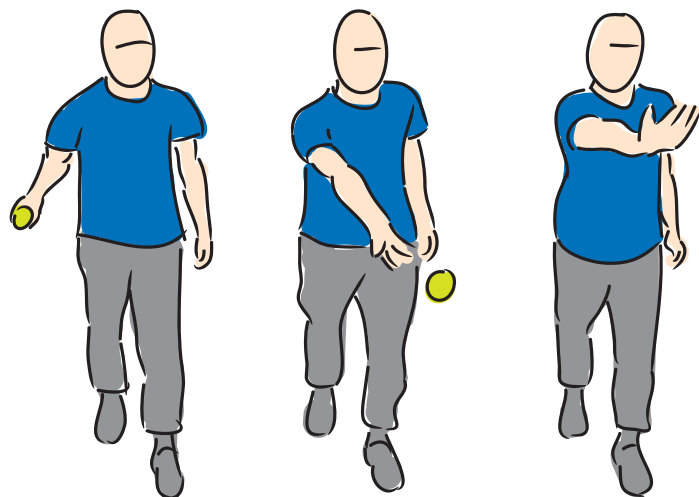


# RESOURCE CARD: **TENNIS:** YEAR 2

RELATES TO: **WEEK 1**

## MAIN LESSON: THROW TO THROW



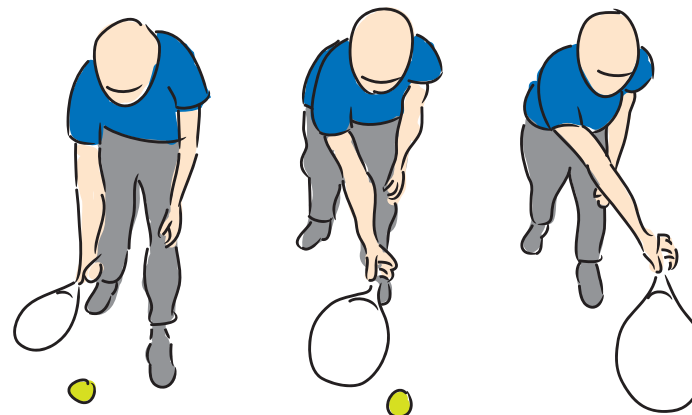
LOW

TO

HIGH

Throw to throw to a partner

## MAIN LESSON: ROLLING RALLY



LOW

TO

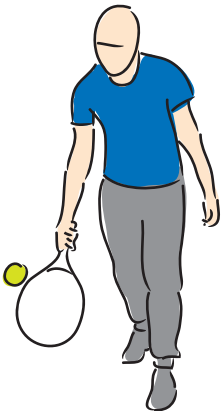
HIGH

Roll the ball using the racket  
to your partner's hands

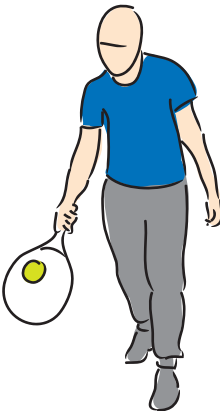
# RESOURCE CARD: **TENNIS:** YEAR 2

RELATES TO: **WEEK 2**

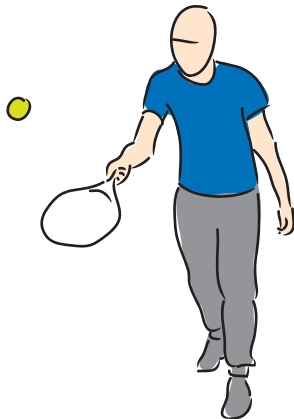
## MAIN LESSON: BOUNCE, HIT, CATCH



**BOUNCE**

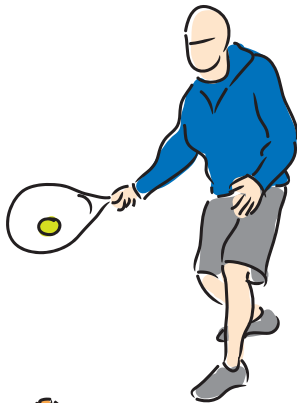
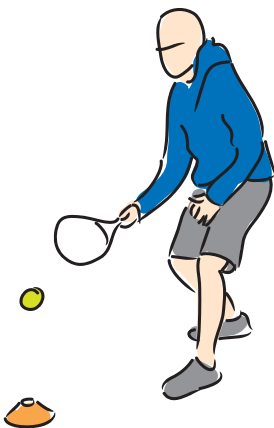


**HIT**



**PARTNER  
CATCHES**

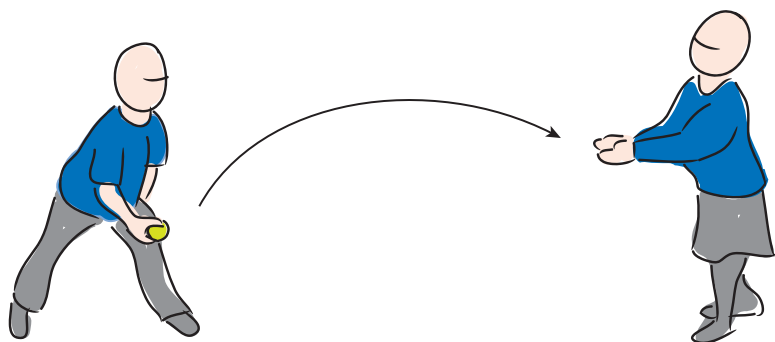
## MAIN LESSON: DEVELOP BOUNCE, HIT, CATCH



# RESOURCE CARD: **TENNIS:** YEAR 2

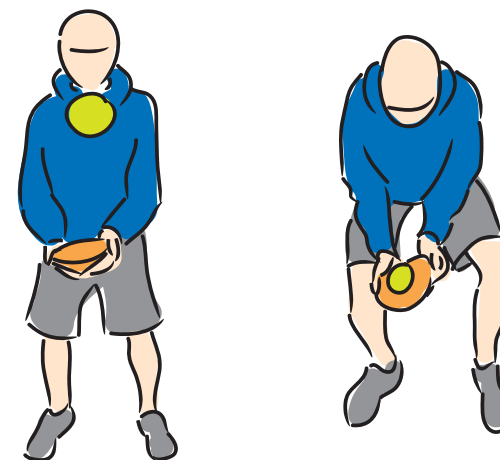
RELATES TO: **WEEK 3**

## MAIN LESSON: THROWING & CATCHING



**UNDERARM THROW TO PARTNER**

## MAIN LESSON: CATCHING IN CONES



**CATCHING IN CONES**

A volley in tennis is when the player makes contact with the ball without it hitting the floor to return the shot.

# RESOURCE CARD: TENNIS: YEAR 2

RELATES TO: WEEK 4

## MAIN LESSON: THROWING & VOLLEYING

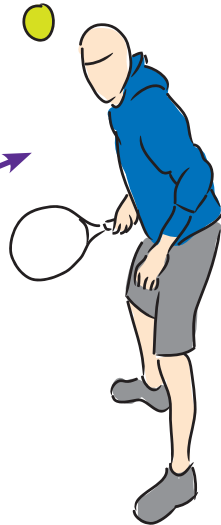
LOW TO HIGH



EYES



← WHAT ARE THE SIMILARITIES? →



STANCE



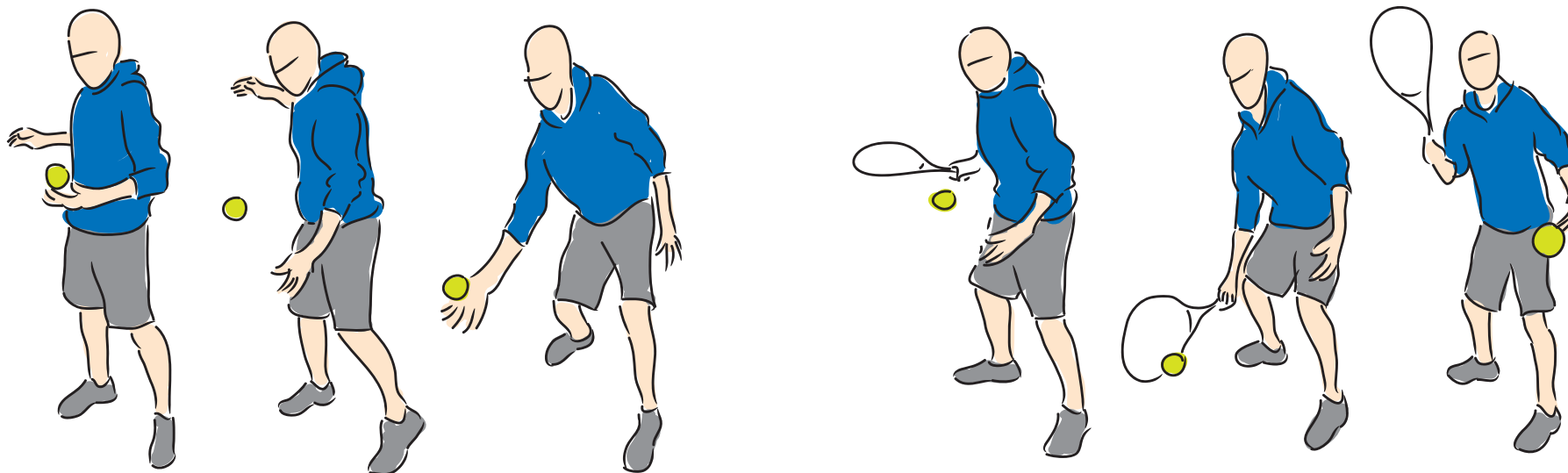
FACE OF RACKET UP

GRIP

# RESOURCE CARD: **TENNIS:** YEAR 2

RELATES TO: **WEEK 5**

## MAIN LESSON: SERVE TO CATCH



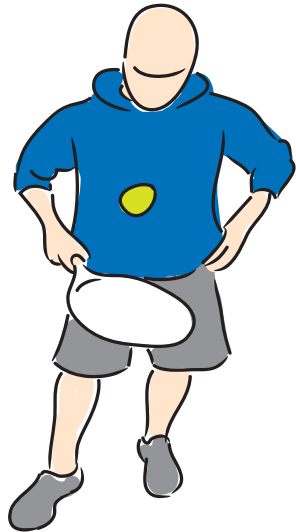
### SERVICE WITH HAND & RACKET

- Hold ball in palm of hand
- Stance correct
- Eye contact with the ball
- Good timing
- Low to high
- Drop ball and swing hitting hand forward
- Hand follows through and finishes pointing in the direction they want the ball to travel

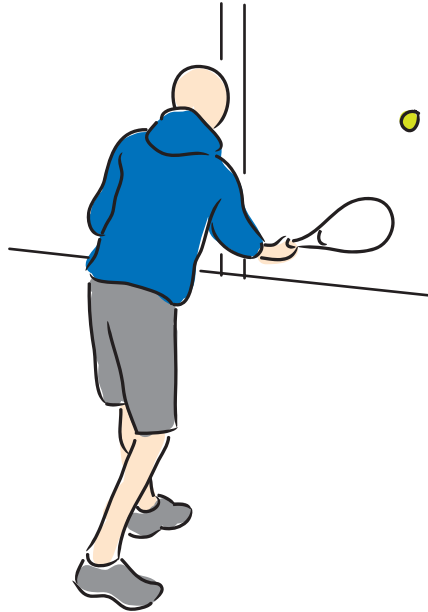
# RESOURCE CARD: **TENNIS:** YEAR 2

RELATES TO: **WEEK 6**

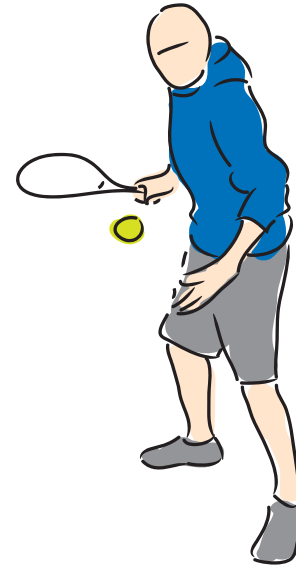
## MAIN LESSON: TENNIS CIRCUIT



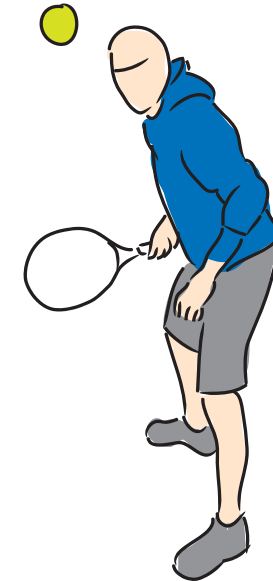
HOW MANY KEEPY-UPS  
CAN THEY DO?



HOW MANY WALL  
SHOTS CAN THEY DO?



HOW MANY TIMES CAN  
THEY SERVE AND CATCH?



HOW MANY TIMES CAN  
THEY KEEP A RALLY  
WITH THEIR PARTNER?