Name/Title: Throw and Catch Tennis

Purpose of Event: The purpose is for the students, regardless of skill with a racket, to learn strategies for moving the ball around the court and the importance of placing the ball in different spots.

Prerequisites: The students should be able to throw and catch.

Suggested Grade Level: 6-8

Materials Needed: 1. Tennis courts (real courts are great, but courts can be made easily. Outline courts with chalk outside or with tape inside. Use string or rope for nets). 2. Tennis balls (any other balls that bounce will work also).

Organization: Students in groups of two.

Description of Idea

Each student has a partner. Each pair has a ball and a court to play on. The idea is for the students to throw and catch the ball instead of hitting it with a racket. This will allow for greater control and a longer rally. Many tennis strategies and rules can be taught in this fashion. For example, throw the ball away from your partner to make it harder for him/her to get it. This is one of the main strategies in tennis.

Assessment Ideas:

Have a discussion with them about the strategies they practiced.

Have an oral or written quiz on the strategies.

In their groups of two, students discuss and write strategies they found successful.

Adaptations for Students with Disabilities:

Use a ball that is easier to throw and catch such as a pickle ball, foam ball, or volleyball.

Allow more than one bounce.

Make the court smaller.

Make the net lower.

Have students play 2 vs. 2 games after discussing a strategy for partner play.

Submitted by **Bob Wright** in Holland, PA. Thanks for contributing to PE Central! **Posted on PEC: 3/3/2007**.
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