

LESSON PLAN: **TENNIS**: YEAR 3: WEEK 2

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

WARM UP (10 MINS)

The teacher splits the class into groups who compete in the following relays:

- Dribble the ball using the racket in and out of five cones and back to their team.
- Dribble the ball doing keepy ups through the cones and back to their team.

MAIN LESSON (20 MINS)

With two hands on the racket, pupils push the ball across the floor from their backhand side aiming at their partners' backhand side. The teacher ensures that the pupils are holding the racket correctly, standing correctly and the racket starts low and finishes high in the direction they want the ball to travel.

Once the teacher has highlighted that students are able to perform the above, students take part in the backhand throw and catch exercise. The catcher throws the ball to the hitter's backhand who plays a backhand shot back to the catcher.

Once pupils are able to do this, the backhand target game can be played. Using the backhand, hit the ball to land on partners racket, which is 1 metre in front of each pupil.

GAME/COMPETITION (15 MINS)

Pupils compete in the following mini competitions:

- How many throw and backhand returns to a partner hands can students complete in one minute?
- How many backhand returns to target (racket) can students complete in one minute?
- How many continuous backhands with a partner can the students complete in one minute?

EQUIPMENT

- Soft tennis balls
- Cones
- Tennis rackets

KEYWORDS

- Tennis
- Low to high
- Step In
- Backhand

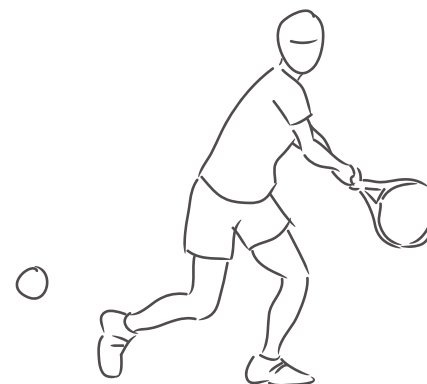
DIFFERENTIATION

LESS ABLE

- Spend more time working on the backhand technique.
- Decrease distances.

MORE ABLE

- Start from 0 if students drop the ball.
- Add targets.



ASSESSMENT FOR LEARNING

| CRITERIA | | SKILLS |
|-------------------------------|---|--|
| Fundamental Skills & Movement | 5 | Can they perform the skills required to play a backhand shot to a high ability? |
| | 4 | Can they perform the skills required to play a backhand shot with a certain degree of control? |
| | 3 | Can they perform some of the skills required to play a backhand 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 backhand 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. |