**2 on 1 - Tennis**

**Grade level:** K-6

**Skills:** The students will obtain striking, catching, fielding and underhanded/overhanded throwing hand/eye coordination practice.

**Objective:** Demonstrate ability to strike an object. Enhance hand/eye coordination. Practice catching and throwing. Retrieve errant throws. Proper running form and following instructions.

**Equipment:** One ball, one cone and one tennis racquet per three students.

**Organization:** Outdoor open area preferred to enhance safety. Group of three students, one pitches the ball,

one is the outfielder and one is the hitter/batter.

**Activity:** The ball is pitched underhanded to the batter; the batter strikes the ball and runs to a cone and back to the batter’s box as many times as they can. The fielder retrieves the ball and returns it to the pitcher. This is when the runs are not counted anymore. Incomplete runs do not score.

The key is how the batter strikes the ball. When all the means have been practiced, this is when the players rotate skills.

Single forehand/ Two-hand forehand Single backhand/ Two-hand backhand Overhead smash Lob Dropshot

Students must have prior knowledge of how to hold the racquet, and how to properly execute the different ways to strike the object. Catching and throwing skills are a must.

**Variations:** Have the students keep score in tennis terms. 0 runs scored would be love, 1 run= 15 etc. Game is 4 runs or 60 points. Explain set/match. Use different balls that fly farther/shorter etc.

**Closure:** Can you make friends while being active?

Why is it important to be able to talk to your classmates?

**Health:** Is there a certain time when you should not try to make new friends? If so, is there some way to make a connection during a more appropriate time? Is it ok to introduce yourself to a new classmate during a physical activity? What are some scenarios where this could occur? Why should students talk to a wide variety of classmates or trusted adults? Is it ok to hold casual conversations with people in a safe setting?

**Piloted at:** South Weber