

LESSON PLAN: **TENNIS**: YEAR 1: WEEK 5

LESSON OBJECTIVE: Understand how to start a game using a serve.

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:

Split the class into two lines, opposite each other. Place a tennis racket 1 metre in front of each pupil. Taking it in turns, using a soft tennis ball, pupils must use an underarm throw to throw the ball, over an imaginary net, at the tennis racket in front of their partner. The other pupil then collects the ball and has a turn. Good aim improves serving.

Serve to catch:

In pairs, pupils need to decide on one server and one catcher. The server serves the ball underarm using their hand, aiming at the catcher who catches the ball and rolls it back to the server. The server can either bounce the ball or throw it in the air prior to striking the ball in a serve. Servers should be positioned sideways when completing the serve. Pupils to take it in turns.

Serve to Target:

Split the class into two lines, opposite each other. Place a tennis racket 1 metre in front of each pupil. Taking it in turns, using a soft tennis ball, pupils must serve the ball, over an imaginary net, at the tennis racket in front of their partner. The other pupil then collects the ball and has a turn.

GAME/COMPETITION (15 MINS)

Serve to Target:

Every time you hit the target you take one step back & see how far you can move back in 3 minutes.

EQUIPMENT

- Soft Tennis balls
- Rackets
- Cones

KEYWORDS

- Serve
- Low to high

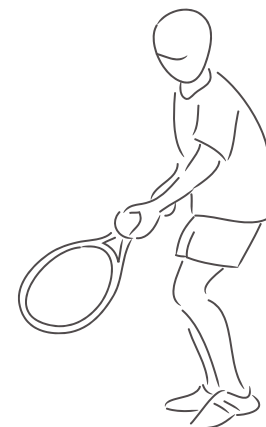
DIFFERENTIATION

LESS ABLE

Bigger target.

MORE ABLE

Ball needs to bounce before hitting partners' racket.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	The student is able to perform the serve using the correct technique. Standing sideways on, with the ball in one hand and the other hand out ready to serve. They are then able to make contact with the ball with accuracy.
	2	The student is able to perform the serve using the correct technique but is unable to play the ball accurately.
	1	The student has showed some understanding of the correct technique needed to play a serve shot but is unable to make contact with the ball.
Tactics, Rules & Teamwork	3	The student can work with a partner or group and demonstrates their ability to understand the rules of the lesson/drill to a high level.
	2	The student can work with a partner or group and demonstrates their ability to understand the rules of the lesson/drill to a certain degree.
	1	The student can try to work with a partner or group during the lesson.
Show & Link	3	Successfully combine and link serving the ball and hitting a target.
	2	Start to link and combine the serve and hitting a target.
	1	Show that the students know how to perform the serve but are unable to perform the serve correctly.
Describe Ways to Improve	3	Compare, evaluate and improve performance.
	2	Compare and evaluate performance.
	1	Compare performances to others.
Fitness & Health	3	Understand why physical activity benefits their health and how they can improve their fitness.
	2	Show a solid understanding of why physical activity benefits their health.
	1	Have a basic knowledge of why physical activity benefits their health.