who have mobility difficulties against each other so that the game has suitable conditions, for example ball type, net or court size.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Allow the player to use a racket with a shorter handle and bigger faces to help players control the ball.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Place the ball on a holder for the player to hit ball off and use an audible ball (ball that makes a sound) for those children who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the court using directions or a hand on their shoulder.

### Useful Links

#### Ulster Tennis

[ulstertennis.co.uk/players/wheelchair](http://ulstertennis.co.uk/players/wheelchair)