

## Activity: 'Tennis Skills to Music'

6 Week Scheme of Work for KS2 - Year 4

### Lesson 2 Year 4

**Learning Objective:** To introduce and develop basic rallying skills

**Music:** **Track 1 'Sure Shot'** **Time: 3 mins**  
**Warm up:** Aerobic routine 1 with tennis ball

**Music:** **Track 4 'Teen Dream'** **Time: 10 mins**  
**Skill Development:** **12. Introduction to hand ball tennis**  
 Left hand drop feed  
 Right hand drop feed  
 Top of the bounce  
 Over your racket

**Music:** **Track 4 'Teen Dream'** **Time: 10 mins**  
**Game Skill:** **13. Developing hand ball tennis**  
 Drop hit and catch  
 First to '10'  
 First pair to '10'  
 Hand ball tennis

**Music:** **Track 4 'Teen Dream'** **Time: 10 mins**  
**Skill Development:** **28. Rally progressions**  
 Toss 'n' bounce (*Forehand*)  
 Toss 'n' bounce (*Backhand*)  
 Forehand and backhand  
 Side to side

**Music:** **Track 4 'Teen Dream'** **Time: 5 mins**  
**Game Skills:** **30. Rally progressions with a partner**  
 My ball your ball

**Music:** **Track 4 'Teen Dream'** **Time: 5 mins**  
**Competition:** **30. Rally progressions with a partner**  
 Rally 10

**Cool Down:** **Track 7 'Wear that Hoe Down'** **Time: 2 mins**  
 Collect in equipment

**Learning Outcomes:** To increase ball and racket control while working collaboratively with a partner.

**Equipment:** Ball and racket per pupil and throw-down spots

**Comments for next lesson:**