



# MAIN ACTIVITY

## GAME

### Tennis Skill School Level 1

Autumn 1 – Week 5

## LEARNING OUTCOMES:

- Gross and fine motor skills.
- Hand eye co-ordination.
- Listening / following instructions.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Expressive.

## TIME:

10 mins.

## EQUIPMENT:

Tennis rackets, sponge balls, whistle.

## SAFETY:

Explain using racket safely, children must spread out and find space.

## SET-UP:

Each child gets a racket and a sponge ball.

## DESCRIPTION

On the teachers command all children practice the following skills:

1. Balance the ball on the triangle of the racket and walk around area.
2. Push the ball along the floor with the racket. (Little hits)
3. Put the racket on top of the ball to squash it like a pancake.
4. Put the racket on top of the ball and make circles with the ball.
5. Sing a song while using the racket as a guitar.

## PROGRESSION/VARIATION

1. Start to combine skills, for example, start with ball on triangle, roll it off and squash it as fast as they can. (Drop and squash).
2. When balancing the ball on the triangle of the racket perform other actions like wave, touch head, touch toes etc.
3. Push and roll their ball around cones or obstacles.