



# Tennis

## Key Stage 2

### BEGINNER

#### Using a bat/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 up into 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 when walking forwards or backwards, side to side and jogging. Any player whose ball touches the ground is out. The player left at the end is the winner.

### INTERMEDIATE

#### Serving

Serving is an integral part of tennis and it is important that a player can throw the ball and hit it to serve.

#### Introduction

Split the group into pairs. Each player in the pair will have a racket and a ball between them. The pairs will stand apart from each other and attempt to throw the ball up and hit it to the other player. Encourage players to use underarm throw, let it bounce, then underarm hit. This will be the easiest method of hitting the ball.

#### Game: Simplified Rounders

Split the group into two smaller teams. One will be the batting team and the other will be the fielding team. Use a selection of bats and balls to suit the ability level of the players. Set out a home base, then four other bases (you can use a pole, cones or mats for each base). The bowler in the fielding team will throw the ball underarm to serve the ball. The batter hits the ball, then runs to as many posts as possible before the fielders return the ball to touch the post the batter is running towards. To get the batter 'out', the fielding team must catch the ball cleanly or hit the post or cone the batter is running towards. This player cannot run again until the next player in their team has batted and started running. Only one player can remain at a post or cone at a time. Each player in the team will have a go at batting then add up the total amount of full rounders. The batting team and the fielding team will then swap.

### ADVANCED

#### Game

The players now have the skills they need to play a simple tennis match. It is important that the players get lots of time to practise hitting the ball.

#### Game: Mini Tennis

The idea of this game is to ensure that the players have maximum attempts at hitting the ball and to encourage a rally to take place between the players. Therefore, modify the rules of tennis to ensure this, for example allow the ball to bounce more than once and perhaps use a tennis ball that is softer and slower. Depending on the size of the group, the game length could be decided on scoring or on a timely basis. Two vs. two could also be useful to encourage a rally to take place and also ensure the waiting time is reduced for the players who are not playing. Use a low net and set out a court using gridlines or flat cones. Decide which player is going to serve first. Encourage the players to attempt to serve diagonally. When the players are serving, ask them to serve with underarm throws and also use underarm hitting to return the ball. If there is more than one court in an area, ensure there is plenty of space between courts.



### 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)