

LESSON PLAN: **TENNIS**: YEAR 3: WEEK 4

LESSON OBJECTIVE: Understand what an underarm serve is in tennis.

WARM UP (10 MINS)

Students move around a square marked out by cones. A number of pupils are scattered around the outside of the square with a Soft Tennis ball in their hands. The students in the square must find someone with a ball on the outside and play a volley shot back to their hands. Once they have played the Volley shot, they find someone else on the outside.

MAIN LESSON (20 MINS)

Students, using hands only, practice the Tennis Serve. Releasing the ball underarm with one hand and use the other hand to hit the ball to a partner. The teacher emphasises the importance of standing correctly.

Once students show they are making contact with the ball using their hand, introduce a Racket. Students hold the ball in front of them and drop the ball; they use the other hand to serve the ball to their partner. A target can then be added to allow students to compete against each other.

GAME/COMPETITION (15 MINS)

Serve & Rally: Explain how the serve is used in Tennis to start the gam and practice this in half the court, using a net. One of the students serves the ball over the net to their partner who plays the ball back.

Question: How many times can they hit the ball back and forth?

EQUIPMENT

- Soft tennis balls
- Soft tennis rackets
- Cones
- Tennis net

KEYWORDS

- Underarm serve
- Low to high
- Timing

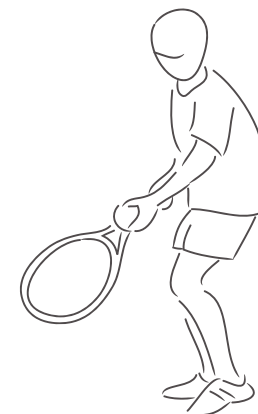
DIFFERENTIATION

LESS ABLE

- Spend more time recapping on Serving rather than playing the competitive game.
- Bigger tennis balls.

MORE ABLE

- Pupils stand further apart.
- Range of different targets.
- Introduce a net.
- Competitive with a partner.



ASSESSMENT FOR LEARNING

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