

Content outline

This activity aims to refine previously learnt skills, and apply them to game-based scenarios

- Technique refinement
- Ready position
- Decision making



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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 ball feeder to make the task more difficult
- Decrease the distance from the ball feeder to make the task easier



Task

- Start the activity by pre-determining which shots will be played. Eg. Forehand, Forehand, Backhand
- To make the task more difficult ask the ball feeder to change the direction of the feed to require you to move
- Add a targets to improve accuracy and increase difficulty
- Start by directing your shots to the left and right of the space – then progress to aiming your shots to the back and front of the playing area



Equipment

- Change size of ball (small ball will increase difficulty)
- Change the weight of the ball
- 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
- To create targets, try sticking sheets of paper to the floor



People

- If you have another person in your house, try to compete against each other – who can hit the most targets?
- Challenge a friend with an online competition

Learning intention

Physical:

- To refine previously learnt skills and link them together within game-based situations

Personal:

- Decision making
- Problem solving
- Tactics / Strategies

Learning questions:

- Why do you need to return to the ready position after every shot?
- Why is it important to combine the forehand and backhand shots?
- Why would setting up a high return be a good tactic in a game?
- What other shots can you use tactically in a game to try and outwit your opponent?
- When were you most successful? And why?
- What coaching points would you identify from these activities?