

# LESSON PLAN: **TENNIS:** YEAR 2: WEEK 5

**LESSON OBJECTIVE:** Develop the serving technique to perform it accurately.

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

Students move around an area marked out by the teacher. The teacher co-ordinates how the students need to move – Running, jumping and skipping. The teacher can also play music. When the music stops, students must stop and hold a freeze position.

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

The students start by taking part in the Serve to Catch activity, using their hand.

Serve to Catch:

The server drops the ball in front of them and allows it to bounce. After it has bounced once, they make contact with the ball using their hand and hits the ball to their partner. Once students have demonstrated their ability to make contact with the ball using their hand, the students then use a Tennis Racket to play the ball to their partner.

**Develop:** Once students have shown their ability to make contact with the ball using their hand and Tennis Racket, a target can then be added. Students then take part in the Serve to Target activity. The Server serves the ball which needs to bounce on the racket which is lying flat on the floor.

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

Students take part in the following small competitions:

- How many times can the students serve against a wall and catch the ball in one minute?
- How many times can the students serve and catch with a partner in one minute?
- How many times can the students serve for their partner to return the ball in one minute?

## **EQUIPMENT**

- Soft tennis balls
- Soft tennis rackets
- Cones

## **KEYWORDS**

- Serve
- Low to high
- No bounce

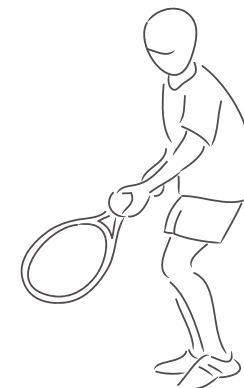
## **DIFFERENTIATION**

### **LESS ABLE**

- Make the target bigger
- Make the distance smaller.

### **MORE ABLE**

- Competitive: How many times can they complete the activities successfully?



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	4	The student is able to perform the serve using the correct technique. Standing on their side with the ball and racket in hand, dropping the ball and serving the ball accurately to their partner.
	3	The student is able to perform the serve using the correct technique but unable to play the ball accurately.
	2	The student has showed some understanding of the correct technique needed to play a serve shot but unable to make contact with the ball.
Tactics, Rules & Teamwork	4	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.
	3	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.
	2	The student can try to work with a partner or group during the lesson.
Show & Link	4	Successfully combine and link the dropping of the ball and hitting of the ball together to serve the ball.
	3	Start to link and combine the dropping of the ball and hitting of the ball together to serve the ball.
	2	Show that the students know how to perform the serve but are unable to perform the serve correctly.
Describe Ways to Improve	4	Compare, evaluate and improve performance.
	3	Compare and evaluate performance.
	2	Compare performances to others.
Fitness & Health	4	Understand why physical activity benefits their health and how they can improve their fitness.
	3	Show a solid understanding of why physical activity benefits their health.
	2	Have a basic knowledge of why physical activity benefits their health.