

# LESSON PLAN: **TENNIS**: YEAR 2: WEEK 2

**LESSON OBJECTIVE:** Continue to develop the forehand technique.

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

Students move around an area marked out by the teacher that is big enough for the class to move around safely. The students must copy the teacher when they demonstrate the following ways to move: Jogging, Skipping, Jumping and hopping. The teacher can freeze the warm up by stating the word freeze or using a whistle.

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

Students continue to link the similarities from the previous lesson to the technique required to play the Forehand shot in Tennis.

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

Students then take part in the Bounce-hit-catch activity:

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.

**Develop:** The teacher adds three cones in front of the hitter. The student who is throwing the ball must call a colour. Whatever colour is called, the hitter must move to that colour before they hit the ball back to the thrower.

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

The teacher lines the pupils up in two, three or four lines, depending upon the amount of students in their class. The teacher throws the ball underarm and the hitter has to use the Forehand shot to play the ball back to the thrower. All students have three lives. To enable them to keep their lives, they must hit the ball back to thrower without the thrower having to move to receive the ball (use hoops). Try to use the Teacher, Teaching Assistants or more able pupils as the throwers. When students are out, they must watch and highlight what pupils are doing well to enable them to hit the ball.

**Safety:** Place a cone/placement marker in which students have to move to before they hit the ball back to the thrower. This will prevent any students accidentally hitting each other with their rackets.

## **EQUIPMENT**

- Soft tennis balls
- Cones
- Tennis rackets
- Hoops

## **KEYWORDS**

- Tennis
- Low to high
- Step In

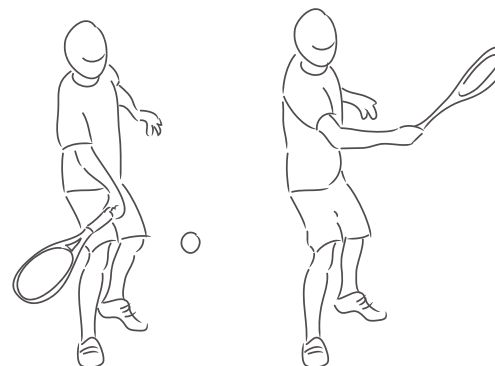
## **DIFFERENTIATION**

### **LESS ABLE**

- Decrease the distance.
- Partner with higher ability students.
- During the competition allow the ball to bounce more.
- Increase the size of the target.

### **MORE ABLE**

- Add a racket for a target.
- Pupils score every time the ball lands on their partners' racket.
- Move in different directions to receive the ball.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	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.
	3	When rolling the ball the student is able to step in, but unable to release the ball at the correct time.
	2	When rolling the ball the student can roll the ball but unable to roll the ball accurately, step in and use the correct arm technique.
Tactics, Rules & Teamwork	4	Students are able to work in partners understanding the rules of the drill.
	3	Students are able to work in pairs and understand some of the rules.
	2	Students show willingness to try to work efficiently in their pairs.
Show & Link	4	Successfully combine and link stepping in and rolling the ball using low to high to a high ability.
	3	Students show that they are starting to link stepping in and low to high skills together to roll and throw the ball.
	2	Students show they are trying to perform the throw and roll correctly thinking about using the correct technique.
Describe Ways to Improve	4	Students are able to compare, evaluate and improve performance.
	3	Students are able compare and evaluate performance.
	2	Students are able to compare performances to others.
Fitness & Health	4	Students understand why physical activity benefits their health and how they can improve their fitness.
	3	Students are able to show a solid understanding of why physical activity benefits their health.
	2	Students have a basic knowledge of why physical activity benefits their health.