

LESSON PLAN: **TENNIS**: YEAR 5: WEEK 2

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

WARM UP (10 MINS)

The students take part in the following mini competitions:

1. How many throw and catches in a cone can they complete with a partner in one minute?
2. How many continuous rolls can the pairs complete in one minute?
3. How many continuous forehand shots can they play to each other in one minute?

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. This can be then developed by nominating one of the partners to be the thrower and one the hitter. The thrower throws the ball to the hitter's backhand who plays a back hand shot back to the thrower who stands in the ready position. Keep swapping to ensure both pupils receive an opportunity to take part in both jobs. Students then take part in a continuous backhand rally to each other. Partners' continuously play the backhand shot to each other.

GAME/COMPETITION (15 MINS)

The students take part in the following mini competitions:

1. How many backhand throw and catches in a cone can the partner complete in one minute?
2. How many continuous backhand rolls can the partners complete in one minute?
3. How many continuous backhand shots can they play to each other in one minute?

EQUIPMENT

- Soft tennis balls
- Cones
- Tennis rackets

KEYWORDS

- Tennis
- Low to high
- Step In
- Backhand

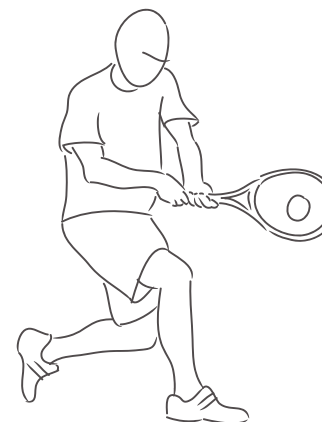
DIFFERENTIATION

LESS ABLE

- Spend more time focusing on the technique to perform the backhand shot.
- Decrease the distances.
- Bigger tennis balls.

MORE ABLE

- Pupil does not stop the ball before sending it back.
- Add targets.
- Increase distances.
- Compete against people of same ability.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the skills required to play a backhand shot to a high ability?
	6	Can they perform the skills required to play a backhand shot with a certain degree of control?
	5	Can they perform some of the skills required to play a backhand shot, but to a low ability?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: the correct grip and stance to play a backhand shot in Tennis?
	6	Can they show and link: the stance and grip but unable to make consistent contact with the ball?
	5	Show a backhand shot.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.