



# MAIN ACTIVITY

## GAME

### Tennis Skill School Level 2

Spring 1 – Week 17

## 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: Literacy / Maths.

## TIME:

10 mins.

## EQUIPMENT:

Tennis rackets and sponge balls.

## SAFETY:

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

## SET-UP:

Give each child a racket and a sponge ball.

## DESCRIPTION

On the teacher's command all children practice the following skills in this order so that there is a progression of difficulty:

1. Drop the ball from one hand and squash it on the floor with the racket to stop it bouncing.
2. Drop the ball onto the strings and move racket upwards to perform a tap up.
3. Tap the ball up once, then squash it down as quickly as possible.

## PROGRESSION/VARIATION

1. How many tap ups can they do in a time limit.
2. Work in pairs, one child taps up and the other child squashes it, then swap.