

LESSON PLAN: **TENNIS**: YEAR 6: WEEK 2

LESSON OBJECTIVE: To perform the backhand return shot whilst thinking about their position on the court.

WARM UP (10 MINS)

In groups of 4, stand in a line 3 metres back from the net facing another group of 4. Throw the ball underarm to the person in the opposite line over the net. Run around the net and join the back of the line. The opposite line catches the ball (if needed use two cones to catch the ball in to make it easier). How many times can each group throw and catch the ball in a minute.

Repeat this with their weaker hand throwing and increase the distance they have to run, e.g. to the back of the court before joining the line.

MAIN LESSON (20 MINS)

Students stand in pairs either side of a net (half court). One student drops the ball for the other student to hit over the net with the racket held in the backhand position. The other pair attempts to catch the ball.

Ensure the stance is side on to where the ball came from, begin with the racket head up high behind the body and swing through making contact just in front of the front shoulder.

Once fairly consistent the opposite pair with a racket can try to hit the ball back. The feeder that drops the ball then tries to catch the return.

Develop: Feed the ball over the net to the player who has to adjust and move their feet to return the ball.

GAME/COMPETITION (15 MINS)

Students are to rally in single half court games. The two not competing will feed the ball in under arm to start the rallies and score the games 15, 30, 40, Deuce, Advantage, Game!

EQUIPMENT

- Soft tennis balls
- Cones
- Tennis rackets
- Nets or benches

KEYWORDS

- Backhand
- Body position
- Racket head up
- Body side on

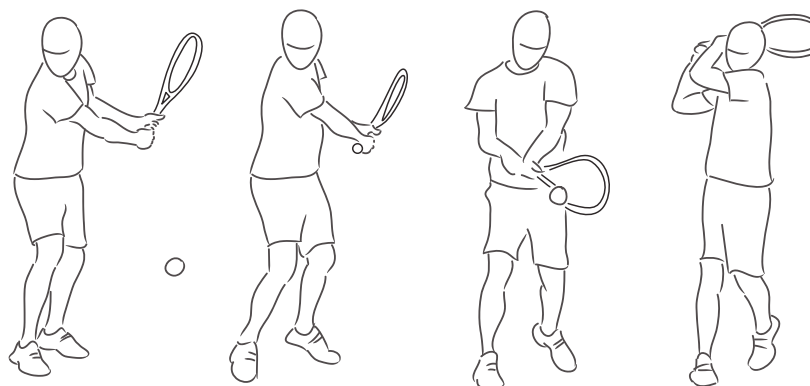
DIFFERENTIATION

LESS ABLE

- Decrease the distances.
- Bigger tennis balls.
- No net.

MORE ABLE

- Add targets to hit with the ball.
- Increase distances over the net.
- Compete against people of same ability.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the skills required to play the backhand shot to a high ability?
	7	Can they perform the skills required to play a backhand shot with a certain degree of control?
	6	Can they perform some of the skills required to play a backhand shot, but to a low ability?
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, stance and position to play a backhand shot?
	7	Can they show and link: the stance and grip but they are unable to play the backhand shot consistently?
	6	Can they show knowledge of the correct skills needed to play a backhand 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.