

Content outline

This activity aims to develop and refine the technique for a forehand ground stroke in Tennis.

- Correct stance
- Contact point
- Follow-through



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance away from the feeder or target area/object to make the activities more difficult
- Decrease the distance away from the feeder or target area/object to make the activities easier
- If you are using a tennis racket and tennis ball – make sure you increase the size of the area for safety



Task

- How many times can you hit a target in 10 attempts?
- Change the distance or size of the target area you are aiming for to adapt the activity
- Ball feeder can change speed of delivery to make the task more difficult
- Remove the net to make the task easier



Equipment

- Change size of ball (smaller ball will increase difficulty)
- Change size of the targets (smaller target will increase difficulty)
- Use different household items (Eg. Rolled up socks, different types of ball)
- Create your own racket – try to use items which will replicate a racket, such as a frying pan
- Create your own net – what household items could you use?



People

- If you have another person in your house, get them to throw the ball and alter the speed and direction of the throw
- Challenge a friend with an online competition

Learning intention

Physical:

- To develop and refine the forehand stroke in Tennis

Personal:

- Communication
- Creativity

Learning questions:

- Why do we need to be side on when performing the forehand?
- Why is it important to make contact at waist height?
- Why do you need a follow-through?
- Why are balance and co-ordination important components of fitness for Tennis?
- What shot would you be likely to perform next following a successful forehand?
- When were you most successful during these tasks? And why?
- What coaching points would you identify from these activities?