


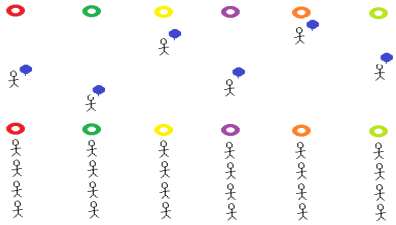


Session Level 2	Strand Net & Wall	Star Ratings Preparation: 2* Teaching Difficulty: 3* Learning Difficulty: 3*	Primary Facility Large Playground	Equipment List 30 Rackets 30 tennis balls, 12 cones.	Suggested Key Focus For Assessment 1. Can hold racket correctly. 2. Can manipulate and control the ball with a tennis racket. 3. Can move at speed with racket and ball.	 Copyright: M. Griffiths 2015
Session Code NWL2S4	Sport/Activity Name Balls Not Balloons		Secondary Facilities Indoor Hall			

Time (guide)	Task	Description	Extra Information & Tips
0-10 Mins	Preparation	<ul style="list-style-type: none"> •Change clothes and footwear- relevant to facility and weather conditions. •Clothes should be comfortable and loose fitting allowing full range of movements. •Hair clipped & tied back, earrings taken out or covered(if less than 6 weeks). •Use jumpers, coats, jogging bottoms if cold/water bottles and sun hats if hot. 	Set a group time target. Reward fast changers, tidy places, helpfulness.
10-20 Mins	Warm-Up	A good warm-up should be mentally engaging and should be closely linked to the physical and skill aspects of the main content of the session. Either choose one of the Sportitude warm-up activities or create your own. Finish with at least a couple of basic stretches.	The children should experience increases in heart rate, breathing rate & temperature.
20-30 Mins	Activity 1 Racket & Rules Review	<p>Begin by reviewing the rules of safe racket handling. The racket never goes above head height, it is not a toy- it is a piece of hard and heavy sports equipment that can be extremely dangerous if not treated with respect. Talk about and demonstrate the handshake grip. Give out the rackets, passing them to the children handle first and making sure that the children are gripping them correctly. Ask the children to alternate (on command between safety position (racket by knee) and ready position (see NWL2S3 for reference). Ask the children to jog around the hall doing gentle racket to racket high 5s with other children as they move around.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p style="text-align: center;">Normal Grip Double-Handed Grip</p>	When you are passing rackets to the children and they have gripped the handle, gently pull the racket back towards you. If the racket comes lose from their grip, they are not holding it firmly enough.
30-40 Mins	Activity 2 Ready & Safe Positions + Moving & Using Rackets	Discuss with the children how, when playing tennis, we do not actually use balloons- we use tennis balls. They are smaller than balloons and move through the air a lot quicker, giving us less time to prepare and react. In order to get used to this change, we are going to practise some simple skills using tennis balls. Give each child a tennis ball and ask them to hold it in their non-dominant hand with the racket held correctly in the dominant hand. Without changing the normal grip, but instead rotating the wrist, turn the racket horizontal and balance the ball on the strings. The children should now start to WALK slowly around the playing area trying to keep the ball on the strings. Not only do they need to concentrate on balancing the ball, but they will also need to concentrate on not bumping or colliding with other children. Those who find this simple can be encouraged to jog, those who struggle can be given a bean bag instead of a tennis ball.	Balancing a tennis ball on the strings is only a matter of physics. The children need to think about tilting their racket to compensate for the direction it rolls off their racket.
40-50 Mins	Activity 3 Racket With Ball Relay	This activity is almost identical to the balloon rally from the previous session. Place 6 cones, evenly spaced across the width of the playing area at each end so that the cones line up. Allow enough space between the cones and the wall that 5 children can sit or stand behind each cone. Ask the children to choose a cone to line up behind with their tennis rackets. The player at the front of each line is given a tennis ball. On the adult's command the first player balances the ball on their racket strings and walks or jogs to the opposite cone and back to the line. They then take the ball off of their racket and place it on the racket strings of the next team mate, and joins the back of the line. The race finishes when every member of the team has completed their go and the whole team sits down. If you have uneven teams then set a team target number rather than 1 go each. For example "your team must complete a total of 10 turns, not 10 each, but 10 in total".	
50-60 Mins	Plenary	Discuss the activities that have just happened. Review any key language used. What did we do well and why was that? What do we need to improve in the future? Is there any way that the children can practise these skills at home or at playtimes?	Remind the children that they now need to calm down and prepare to go back to classroom behaviour & noise levels.