

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

LESSON OBJECTIVE: When and how to use a serve in a game situation.

WARM UP (10 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?

MAIN LESSON (20 MINS)

Pupils stand in a line down the hall facing their partner. They perform the underarm serve to their partner. They must hold their racket as per normal, but hold the tennis ball in the opposite hand. They drop the ball and hit the ball with their racket using their low to high forehand technique. The students then take part in the serve to sandwich exercise. The server serves the ball to the catcher who catches the ball using his/her racket and hand (sandwich) and rolls the ball back. Using the correct technique, power and accuracy pupils now serve to their partner who returns the serve using a forehand or backhand shot and then they continue the rally.

GAME/COMPETITION (15 MINS)

Serve & Rally: Explain how the serve is used in tennis (to start the game) and where to stand and hit towards. Practice this in half the court, using a net. Once the serve is hit back, keep the rally going using forehand, backhand and volley shots. If you do not have space for courts and nets, use cones.

EQUIPMENT

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

KEYWORDS

- Serve
- Low to high
- Face up
- Elbow
- Power
- Accuracy

DIFFERENTIATION

LESS ABLE

- Spend more time recapping on serving.
- Split the group into ability groups.

MORE ABLE

- Pupils stand further apart.
- Range of different targets.
- Introduce a net.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the serving skills to a high ability?
	6	Can they perform the serving skills with a certain degree of control?
	5	Can they perform some of the serving 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 technique, power and accuracy to use a Serve in a game?
	6	Can they show and link: the technique, power and accuracy to perform the serve?
	5	Show how to serve.
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.