

# LESSON PLAN: **TENNIS:** YEAR 4: WEEK 5

**LESSON OBJECTIVE:** Can students combine all the skills they have learnt over the past lessons?

## **WARM UP (20 MINS)**

The teacher splits the class into equal groups and lines them up behind a cone. Each team has a ball and a racket. Students take part in the following relay races:

- Dribble the ball with the racket on the floor through the cones and back to their team.
- Balance the ball on the racket through the cones and back to their team.
- Keepy up through the cones and back to their team.
- Bounce the ball against the floor as students pass through the cones.

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

Split the class into two groups (depending how many in a class). Ask pupils to line up one behind the other with each group facing opposite the other. Pupils need to hit the ball to each other within a target zone. Once an individual has hit the ball, they move to the opposite line.

**Develop:** In pairs, one standing each side of the net, one throws the ball over, the other player volleys the shot back. Once the volley has been hit back, they move sideways down the line. Once partners get to the bottom of the net, players swop roles and start again.

## **COMPETITION (15 MINS)**

Small sided games: In groups of 3/4 (2x Referees & two players). Using cones create a small playing area with or without using a net. Play up to five points and then swap over.

## **EQUIPMENT**

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

## **KEYWORDS**

- Serve
- Low to high
- Referee
- Net

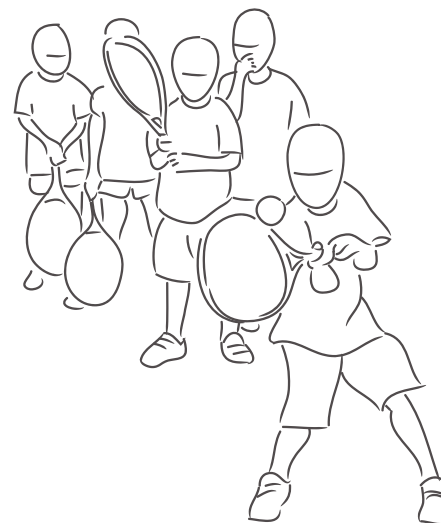
## **DIFFERENTIATION**

### **LESS ABLE**

- Decrease the distances students have to hit the ball.
- Use bigger tennis balls.

### **MORE ABLE**

- Add tennis net.
- Encourage pupils to be more competitive in the ladder format.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the skills they have learnt to a high ability?
	5	Can they perform the skills they have learnt with a certain degree of control?
	4	Can they perform some of the skills they have learnt, 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: all the skills they have learnt over the unit with control and accuracy?
	5	Can they show and link: the skills they have learnt over the unit with average control and accuracy?
	4	Can they show the skills they have learnt over the unit with little consistency and control?
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.