

Lesson	Objective	Suggested Learning Activities	Assessment
1.	<p>Ball Familiarising</p> <p>To demonstrate control with a ball and racket.</p> <p>To demonstrate movement around the court.</p>	<p>Warm Up: Stuck in the mud Select students to be taggers. If you are tagged stand with arms and legs apart, to be free someone must go under both arms. Encourage students to continue moving unless tagged.</p> <p>Activity - 1 Moving around with a ball Jogging around with a tennis ball, pop the ball up and bounce the ball down with both left and right hand. Question students on when we might use these 2 actions in tennis, why is it important to only use one hand?</p> <p>Activity 2: Racket Challenges for each of the challenges chose the level that you are having success at, encourage students to move down a level if they're not having success then try a higher level again.</p> <ol style="list-style-type: none"> 1. Egg and Spoon; dominant hand walking, dominant jogging, non-dominant walking, non-dominant jogging, extend to through cones 2. Tap Ups with bounce; D hand, D hand with turnover, N-D hand, N-D with turnover, extend to change hands and turnover between each 3. Tap Ups no bounce; D hand, D hand with turnover, N-D hand, N-D with turnover, extend to change hands and turnover between each. Set a challenge, chose your best level how many can you do in a minute - set challenge to beat it. <p>Activity 3: Hand Tennis Using the net with a partner begin with underarm throwing the ball and catching it. Encourage students to move to the ball as the ball won't always come directly to you. Progression to catch and hit back with hand then take out the catch. Choose your level with partner and play a game, if ball bounces on the other side more than once one point.</p> <p>Cool Down walking and balancing ball on racket, dynamic stretches.</p>	<p>Can students identify why the ready position is important in tennis?</p> <p>Can students demonstrate how to handle the racket with control?</p> <p>Can students show control when striking the ball with their hand and with a racket?</p>

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2.	<p>Forehand</p> <p>To demonstrate the correct technique for a forehand shot.</p> <p>To perform a forehand shot with control and accuracy.</p>	<p>Warm Up: Positions Moving around the area with a tennis racket, call out different positions; ready position, forehand, backhand. Students have to get into that position.</p> <p>Activity 1 - Floor Tennis Floor Tennis - In pairs, one is the feeder one is the worker. Feeder rolls the ball along the floor, worker stops the ball with their racket before pushing it back along the floor to feeder. Progress to no stop straight push back. Swap roles. Floor Rally - both with a racket pushing the ball along the floor to each other, add cones ball has to go through the cones.</p> <p>Activity 2: Forehand Encourage standing sideways, strings forward, low to high swing, scooping the ball out of water. In pairs using the net, feeder gives a drop feed, aim to get the ball over the net within the area. Progress to underarm feed from opposite side of the net. Challenge students to aim for the end zone and then corners of end zone. Rally - in pairs students to rally using the forehand shot, add in 2 bounces if needed.</p> <p>Activity 3: Pairs Game Introduce scoring and using a given area. If a point is won by the ball landing in the end zone corners it counts as 2 points. Ensure pairs are evenly matched on playing ability.</p> <p>Cool Down Roll ball on ground using racquet listen to teacher commands.</p>	<p>Can students strike a ball using the forehand technique?</p> <p>Can students aim their hits to different target zones?</p> <p>Can students show control when hitting the ball back towards a person?</p>

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3.	<p>Backhand</p> <p>To demonstrate the correct technique for a backhand shot.</p> <p>To perform a backhand shot with control and accuracy.</p>	<p>Warm Up: Ball Tag Taggers have a tennis ball, they have to tag others by touching them with the tennis ball. If tagged you become stuck you stand in traditional stuck in mud position. To be freed go under both arms.</p> <p>Demo of backhand technique. TP's 2 hands, bring racket across body to non-dominant side. Step dominant leg across body. With a racket practice going from ready position to a backhand shot.</p> <p>Activity 1 - Underarm hand feed over the net Ensure feed is to their non-dominant side in order to perform a backhand shot. Aim to return shot back over the net and within the playing area. Encourage students to start in ready position. More able students mark out areas as targets for their shot.</p> <p>Activity 2: Backhand rally With a partner rally only using backhand. Encourage students to move their feet to get into the correct position. For every rally of 6 backhand shots collect a cone.</p> <p>Activity 3: Mini Game Discuss how to score points in tennis. Mini game with partner, agree on area of play and use cones to mark it out. Score in numbers and first to 7 wins. If a point is won from a backhand shot it counts as 2 points. Swap partners.</p> <p>Cool Down Knock out – all balance a ball on racquet- try to knock other people's balls off their racquets. If your ball falls off you are out.</p>	<p>Can students strike a ball using the backhand technique?</p> <p>Can students aim their hits to different target zones?</p> <p>Can students show control when hitting the ball back towards a person?</p>

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4.	Serving Underarm To demonstrate how to serve underarm, towards a target area in service box.	Warm up- Gladiators Balance ball on racket and try to run to the other side without dropping it. If you drop the ball you stand to the side and try to do keepy ups. Activity 1: Service targets In small groups students will take it in turn to serve their balls into a target area on the other side of the court. The rest of the group will try to catch the balls that have been served. Swap roles. Activity 2: 1v1- Serve Ball towards partner, they must then try and hit it back using a forehand or back hand technique. Repeat 10x then swap over. Activity 3: Tennis Volleyball 4v4 games 2 people at front and 2 people at back of court. Person at back serves, players rotate round so each person gets a chance to serve. Cool Down Knock out – all balance a ball on racquet- try to knock other people's balls off their racquets. If your ball falls off you are out.	<p>Can students hit the ball using an underarm serve technique to start a game?</p> <p>Can students show accuracy when hitting the ball over the net to start the game?</p> <p>Can students return a ball by using a forehand or backhand technique?</p>

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5.	<p>Small tennis games</p> <p>To demonstrate how to strike the ball to keep a rally.</p> <p>To work in small groups to play mini tennis games.</p>	<p>Warm Up- Ball pick up relay. In small teams, children will take it in turns to pick up individual 6 balls, then the next person will put the balls back ect.</p> <p>Activity 1: 1v1 Games In pairs work on rallying, which pair can make the most amount of hits to one and other.</p> <p>Activity 2: 2 v2 games Using a simple score system of 1 point per fault. Pairs will play against another pair to hit the ball to one and other. Using an underarm serve to start the game. If ball goes out of boundaries or bounces twice, point is given to opposition.</p> <p>Activity 3: Mini Ladder competition. 1v1 games. Winners move up one place in the ladder. The person at the top of the ladder at the end of the game wins.</p> <p>Cool Down Follow the leader in teams. Change leader on the whistle or teacher command.</p>	<p>Can students demonstrate how to strike a ball with control and towards a partner?</p> <p>Can students return a ball hit to them?</p> <p>Can students work in a pair to beat another pair in a small game of tennis?</p>