

Lesson	Objective	Suggested Learning Activities	Assessment
1.	<p>To identify the importance of the ready position in tennis.</p> <p>To look at movement on and off the ball.</p>	<p>Warm Up - Ready, Steady, Go! Ready position, jogging on spot, running around</p> <p>Activity 1 Develop warm up practice-add a ball. Ready (hold ball still) Steady (bounce ball on ground), Go (hit ball with hand and chase), bounce ball on floor, bounce ball in the air.</p> <p>Activity 2 Round the clock. keeping close control of the ball getting it to go round in a circle round the face. Start close to the floor and raise up when more confident. Bounce and hit- Each person has a ball and racket. They will try to hit the ball up, let is bounce then hit it up again. How many can they do individually?</p> <p>Activity 3 Hand Tennis 1v1, using the hand as a racket. Work with a partner to hit the ball to one and other. Vary distance, number of bounce, use of catch before returning ball. Add in a points system.</p> <p>Cool Down Walking round room, dynamic stretches.</p>	<p>Can students identify why the ready position is important in tennis?</p> <p>Can students demonstrate how to handle the ball using their hands?</p> <p>Can students show control when striking the ball with their hand?</p>

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2.	To introduce the use of a tennis racket to strike the ball.	<p>Warm Up - Follow the leader In groups of 4, no equipment, follow the leaders then when whistle blows, change leader. Ext- Add racquet and ball for each person, copy the leader again.</p> <p>Activity 1 Individual balance work: balance ball on racquet, walk around. Ball balance on racket. Ball bounce on racket. Bounce on floor with racket.</p> <p>Activity 2 Caterpillar races - team relay races, holding ball on racquet and moving through cones.</p> <p>Activity 3 1v1 pairs- one has racquet, one has a ball. Ball is fed over to person with racket who hits back towards partner. 10x each. Ext: Add target zones, inside zone= 2points, outside zone= 1 point</p> <p>Cool Down Roll ball on ground using racquet listen to teacher commands</p>	<p>Can students demonstrate control when balancing a ball on their racket?</p> <p>Can students use their racquet to hit the ball up in the air, and on the ground?</p> <p>Can students strike a ball moving towards them?</p>

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3.	To develop accuracy and consistence of hitting the ball with a forehand technique.	<p>Warm Up - Messy Bedroom Over the net, use sponge balls. Over arm throwing technique to clear the ball. 2 or 4 teams.</p> <p>Activity 1 Circle throw - one person in middle passes to people on outside of circle and receives it back. Swap so each person is middle person. Add rackets so people on outside of circle have to hit it back.</p> <p>Activity 2 Target hits- hoops/markers at different distances = different points. Try to score 20 points. First attempt throwing, 2nd attempt using racket.</p> <p>Activity 3 1 v 1 hitting over the net / floor line. Start with 1 feeder, 1 hitter, then progress to both using rackets. Additional bounces are allowed.</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 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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4.	<p>Cardio Tennis</p> <p>To increase number of shots returned through a cardio work out.</p>	<p>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.</p> <p>Activity 1 Cardio tennis - 2 groups. Teacher to feed ball over to students, who try and hit the ball. Collect the ball after hitting and return to the ball box. Run around and re-join the line.</p> <p>Activity 2 Pupils to feed ball over net to a friend who catches it and runs around to start. Ball feeder runs around to join catchers.</p> <p>Activity 3 Tennis volleyball - continuous 10 v 10 over the net. As soon as a ball goes out of play, throw another ball in to keep flow of the game.</p> <p>Cool Down Hop scotch / Hopping / Jogging</p>	<p>Can students increase the number of shots they can hit through repetition of shots?</p> <p>Can students identify why fitness is important for tennis players?</p> <p>Can students hit the ball back towards a target?</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 etc.</p> <p>Activity 1 Skittles - one feeder, one hitter, remaining team are skittles. If the hitter hits the ball and strikes a skittle they sit down. Try to hit as many as possible in time limit. Swap roles.</p> <p>Activity 2 Hitting in pairs - one has racket and one has a ball. Ball is fed (rolled then bounced) over to person with racket who hits back towards partner. 10x each. Ext: Add point system, 1=hit, 2=hit towards partner, 3=hit and partner catches</p> <p>Activity 3 1v1 or 2v2 both players using rackets. Allow multiple bounces, only score if ball goes out of play.</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 move around the court area towards the ball in order to strike it?</p>