

LESSON PLAN: **TENNIS**: YEAR 6: WEEK 4

LESSON OBJECTIVE: To discover how to serve underarm and overarm in tennis.

WARM UP (10 MINS)

Half court doubles play without a racket. In pairs the students throw a softball from the back of the court into the opposite pairs half of the court. These two players try to catch the ball before or after it bounces once. Encourage the students to use the overarm throwing technique. Score the game up to 10. If it bounces twice they lose the point.

MAIN LESSON (20 MINS)

Still in the groups of four the students have two players on each side of the net. Students then have a ball in each hand and, taking it in turns, they throw the ball straight up in the air 2 meters with one hand and throw the other ball in the other hand at this ball (if right handed throw the left ball up underarm in the air and then right hand ball overarm to try and hit it, this resembles the overhead serve in tennis). Encourage them to give the first ball height to give them time to throw the next ball at it.

Develop: Replace the ball with a racket in order to try and hit the ball being thrown up into the air. For lower ability this can be done with an under arm forehand shot.

Ensure players are serving from behind the backline on the court.

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, try to keep the rally going using forehand, backhand and volley shots. If you do not have space for courts and nets, use cones, chairs, benches, badminton nets etc.

EQUIPMENT

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

KEYWORDS

- Serve
- Power
- Accuracy
- Underarm serve
- Overarm serve

DIFFERENTIATION

LESS ABLE

- Split the group into ability groups.
- Two attempts at overhand serve then underhand serve in games.

- Smaller courts and no nets.

MORE ABLE

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



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the under and over arm serve?
	7	Can they perform the over arm serve occasionally?
	6	Can they perform the underarm serve?
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 technique, power and accuracy to use a serve?
	7	Can they show and link the technique, power and accuracy to use a serve to some degree of control?
	6	Can they show knowledge of the skills required to perform a serve, but unable to perform them?
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.