

# LESSON PLAN: **TENNIS**: YEAR 1: WEEK 1

**LESSON OBJECTIVE:** How to link the underarm throwing technique to the Forehand shot.

## **WARM UP (10 MINS)**

Using cones create a big square within your gym space. Make sure pupils do not overtake for this warm up & also spread out around the square. When the teacher states to do so, students to:

- jog
- change direction
- side step
- jump

## **MAIN LESSON (20 MINS)**

Throw to Throw:

Students to stand opposite each other in a line, two steps away from the centre of the hall. Using a soft tennis ball, use an underarm throw to throw to each other. One pupil throws the ball to their partner up and over an imaginary net. Ensure the ball bounces before the other person catches the ball.

Rolling Rally:

Pupils roll the ball across the hall to one another, using the racket to push the ball along the floor.

## **GAME/COMPETITION (15 MINS)**

Throw to Throw: How many passes can they do in one minute? Pupils must only allow the ball to bounce once before they catch it.

Then add a racket for a target, approx. 1 metre in front of each pupil. Pupils score every time the ball lands on their partners' racket.

## **EQUIPMENT**

- Soft Tennis balls
- Rackets
- Cones

## **KEYWORDS**

- Tennis
- Low to high
- Step In

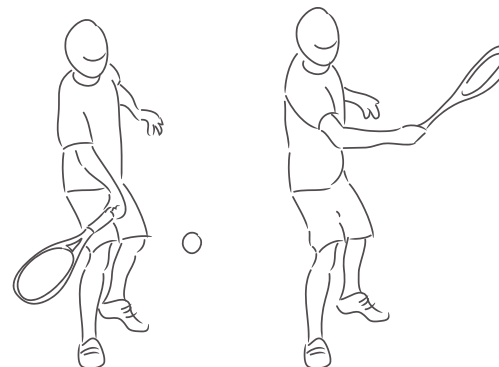
## **DIFFERENTIATION**

### **LESS ABLE**

Decrease the distance.

### **MORE ABLE**

Increase the distance & make sure when rolling the ball the arm starts low and finishes high.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	When throwing and rolling the ball the students arm starts low and finishes high when they release the ball. They can also step in with their foot to roll the ball.
	2	When rolling the ball the student is able to step in, but unable to release the ball at the correct time.
	1	When rolling the ball the student can roll the ball but is unable to roll the ball accurately, step in and use the correct arm technique.
Tactics, Rules & Teamwork	3	Students are able to work in partners understanding the rules of the drill.
	2	Students are able to work in pairs and understand some of the rules.
	1	Students show willingness to try to work efficiently in their pairs.
Show & Link	3	Successfully combine and link stepping in and rolling the ball using low to high to a high ability.
	2	Students show that they are starting to link stepping in and low to high skills together to throw the ball.
	1	Students show they are trying to perform the throw and roll correctly thinking about using the correct technique.
Describe Ways to Improve	3	Students are able to compare, evaluate and improve performance.
	2	Students are able compare and evaluate performance.
	1	Students are able to compare performances to others.
Fitness & Health	3	Students understand why physical activity benefits their health and how they can improve their fitness.
	2	Students are able to show a solid understanding of why physical activity benefits their health.
	1	Students have a basic knowledge of why physical activity benefits their health.