
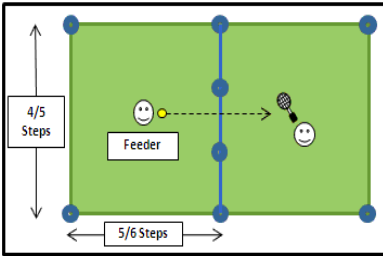
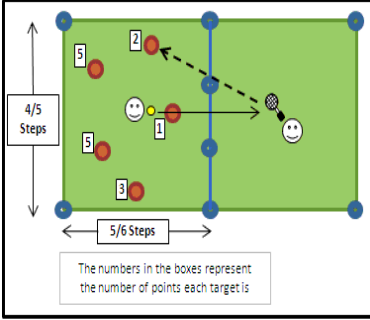


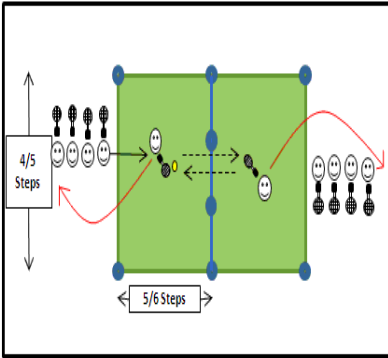


Tennis				Year 6	
Theme	Cooperative Rallies				
Learning Objectives:			Equipment:		TA:
1.	Direct the ball towards the opponents court or target area		Tennis Rackets, Tennis Balls, Cones, Hoops, Nets		
2.	Identify spaces and understanding the tactics				
3.	Understand the grip and hold the tennis racket in the correct technique				
Cross Curricular Opportunities					
Literacy: Keywords	Tennis, Ball, Racket, Control, Safety, Pass, Balance		Citizenship:	Cooperation with others	
Numeracy:	Count successful shots played		ICT:		
SEN:			Risk Assessment:	Refer to schools Physical Education risk assessment document and policy	
Teacher Notes					
<p>The aim of this lesson is to introduce the tennis ball and racket to the children. It involves playing games that allow the children to become familiar with the ball and racket</p> <p>The focus with the ball should be: Controlling the ball – explained to the children as ‘looking after the ball’, handling it and reacting to collect it should be the focus of the lesson</p> <p>The focus with the racket should be: Emphasising the importance of using a racket safely and sensibly:</p> <ul style="list-style-type: none">• Only use/swing the racket in designated areas• Take care with it when moving around other children• Always behave sensibly with a tennis racket in your control					
Lesson part	Content		Teaching points	Image	Duration
Warm Up	<p>Dynamic Warm Up Using the Ball and Racket: Children to move around in a set area holding the tennis ball and racket at the side of the area in a safe position Children must move around watching the teacher who will give visual and verbal signals to show the action they should be doing</p> <p>e.g. One= Jogging around, Two= Bouncing ball on the spot, Three= Swap ball with a partner, Four= Find a tennis racket and balance ball on racket moving around</p>		<ul style="list-style-type: none">• Head up• Look where you are going• Come up with different signals• Move in different ways		5 Min



<p>Skill Development</p>	<p>Understanding the Grip</p> <p>Explain to the children the correct technique of how to hold a tennis racket</p> <p>Get the children into pairs and ask them to take it in turns to hold the tennis racket and the partner has to provide the feedback to if the racket is being held correctly or how to improve</p> <p>Differentiation- Hold the racket like you are shaking hands</p>	<ul style="list-style-type: none"> • Wrap your hand around the grip and you should be able to place index finger of your other hand between the tips of your fingers and palm of your hand on the grip 		<p>5 Min</p>
<p>Skill Development</p>	<p>Bounce, hit, catch- rallying</p> <p>The game is played in pairs on a small court Each pair needs a court to play on, 1 tennis ball and 1 racket between two One pupil throws the ball underarm to their partner who is standing opposite. The ball should bounce before the hitter hits the ball back to the catcher</p> <p>Differentiation - Allow the ball to bounce twice in between shots Progression - Both players have a tennis racket</p>	<ul style="list-style-type: none"> • Cooperate with your partner • Control the shot • Power of the shot- make it easier for your partner to return • Stand sideways on pushing from low to high 		<p>10-15 Min</p>
<p>Skill Development</p>	<p>Hit the Target – different targets</p> <p>The children to work in pairs with one tennis racket Set up a small court for each of the pairs. Place different sized targets on one side of the court (marker spots, cones, hoops). Assign each target a value depending on its difficulty to hit- as shown in the diagram</p> <p>After 5 goes swap roles. Keep repeating the activity with the aim of beating your previous score</p> <p>Differentiation- Use larger/ smaller targets Progression- The child on the opposite side of the net feeds the ball to their partner with an underarm throw</p>	<ul style="list-style-type: none"> • Get in position • Eye on the ball • Adjust the body for different targets • Use a self-feed- drop the ball, let it bounce then hit 		<p>10- 15 Min</p>



<p>Game</p>	<p>Keep the Kettle Boiling Split the class into groups of 10. Each child needs 1 tennis racket The game is played on a large court, as shown in the diagram</p> <p>The aim is to keep a rally going for as long as possible - allow the ball to bounce twice before it is returned over the net/divide. Each group is split in half, with each half lining up at either end of the court</p> <p>One child from each half steps into the centre of the court and starts a rally. After playing one shot a child runs to the back of their line</p> <p>The children keep playing one shot and moving to the back of their line</p> <p>If the rally breaks down, the ball is not successfully returned over the net/divide, then the child who has the ball starts a new rally</p> <p>Differentiation- Allow ball to bounce 3 times in a rally Progression- Make the activity competitive- each court competing against each others. How long can you keep a rally going?</p>	<ul style="list-style-type: none"> • React quickly to get into position to play the shot • Allow the ball to bounce twice in the rally • Movement- move quickly to play the shot 		<p>10-15 min</p>
<p>Warm Down</p>	<p>Static Stretching – teacher lead</p> <ul style="list-style-type: none"> • All children to stand in a semi-circle around teacher • Show children a stretch they have to copy • Start at the top of the body and work down 	<ul style="list-style-type: none"> • Hold for 10-12 seconds • Hold still • Watch and copy 		<p>5 Min</p>



Plenary:	<ul style="list-style-type: none"> • Tell me something you have done well today? • How do you use the racket safely? • How do you aim for a court target? • Why is it important to vary shot direction? • How will these skills help you in a game? 	<ul style="list-style-type: none"> • Encourage the children to think about their performance in the lesson • Only use/swing it in designated areas - where it is safe to do so • Take care when moving around other children • Be careful and sensible with a tennis racket in your control 		5 Min
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Evaluation:	<p><u>How did the children get on playing the games today?</u></p> <p>- Most had a good go and played the games with some success... <i>Sign up to www.PEplanning.org.uk <u>for free</u> and plan a 'YEAR 6 TENNIS' unit of work to continue the unit.</i></p> <p>- Most found the game too difficult... <i>Sign up to www.PEplanning.org.uk <u>for free</u> and plan a 'YEAR 5 TENNIS' unit of work to continue the unit.</i></p> <p>- Most found the game too easy... <i>Sign up to www.PEplanning.org.uk <u>for free</u> and click on 'CREATE YOUR OWN PLAN' to find activities that challenge your pupils.</i></p>
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