

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

LESSON OBJECTIVE: Understand an underarm serve and how it is used in tennis.

WARM UP (10 MINS)

The teacher splits the class into four groups and they stand in each corner of the hall. They must push the tennis balls across the floor into another team's area. Pupils are not allowed out of their designated area. They have 1 minute to keep as many balls out of their area as possible. The team with the least amount of balls in their area at the end win.

MAIN LESSON (20 MINS)

Students stand in a side on position, hold the ball in front of them and drop the ball so it bounces in front of them. They then use their racket in the other hand to serve the ball to their partner. The teacher can add a cone as a target. Students must serve to their partner who must catch the ball in the cone.

Develop: Students then take part in the serve and rally exercise. One of the students serves the ball over the net to their partner who plays the ball back. How many times can they hit the ball back and forth?

GAME/COMPETITION (15 MINS)

The teacher splits the class into four teams whom line up behind the back of the tennis court with a racket and a ball each. (Tell pupils that the serve is executed from the back line within a game situation). Pupils are to hit the ball over the net and aim to hit a cone on the opposite side. The students must collect the ball and return to their team. If they hit a cone, they must also collect that cone. The team with the most cones at the end wins.

EQUIPMENT

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

KEYWORDS

- Underarm serve
- Low to high
- Timing

DIFFERENTIATION

LESS ABLE

- Bigger tennis balls.
- Smaller serving distances.

MORE ABLE

- Pupils stand further apart.
- Use a range of different targets.
- Partners to play competitive rallies.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the underarm serve to a high ability?
	5	Can they perform the underarm serve with a certain degree of control?
	4	Can they perform the underarm serve, 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 and stance to play a serve shot in tennis with control and accuracy?
	5	Can they show and link: the correct grip and stance to play a serve shot in tennis with average control and accuracy?
	4	Can they show the underarm serve shot but with little 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.