

# LESSON PLAN: **TENNIS:** YEAR 1: WEEK 4

**LESSON OBJECTIVE:** Understand how to perform the volley.

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

Students are given a number of Tennis balls in a marked out square which is big enough for everyone to move around in. Students are not allowed to move when they have a ball in their hand. To enable them to move they must throw the ball to someone else without the ball dropping to emphasise that a Volley is when the ball does not touch the floor. Also, every time a student's throws the ball they must run around a cone.

## **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.

Throwing and Volleying:

In pairs, pupils nominate one thrower and one Volleyer. The Thrower throws the ball underarm to their partner who volleys the ball back to the thrower with their hand, with no bounce.

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

Split the class into two circles with one adult in the middle of each of them. The teacher throws the ball and students volley the ball back with their hand. The teacher can then introduce lives. If they miss the ball they lose a life, but if they volley the ball back successfully they continue with the same lives.

## **EQUIPMENT**

- Soft Tennis balls
- Cones

## **KEYWORDS**

- Volley
- Low to high
- Face up

## **DIFFERENTIATION**

### **LESS ABLE**

Ensure the thrower stands closer to the volleyer.

Game/competition: Split students into ability groups.

### **MORE ABLE**

Pupils stand further apart.

Keep a score and compete against peers.



# 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.