

SPORTS & GAMES · GRADES 2–4

Tennis — Introductory

45-minute lesson plan

Lesson at a glance

Equipment	Mini-tennis rackets (lightweight), low-compression balls (red dot or sponge), short net or rope, cones
Space	Hall, playground, or mini-tennis court
Aim	Rally — return the ball back and forth 3 times in a row.

Lesson structure

<p>Warm-up (5 min)</p> <p>Jog around. Then on the spot — high knees, side steps, on-the-spot jumps. Wakes up the legs.</p>	<p>Skill 1 — Racket and ball familiarity (8 min)</p> <p>Each child with a racket and ball. Bounce ball UP off the racket — see how many in a row. Then bounce DOWN off the floor. Then alternate up-down. Builds basic feel.</p>
<p>Skill 2 — Throw and catch (7 min)</p> <p>Pairs. Throw with the LEFT hand (if right-handed) — partner catches in their right (their racket hand). Helps develop the proper hitting motion.</p>	<p>Skill 3 — Forehand rally (10 min)</p> <p>Pairs across a line/rope. Self-feed (drop ball, hit). Partner catches. Then partner hits back. Build to 3-rally, 5-rally.</p>
<p>Game (10 min)</p> <p>King/Queen of the court. Winner stays on, loser rotates. Playing to 3 points. Keeps everyone active.</p>	<p>Cool-down (5 min)</p> <p>Walking lap. Stretch arms, shoulders. Reflect.</p>

