

LESSON PLAN: **TENNIS:** YEAR 1: WEEK 6

LESSON OBJECTIVE: Demonstrate all the skills learned.

WARM UP (10 MINS)

Students move around a marked out area. Within the marked out area are a number of hoops. When the teacher calls a number that amount of people must stand in a hoop.

MAIN LESSON & COMPETITION (50 MINS)

Pupils to complete all the following drills, make them competitive dependant on their ability:

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.

Bounce-Hit-Catch:

One pupil throws the ball underarm to their partner who is standing opposite them. Ensure the ball bounces once before the hitter hits the ball back with their hand. Partner then tries to catch the ball on its return. Swap over.

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.

EQUIPMENT

- Soft Tennis balls
- Rackets
- Cones

KEYWORDS

- Low to high
- Volley
- Forehand

DIFFERENTIATION

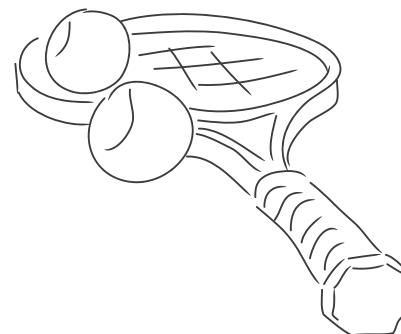
LESS ABLE

Decrease distance.

Partner students in terms of ability.

MORE ABLE

Decrease the times they have to complete the drills.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	3	The student can perform all the skills to a high ability.
	2	The student can perform the skills to a certain degree of control.
	1	The student can perform the skills but to a low ability.
Tactics, Rules & Teamwork	3	Work in a team and demonstrates the understanding of the rules in tennis.
	2	Work in a team and understands the rules in tennis.
	1	Try and work in a team when taking part in tennis drills.
Show & Link	3	Successfully combine and link skills to a high ability.
	2	Start to link and combine a variety of skills together.
	1	Perform the skills with some thought on how to link them.
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.