

LESSON PLAN: **TENNIS:** YEAR 1: WEEK 3

LESSON OBJECTIVE: Understand what a volley shot is.

WARM UP (10 MINS)

Relay Races:

Students are put into groups who sit being a marker. Students one at a time dribble the ball through a number of cones using the forehand technique and go back to their team. Students take part in a number of races and then copy the teacher to perform a number of stretches.

MAIN LESSON (20 MINS)

Throwing and catching:

Split the class into two groups of pupils, standing opposite each other in your gym area. Throwers throw the ball low to high and catchers stand in their ready position and watch the ball ready to catch it. The catchers must not let the ball bounce as they catch it.

Catching in Cones:

Pupils stand in a line opposite each other. Throwers throw the ball to their partner and their partner is standing ready to catch the ball using an upside down cone.

GAME/COMPETITION (15 MINS)

Catching in Cones:

In pairs, how many catches can you complete with your cone without dropping the ball in one minute?

Swap the catchers and throwers over.

EQUIPMENT

- Soft Tennis balls
- Cones

KEYWORDS

- Volley
- Ready Position
- Low to high

DIFFERENTIATION

LESS ABLE

Mover the thrower closer.

MORE ABLE

Increase the distance.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	When volleying the student can stand in the correct position and volley the ball correctly back to their partner accurately.
	2	When volleying the student can stand in the correct position and volley the ball correctly back to their partner, but not accurately.
	1	When volleying the student can make contact with the ball to perform the volley but to a low ability.
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 moving their body and standing in the correct position to volley the ball successfully back to their partner.
	2	Students show that they are starting to link moving their body and standing in the correct position to volley the ball successfully back to their partner.
	1	Students show they are trying to link the skills together to perform the volley, but need more work.
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.