

Content outline

This activity aims to develop the basic skills needed to perform the forehand stroke in Tennis

- Correct 'body position'
- Co-ordination
- 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 target to make the task more difficult
- Decrease the distance from the target to make the task easier
- If you have created a net, this can be brought closer to the young person to make the task easier



Task

- Start by throwing the ball in the correct position before using a racket
- Add racket when you are more confident
- To make the task more difficult, ask someone to feed the ball to you rather than self-feeding
- You can bring the net closer to you to make the task easier



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
- Use items to act as targets, such as baskets or buckets



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 develop the basic technique of a forehand stroke in Tennis

Personal:

- Decision making

Learning questions:

- Why do you need to stand side on?
- Why do you need the palm of your hand to face the target?
- Why do you need to hit the ball at waist height?
- Why are balance and co-ordination important when performing this skill?
- When were you most successful? And why?
- What coaching points would you identify from these activities?