

LESSON PLAN: **TENNIS**: YEAR 6: WEEK 1

LESSON OBJECTIVE: To learn the correct forehand shot technique and their court position following the shot.

WARM UP (10 MINS)

In a 20x20m area, students are to play a tag game. Students tagging will have a tennis ball and must chase the other students in order to tag them. They must not throw the ball but touch the students with the ball on the shoulder. Once tagged the student must take the ball and put it in an empty bucket next to the teacher and return to the game. The tagger collects another ball and returns to the game.

MAIN LESSON (20 MINS)

One pupil starts by throwing the ball to four students stood in an area on the opposite side of the net. They throw the ball to these students, when throwing their arm should start low and finishing high pointing at the target. The other students stand in the ready position to catch the ball. Students will do this between five and ten times each and then swap.

Develop: Now move onto feeding the ball underarm to a student using a racket. This student will try and get the ball to land in the area away from the catchers. You can add in a scoring system, 1 point for a hit on target (for the person with the racket), and 1 point for a catch (for the feeder). See who gets the most points.

Encourage the person hitting the ball moves their feet to get in a good position for the next ball.

GAME/COMPETITION (15 MINS)

Make this game related by adding in competitive scoring. Each time the player gets the ball to land on the opposite side of the net they get a score. For each time the team catches the ball they will get a score. – 15, 30, 40, Deuce, Advantage.

EQUIPMENT

- Soft tennis balls
- Cones
- Tennis rackets

KEYWORDS

- Tennis
- Low to high
- Step in
- Forehand

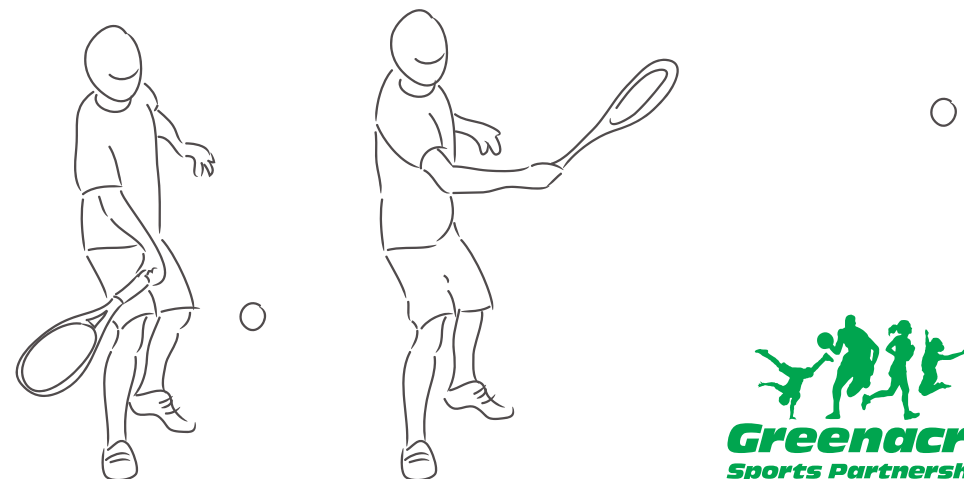
DIFFERENTIATION

LESS ABLE

- Bigger tennis ball.
- Smaller distances.

MORE ABLE

- Increase the distances.
- Add targets.
- Continue to add small games against partner.
- Compete against people of the same ability.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the skills required to play an accurate forehand shot to a high ability?
	7	Can they perform the skills required to play a forehand shot with a certain degree of control?
	6	Can they perform some of the skills required to play a forehand shot occasionally?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: the correct grip and stance to play a forehand shot in tennis?
	7	Can they show and link: the stance and grip but unable to make consistent contact with the ball?
	6	Can they show the correct stance to perform the forehand shot.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.