

Tynedale School Sports Programme 2018-19

Tennis Skills Lesson Plans for KS1

PE Medium – Term Planning

Produced by Damien Dimmick
School Games Organiser



| Lesson Plan | | | | | | | |
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| Group: | KS1 | Activity: | Tennis | No. in Series: | 1/5 | Date: | Jan 2019 |
| Lesson Outcomes: LO1 – Move in different directions will a ball LO2 – Finding space when bouncing and catching LO3 – Catch and throw from different heights (L,M & H) | | | | Literacy / Numeracy: Develops communications skills Encourages teamwork and counting skills | | Resources / H&S: Cones & Balls School Risk Assessment | |
| Lesson Outcomes | | Time | Learning Activities | | | Assessment / Differentiation | |
| Introduction | | 2mins | Introduction – why do we warm-up? Introduce the new sport and explain that Tennis skills will be the new focus. | | | Q&A | |
| LO1 – | | 8mins | Warm-up – Moving around with a ball, walking, side-steeping, bouncing etc... | | | Observation How can you improve? | |
| LO2 – | | 8-10mins | Development activity – Find a space and throw and catch to yourself with a bounce or not. Try different types of balls | | | Practical Softer for KS1. | |
| LO3 – | | 8-10mins | Main skill development – Trying different heights, speeds and directions with a partner throw and catch the ball into a target and then at different levels. | | | Teamwork Throw and catch closer for KS1 and consider S.T.E.P. | |
| | | 8-10mins | Game activity – In 2’s target setting for the number of catches 5,4,3,2,1 game. | | | Feedback and self-assessment for HA KS1. | |
| Recap / Plenary | | 5mins | Review of the LO and Q&A. | | | Self – review of LO’s. | |

| Lesson Plan | | | | | | | |
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| Group: | KS1 | Activity: | Tennis | No. in Series: | 2/5 | Date: | Jan 2019 |
| Lesson Outcomes: LO1 – Improve movement around the court LO2 – Changing directions with a ball LO3 – Improve footwork and coordination skills | | | | Literacy / Numeracy: Discussion and listening skills Counting and thinking | | Resources / H&S: Cones & Balls School Risk Assessment | |
| Lesson Outcomes | | Time | Learning Activities | | | Assessment / Differentiation | |
| Introduction & WU. | | 2mins | Introduction – What did we cover last week and introduce today's main focus. Share the LO's and begin the warm-up. | | | Q&A & Listening | |
| LO1 – | | 5-10mins | Warm-up – Moving around close to a partner. Like trucks and trailers, passing the ball backwards and forwards. | | | Observation and skill development More space for KS1. | |
| LO2 – | | 8-10mins | Development activity – Moving in and out of the cones, in different directions with or without a ball. Add in a time / target. | | | Teamwork Wider cones for HA children in KS1. | |
| LO3 – | | 10-15mins | Main activity – Challenge the children to put down and pick up a tennis ball from an area and work as a team to do this | | | Self-development and partner feedback. | |

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| Recap / Plenary | 5mins | faster with more accuracy than others. Review coordination and ways to do it. | Feedback & Peer review |
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| Group: | KS1 | Activity: | Tennis | No. in Series: | 3/5 | Date: | Jan 2019 |
| Lesson Outcomes: LO1 – Introduce a tennis racquet & bouncing up / down LO2 – Highlight the ready position and floor tennis. LO 3 – Demonstrate a game of catch-tennis in 2’s. | | | | Literacy / Numeracy: Communication skills Team working and sharing ideas Adding up | | Resources / H&S: Cones & Balls Tennis racquets School Risk Assessment | |
| Lesson Outcomes | | Time | Learning Activities | | | Assessment / Differentiation | |
| Introduction & WU | | 2-5mins | Introduction – What did we do last week and what can you remember? Start WU. | | | Q&A & Reflection | |
| LO1 – | | 5-10mins | Warm-up activity – Tag ball. Two children with balls to tag others to raise HR. (SITM) | | | Observation & practical task. H&S and space KS1. | |
| LO2 – | | 10-12mins | In pair’s encourage the children to hold the racquet with either 1 / 2 hands and hit the ball with a partner throwing it. Then look to move the ball along the floor | | | Teamwork Two hands for KS1. | |
| LO 3 – | | 10-12mins | Demo a game of catch tennis. Add in a net and look to develop the aim and accuracy of the throwing over a net. Play 1 v 1 against a friend over the net. Moving on to more difficult angles etc. | | | Skill development / attacking skills Further away for HA children. | |
| Recap / Plenary | | 5mins | Review of the lesson and a discussion on the different ways to work together. | | | Feedback & Q&A. | |

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| Group: | KS1 | Activity: | Tennis | No. in Series: | 4/5 | Date: | Jan 2019 |
| Lesson Outcomes: LO1 – Introduce a cooperative rally situation LO2 – Develop control when hitting the ball LO3 – Participate in a competitive rally with peers | | | | Literacy / Numeracy: Thinking and independence tasks Counting skills | | Resources / H&S: Cones & Balls Tennis Racquets School Risk Assessment | |
| Lesson Outcomes | | Time | Learning Activities | | | Assessment / Differentiation | |
| Introduction & WU | | 2mins | Introduction – What did we focus on last week and how can it help us this week? | | | Q&A | |
| LO1 – | | 5-8mins | Warm-up activity – Numbers game. Get into groups of 2-4 etc. Move around safely and away from other children. | | | Observation & support. Spatial awareness | |
| LO2 – | | 10-15mins | Children shown how to play a shot either using one hand or two hands holding the racquet. Then their partner feeds the ball | | | Teamwork Two hands and left and right hitting for HA | |

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| LO3 – | 10-15mins | and the children try and aim at a target. Game activity – In pair's the children throw and strike the ball to one another and see how many shots they can make through a target area in a set-time. | children. Self-development Targets will be different heights and sizes. Support each other. |
| Recap / Plenary | 5mins | Review of the LO's and how to defend? | Feedback |

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| Group: | KS1 | Activity: | Tennis | No. in Series: | 5/5 | Date: | Feb 2019 |
| Lesson Outcomes: LO1 – To participate in a Tennis competition LO2 – To work with a partner to compete in Tennis LO 3 – To keep score and observe others in Tennis | | | | Literacy / Numeracy: Develops competition, communication, determination and cooperation skills. | | Resources / H&S: Cones & Balls Tennis racquets School Risk Assessment | |
| Lesson Outcomes | | Time | Learning Activities | | | Assessment / Differentiation | |
| Introduction & WU | | 2mins | Introduction – Introduce and explain the content of the lesson. Share the LO’s. | | | Q&A | |
| LO1 – | | 5-10mins | Warm-up activity – Moving around, using hopping, skipping, side-stepping etc. | | | Observation | |
| LO2 – | | 10-15mins | Start with a game of Target Tennis. Set-up the net and some cones at one side of the net. See which group can either score by hitting the ball into the target or by throwing it into the target, give cones. | | | Teamwork, skill development and assessment of the current skill levels through application. | |
| LO3 – | | 10-15mins | Follow this up by playing a knock-out, competitive game of target tennis into an area on the floor, with the most accurate players awarded with a reward. Add in rules, scoring and give feedback to all children and assign peer coaching roles. | | | Competitive assessment Feedback & Roles Once out, then discuss how to not to repeat. Peer assessment for HA children as well. | |
| Recap / Plenary | | 5mins | Plenary, what was enjoyed and learned? | | | Feedback & Q&A | |