

# LESSON PLAN: **TENNIS:** YEAR 5: WEEK 3

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

## **WARM UP (10 MINS)**

The students pair up and practice their rolling rallies to each other using their forehand and backhand shot and then practice their forehand and backhand rallies.

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

The students pair up and participate in the Throw to Volley exercise. Pupils stand in a line down the hall facing their partner, each line takes two steps from the centre of the hall. The thrower must be standing in their ready position to catch the ball and the hitter must volley back. The teacher needs to ensure they are using the correct technique: grip correct, stance correct, body shape correct and the face of the racket is correct. Once students have demonstrated their ability to volley the tennis ball, students continue to work with their partner, but increase the distances they are volleying. The thrower starts one side of the hall and stands two steps away from their partner. They need to complete three volleys and then the hitter moves back to the next marker and complete three more volleys until they get to the final target. They must count how many volleys it takes for them to get to the final target.

## **GAME/COMPETITION (15 MINS)**

**Partner Keepy Ups:** In pairs, students need to keep the ball up using the volley shot. How many can they do in one minute?

**Group Keepy Ups:** In a group of 5/6 and using one ball and a racket each, how many times can they keep the ball in the air?

## **EQUIPMENT**

- Soft tennis balls
- Cones
- Tennis rackets

## **KEYWORDS**

- Volley
- Ready position
- Low to high
- Face of the racket

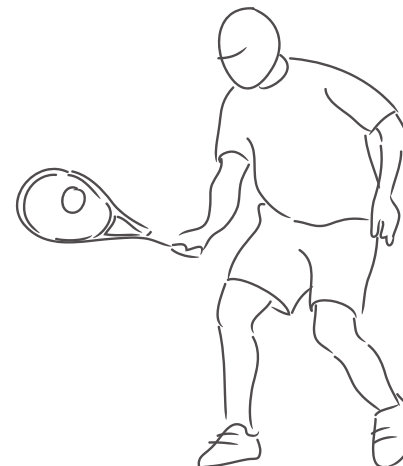
## **DIFFERENTIATION**

### **LESS ABLE**

- Decrease the distances.
- Bigger tennis balls.
- Bigger targets.

### **MORE ABLE**

- Bigger distance to volley.
- Students to move and volley.
- Compete against students of the same ability.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the volley skills to a high ability?
	6	Can they perform the volley skills with a certain degree of control?
	5	Can they perform some of the volley skills 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 volley 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 volley 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.