

# Year 4 Tennis with the LTA!

Year 4 have been lucky enough to be offered free coaching through the LTA (Lawn tennis association) who's vision is 'Tennis opened up', and their mission is to transform communities through tennis, focussing on three areas – making tennis welcoming, enjoyable and inspiring to everyone.

Tennis is extremely rewarding and has physical and mental health benefits for those who play it!

Year 4 had a brilliant time having a go and showing off their skills!



Tennis is perfect for enhancing flexibility and coordination and requires full cooperation of the body!

The children used their feet to manoeuvre them into the right position and their arms and hands positioned with the racquet in order to make contact with the ball. Their core and legs are used to provide the power necessary to hit the tennis ball with force.

The children began by throwing the ball into the air and catching it without it touching the ground. We then moved onto forehand and backhand techniques and had a go at trying some challenging trick shots before moving onto some partner work.

The children thoroughly enjoyed the session and realised the importance of "not giving up" when they find something challenging!"



Each shot requires a combination of flexibility, coordination, and balance. By practising coordination and flexibility through tennis, the children will benefit from improved posture and balance and improved hand-eye coordination!

