

LESSON PLAN: **TENNIS**: YEAR 6: WEEK 3

LESSON OBJECTIVE: To understand where and how to perform the volley shot using the correct technique.

WARM UP (10 MINS)

Spread the students out around the playground in pairs. Ask the students to rally with a partner. Each time they receive the ball from their partner they must hit the ball up in the air and let it bounce once before they hit it back.

MAIN LESSON (20 MINS)

Volley Shot: This is when the ball comes over the net and is returned without it bouncing on the player's side of the court. This is normally performed close to the net or if the ball has been hit high in the air. The benefits are you can return the ball very quickly in order to try and outwit the opponent and ultimately win the point.

In pairs, the students must now volley the ball back to each other without letting the ball bounce over a net. Ensure the pupils don't swing the racket as much as a forehand or backhand shot. Instead, they need to have a smaller swing and 'punch' the ball.

Develop: To progress, students need to move into groups of approximately six. Two students stand on one side of the half court and the rest spread out on the other side of the net. The group of two must throw balls, alternately, from the back of the service box (approx. 8 metres away) towards the area where the other students are with a racket. These students stand in set places and must attempt to volley the ball back to the throwers. Points are given for each successful volley.

GAME/COMPETITION (15 MINS)

Half court doubles matches. The students stand in front (net) and back (back line) positions on the court. The pair scoring the game feed the ball in to a player at the back of the court. They hit the ball to the opposing pair. The player at the front, nearest the net, tries to volley the ball. If they miss, the player at the back hits the ball back and continues the rally.

EQUIPMENT

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

KEYWORDS

- Volley
- Ready position
- Punch
- Front of court
- Rear of court

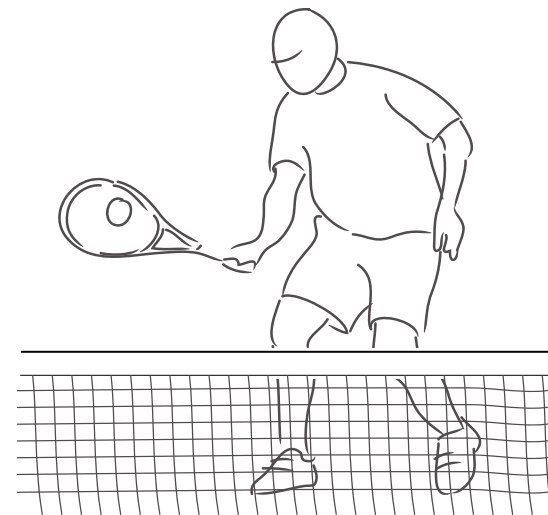
DIFFERENTIATION

LESS ABLE

- Decrease the distances.
- Bigger tennis balls.

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	8	Can they perform the volley shot to a high ability?
	7	Can they perform the volley with a certain degree of control?
	6	Can they perform the volley 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 volley shot within a game situation?
	7	Can they show and link: the stance and grip but cannot perform it consistently within a game?
	6	Show how to perform the volley 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.