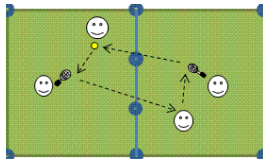




Tennis				Year 2			
Theme		Tennis Development					
Learning Objectives:			Equipment:		TA:		
1.	To become familiar with the basics of tennis		Rackets, Balls, Cones, Beanbags				
2.	Be comfortable with striking the ball with the racket						
Cross Curricular Opportunities							
Literacy: Keywords		Racket, 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		Crab Catch: <ul style="list-style-type: none">Put the children into pairs. They must only move sideways, like crabs, staying face to face. Firstly, number 1 and 2. They must follow number 1 and then change.Introduce a beanbag, they must still move sideways but throw and catch the beanbag.Introduce a tennis ball.Make competitive by limiting time and keeping score.		<ul style="list-style-type: none">Sideways movements to mimic movements in tennis when on the baseline.Eyes on the ball.One arm to throw, two hands to catch.			10 Mins
Coordination and Movement		Hand Tennis Easy: <ul 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.		<ul style="list-style-type: none">Explain a rally.Eyes on the ball.Strike the ball to their partner to keep a rally not to beat			10 Mins



	<ul style="list-style-type: none"> Give one child a large ball (volleyball if possible). The aim of the game is to mimic a tennis match, but using their hands. The ball can bounce as many times as they want. 	your partner at the game.		
Skill Development	Hand Tennis – Forehand and Backhand: <ul style="list-style-type: none"> Building on from 'Hand Tennis' give each pair a tennis ball. Let them use both forehand and backhand shots. Practice without a racket and allow them time to develop both. 	<ul style="list-style-type: none"> Use a tennis ball. Forehand = palm. Backhand = back of their hand. Change their shot rather than moving their whole body.		10 Mins
Game	Two Person Tennis <ul style="list-style-type: none"> Put the children into groups of 4. Two children on each side of the 'net' (can be a line of cones). On one side of the net, one child has a racket and their partner has a tennis ball. The child with the ball bounces it for their partner to hit over the net to the other 2 children who then repeat this sequence. 	<ul style="list-style-type: none"> Controlled shots. Forehand and backhand. Two hands if they want. Aim for the 'feeder'. 		10 Mins
Warm Down	Teacher led movements <ul style="list-style-type: none"> Ask the children to move around the area in different ways. Examples of different movements are... <ul style="list-style-type: none"> High knees, heel flicks, jogging, walking, walking hamstrings, high skipping. 	<ul style="list-style-type: none"> The aim is to slow their heart rate down. Gradually decrease intensity. Slow down as warm down progresses. Good quality movement. 		5 Mins
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? Two main types of shots? 	<ul style="list-style-type: none"> Ask them to demonstrate the Forehand and backhand shots 		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 2 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 'YEAR 1 TENNIS' 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 3 TENNIS' unit of work to continue the unit.