

LESSON PLAN: **TENNIS:** YEAR 4: WEEK 1

LESSON OBJECTIVE: To learn the correct technique needed to perform the forehand return shot.

WARM UP (10 MINS)

Using cones, create a big square within your gym space. Students are to jog, change direction, side step and jump around the square when the teacher states to do so.

MAIN LESSON (20 MINS)

In pairs, pupils throw the ball underarm to each other. Make sure their arm starts low and finishes high with the fingers pointing towards where the ball needs to go. The catcher must stand in the ready position to receive the ball.

Develop: Place a racket on the floor between the partners. Students must now throw the ball underarm to their partner, aiming for it to hit the face of the racket to develop their accuracy.

Pupils can now roll the ball across the floor towards their partner using the racket. The teacher ensures students are standing correctly, holding the racket correctly and their arm is starting low and finishing high.

Finally, pupils can attempt the forehand return shot. One person throws the ball underarm towards their partner, the ball must bounce before the other person uses their forehand return shot to hit the ball back aiming for their partner's hands.

GAME/COMPETITION (15 MINS)

The teacher splits the class into four or five groups and sits them behind a cone one behind the other. The teacher then places a number of cones randomly in front of all the pupils. Students take it in turns to hit the ball using their forehand shot to hit a cone. Each cone they hit, they must collect and return it to their team with the ball. The next person in line will then has a go and compete until all the cones are gone.

EQUIPMENT

- Soft tennis balls
- Cones
- Tennis rackets

KEYWORDS

- Tennis
- Low to high
- Step In
- Stance

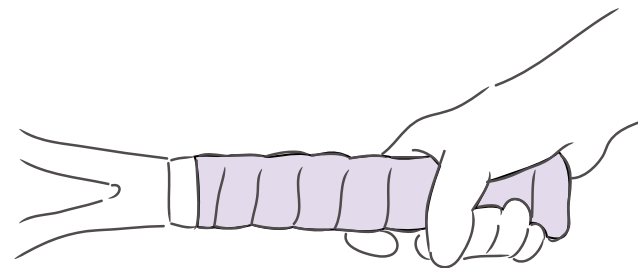
DIFFERENTIATION

LESS ABLE

- Smaller distances.
- Work with higher ability students and use them as coaches.
- Bigger targets.

MORE ABLE

- Increase the distances.
- Use a cone for a target.
- Compete against partner.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the forehand shot to a high ability?
	5	Can they perform the forehand shot with a certain degree of control?
	4	Can they perform forehand shot, but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: the correct grip, stance and movement to perform the forehand shot with control and accuracy?
	5	Can they show and link: the correct grip, stance to perform the forehand shot with average control and consistency?
	4	Can they show the correct grip, stance but unable to perform the forehand shot with consistency?
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.