



## Key Stage 3

### Game Development

#### Introduction

To develop the skills players need for a game of tennis, it is important that they have lots of opportunities to practise hitting the ball to and returning the ball from an opponent. At this stage, it is important that the rules of tennis are relaxed initially. This will give the players a chance to practise the skills required. The rules can then be applied as the players become more able.

#### Inclusion and Accessibility

While we would like all pupils to be included in Physical Education along with the others in their class, this is not always possible when it comes to playing the full version of the sport.

If a pupil has physical disabilities that mean they cannot safely take part in the game along with the other pupils in their class, then this pupil should be given the opportunity to take part in other physical activity. For example, a class could be split into groups, with some pupils practising the drills and others playing the game. The smaller group could practise the skills needed for the sport, or for the disabled version of the sport, alongside the rest of the class. These smaller groups would work in rotation, giving everyone an opportunity to play the sport and practise their skills.

Alternatively, some pupils may prefer to do a physical activity that they are particularly interested in, for example practising the drills needed for a sport they play outside of school.

### Tips

- Emphasise fun initially so the players warm to the sport.
- Use rackets or bats of appropriate size and length for the ability of the players.
- Use balls that are slower and softer than tennis balls, until the players have gained some confidence.
- Use an area and net of appropriate size for the court, depending on the group's ability.
- Mark out the court and explain what the different lines are for (but be sure to use flat and non-slip cones if there are no court lines).
- Use teams of two or three initially. This will ensure some players do not feel singled out and pressured when playing.
- Ensure players of a similar level are placed against each other.
- If some players are particularly good, then perhaps do two vs. one or allow the other player more than one bounce.
- Ensure the players are confident with underarm serves and hits before any other shots.
- Ensure the time set for each half is suitable for the age and ability of the players.



### General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Allow wheelchair users and those with difficulties and impairments more time.

### Physical Disability

- Reduce the size of the court for players with mobility difficulties.
- Lower the net, if necessary.
- Allow the player to use a racket with a shorter handle and bigger faces to help players control the ball.
- If a player finds it difficult to throw/catch/bounce a tennis ball, use a bigger ball or beach ball or balloon to help them.
- If a player has difficulty with movement, then perhaps this player can be the server.
- Pair up players who find it difficult to throw or catch with another player of a similar level so they can use same ball type.
- Pair up players who have mobility difficulties against each other so that the game has suitable conditions, for example ball type, net or court size.

### Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

### Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Allow the player to use a racket with a shorter handle and bigger faces to help players control the ball.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Place the ball on a holder for the player to hit ball off and use an audible ball (ball that makes a sound) for those children who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the court using directions or a hand on their shoulder.

### Useful Links

#### Ulster Tennis

[ulstertennis.co.uk/players/wheelchair](http://ulstertennis.co.uk/players/wheelchair)