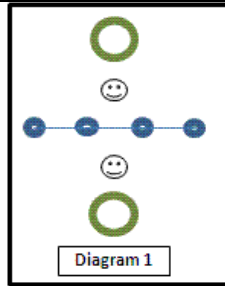




Tennis				YEAR 1			
Theme		Tennis Fun					
Learning Objectives:			Equipment:		TA:		
1.	To become familiar with the basics of tennis		Rackets, Balls, Cones, Beanbags				
2.	To develop racket control						
Cross Curricular Opportunities							
Literacy: Keywords		Racket, ball, forehand, backhand	Citizenship: Cooperation with others				
Numeracy:		Keep score of the game	ICT:				
SEN:			Risk Assessment: Refer to schools Physical Education risk assessment document and policy				
Teacher Notes							
Tennis basics – this may be the first time some children have used a tennis racket and ball. Give them chance to become familiar with the different pieces of equipment.							
Hold up a tennis racket and tennis ball at the beginning of the lesson and ask the children to name them in preparation for the warm up and the lesson.							
Lesson part		Content		Teaching points		Image	Duration
Warm Up		Egg and Spoon Relay: <ul style="list-style-type: none">Split the children into equal groups and line up ready in a relay. (as many as the space/group size will allow).Give the child at the front of the line a racket and a beanbag.Get them to run out around a cone and back to their group. Twice through each. The group first back sat down with their hands on their heads are the winners.Add different progressions to make more difficult, such as weaving in and out of cones (also see Teaching points opposite).		<ul style="list-style-type: none">Two hands to begin with.Progressions:<ul style="list-style-type: none">1 hand.Tennis ball.Different ways of moving.			10 Min
Coordination and Movement		Racket Catch: <ol style="list-style-type: none">Split the children into pairs and give them a cone to place in between them both, so they are facing each other.Give one child a racket and one a beanbag.		<ul style="list-style-type: none">One arm to throw.Eyes on the beanbag/ball.Allow two hands on the racket.			10 Min



	<p>3. The aim of the game is to throw the beanbag so that their partner can catch it on their racket.</p> <p>4. Change after 5 minutes.</p>			
Skill Development	<p>Racket Return:</p> <ul style="list-style-type: none"> Building on from 'Racket Catch' give the children a tennis ball. Instead of catching a beanbag they must return the tennis ball back to their partner for them to catch it. 	<ul style="list-style-type: none"> Use two hands for the racket Progress to one hand Get them to use both sides of the racket 		10 Min
Game	<p>Racket Rallying</p> <ul style="list-style-type: none"> Keeping the children in pairs, allow both of them to have a racket and to try build a rally. Explain what a rally is. The pair with the most successful hits during the rally are the winners. The ball can bounce as many times as they want. 	<ul style="list-style-type: none"> Small gentle hits to their partner Two hands or one hand, whichever is more comfortable Move their feet to get in a position to hit the ball 		10 Min
Warm Down	<p>Tennis players on the Moon</p> <ul style="list-style-type: none"> Ask the children to walk as if they are on the moon. With each instruction they must perform tennis moves like they are on the moon... <ul style="list-style-type: none"> Pick up the ball, hit the ball, throw the ball, rally with a partner etc. 	<ul style="list-style-type: none"> Pretend they have a racket and ball <p>Using the same skills as practiced during the lesson but slowly.</p>		5 Min
Plenary:	<ul style="list-style-type: none"> Ask them to name the equipment they have been using. What do they have to hit the ball over in tennis? What is rallying? 	<ul style="list-style-type: none"> Tennis racket and tennis balls Discuss the role of a 'net' in tennis. 		5 Min



Evaluation:

How did the children get on playing the games today?

- **Most had a good go and played the games with some success...**

Sign up to www.PEplanning.org.uk for free and plan a 'YEAR 1 TENNIS' unit of work to continue the unit.

- **Most found the game too difficult...**

Sign up to www.PEplanning.org.uk for free and plan a 'FOUNDATION BALL SKILLS' unit of work to continue the unit.

- **Most found the game too easy...**

Sign up to www.PEplanning.org.uk for free and plan a 'YEAR 2 TENNIS' unit of work to continue the unit.