

# LESSON PLAN: **TENNIS**: YEAR 3: WEEK 1

**LESSON OBJECTIVE:** To learn the correct technique to perform the Forehand shot.

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

Students move around an area which has been marked out by the teacher using cones. When the teacher states to do so, pupils can:

- Jog
- Sprint on the spot
- Side Step
- Hi-Five everyone they meet

When the teacher says the word freeze, students must stop and copy the teacher as they perform a stretch.

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

Students start by taking part in the low underarm throw exercise. They must throw the ball underarm up and over the imaginary net, aiming at their partners' racket which is lying on the floor, 1 metre in front of each pupil. They must be standing correctly and the arm must start low and finish high, pointing towards where the ball needs to go.

Pupils then use their Tennis Rackets to roll the ball across the floor to each other. The teacher needs to ensure each student is holding the Racket correctly, standing correctly and pushing the ball correctly.

Pupils then practice the bounce and hit activity. One pupil throws the ball underarm to their partner who is standing opposite. The ball should bounce once before the hitter hits the ball.

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

Students compete in the following mini competitions:

Keepy up Tennis: The ball bounces once in between every hit, individually.

Keepy up Tennis 2: The ball does not bounce on the floor, only on the Racket individually. Forehand Slalom: Little steps in and out of the cones whilst balancing the ball on the racket.

## **EQUIPMENT**

- Soft tennis balls
- Cones
- Tennis rackets

## **KEYWORDS**

- Tennis
- Low to high
- Step In
- Grip

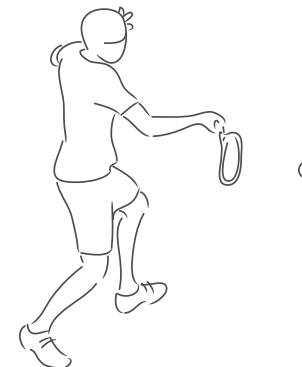
## **DIFFERENTIATION**

### **LESS ABLE**

- Decrease the distances.
- Bigger tennis balls.

### **MORE ABLE**

- Add targets.
- Make it competitive: Compete against a partner.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills required to play a forehand shot to a high ability?
	4	Can they perform the skills required to play a forehand shot with a certain degree of control?
	3	Can they perform some of the skills required to play a forehand shot, but to a low ability?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the correct grip and stance to play a forehand shot in tennis to a high ability?
	4	Can they show and link: the stance and grip but unable to make consistent contact with the ball?
	3	Can they show knowledge of the correct skills, but can only perform them to a low ability?
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.