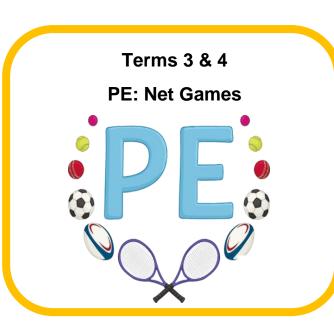
## Oak Tennis at East Grinstead Tennis Club

## **Run through Bright Ideas Charity**

- Accuracy in throwing- underarm, overarm
- Differentiated size and weight of equipment e.g. balls/beanbags, rackets.
- Hitting skills extension over the net, returning a hit, and rally.
- ✤ Accuracy in throwing
- Using tennis courts
- Listening and responding to novel coaches
- Independent play and group activities.



## **Optional Home activities:**

- Throwing and catching different sized balls.
- Throwing/hitting at targets
- Playing tennis, badminton, volleyball.
- Watching tennis, badminton, volleyball matches- YouTube, BBC iPlayer.



## **Main Learning Intention**

For all learners to engage in different activities to develop hand-eye coordination, strength, technique, control and balance.

To generalise mastered skills in group environments.

For some learners to consolidate basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

To become independent when responding to novel coaches and engaging in tennis activities.