

# LESSON PLAN: **TENNIS**: YEAR 2: WEEK 4

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

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

Using a space large enough for pupils to move around in the teacher plays numbers. The teacher calls out the following numbers, students must remember to move in the following ways:

- 1: Jogging
- 2: Skipping
- 3: Freeze
- 4: Change direction

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

Students practice their throwing and catching making sure the ball does not bounce.

Throwing and Volleying:

Students practice the throw and hand volley back to their partner. The teacher ensures their stance is correct and they make correct contact with the ball without it bouncing.

**Develop:** Give the class Rackets to take part in the Throwing and Volleying activity. One thrower and one Volleyer. Thrower throws the ball underarm to their partner who volleys the ball back to the thrower, with no bounce. The teacher places a hoop for each group to aim for.

## **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
- Soft tennis rackets
- Cones

## **KEYWORDS**

- Volley
- Low to high
- Face up
- Grip

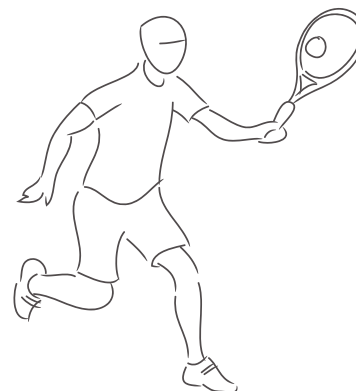
## **DIFFERENTIATION**

### **LESS ABLE**

- Thrower stands closer to the volleyer.
- No targets.

### **MORE ABLE**

- Pupils stand further apart.
- Change the distance and keep a score and compete against peers.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	When volleying the student can stand in the correct position and volley the ball correctly back to their partner accurately.
	3	When volleying the student can stand in the correct position and volley the ball correctly back to their partner, but not accurately.
	2	When volleying the student can make contact with the ball to perform the volley but to a low ability.
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 moving their body and standing in the correct position to volley the ball successfully back to their partner.
	3	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.
	2	Students show they are trying to link the skills together to perform the volley, but need more work.
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.