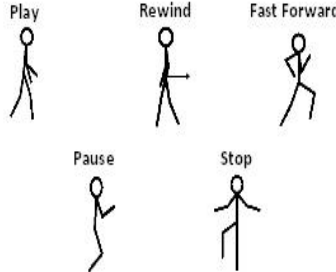
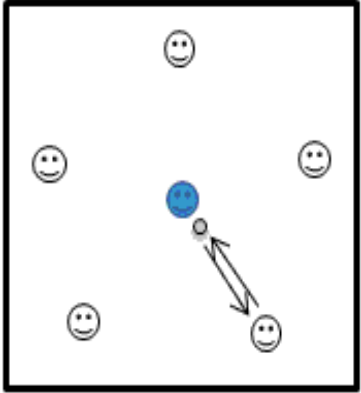
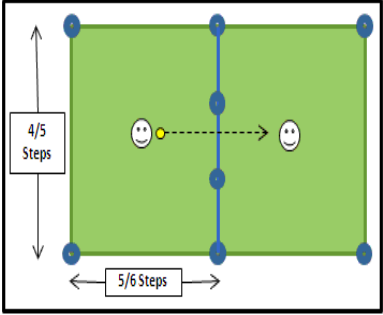



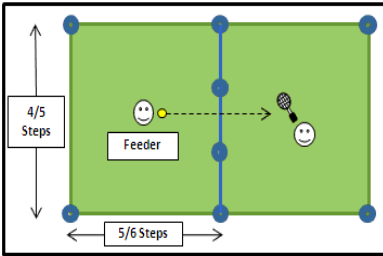


Tennis				Year 3
Theme		Receiving Skills		
Learning Objectives:		Equipment:	TA:	
1.	Apply and develop a broader range of skills	Tennis Rackets, Tennis Balls, Cones		
2.	Choose the appropriate throwing techniques to meet the demands of the task			
3.	Learn how to evaluate and recognise their own success			
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				
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				
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				
The focus with the racket should be: Emphasising the importance of using a racket safely and sensibly: <ul style="list-style-type: none">Only use/swing the racket in designated areasTake care with it when moving around other childrenAlways behave sensibly with a tennis racket in your control				
Lesson part	Content	Teaching points	Image	Duration
Warm Up	<p>Live at Wimbledon</p> <p>Mark an area for the children to safely move around in</p> <p>Introduce the following instructions and actions to the children: ‘Play’ – Move around the area performing tennis actions ‘Rewind’ – Walk backwards, carefully, looking where you are going ‘Fast Forwards’ – Jog around the area ‘Pause’ – Move side to side like you are on the baseline of the court ‘Stop’ – Freeze still on the spot performing a tennis serve or movement</p>	<ul style="list-style-type: none">Give the children specific movements when play is calledEnsure the children are moving into spacePerform the actions with the children as a visual reminder		5 Min

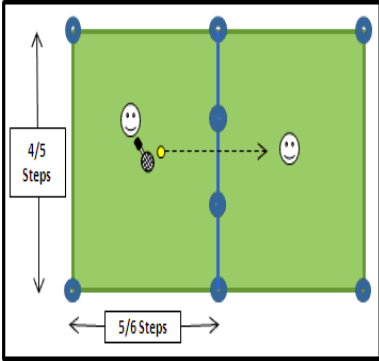


<p>Coordination and Movement</p>	<p>Catch on the move</p> <p>Split the class into groups of 5/6 children and give each group 1 ball</p> <p>Each group should find a space and form a small circle as shown in the diagram with one child standing with the ball in the centre. The child in the middle can throw the ball to any of the children in the circle who must catch it and throw it back to the child in the middle</p> <p>The child in the centre should keep throwing the ball to different children. Keep changing the child in the centre</p> <p>Differentiation – Decrease size of the circle Progression – Children in the circle should start to move around slowly keeping the circle</p>	<ul style="list-style-type: none"> • Hands ready • Eyes on the ball • Quick hands • Concentrate 		<p>5 – 10 Min</p>
<p>Skill Development</p>	<p>Hand Tennis</p> <p>The game is played by 2 children - 1 v 1, on a small court with a net or divide - See the diagram to see how a court is set up</p> <p>Play the game using throwing and catching skills. The aim is to make the ball bounce twice in your opponents area to score a point</p> <p>Keep playing the game keeping track of the points scored</p>	<ul style="list-style-type: none"> • Aim for space • Move quickly • Watch the ball • Underarm throws • Get in line to catch the ball and stop it bouncing 		<p>10 Min</p>



<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>2 Min</p>
<p>Skill Development</p>	<p>Developing the Swing</p> <p>The children work in pairs with 1 racket and ball between them. Set up a small court for each pair to work on as shown in the diagram</p> <p>One child should stand on one side of the net/divide with the racket, two steps back from the net/divide. Their partner should stand in the same position on the opposite side of the net/divide with the ball</p> <p>The child with the ball acts as the feeder and throws the ball over the net/divide to their partner who hits the ball back over the net/divide for the feeder to catch. Once the ball has been hit back and caught successfully 4 times the child should take a step back away from the net/divide</p> <p>Keep repeating the process until the child reaches the back of their court. Then swap roles so the child that was feeding the ball gets to play the shots</p> <p>Differentiation – Use palm of the hand instead of a tennis racket Progression – Introduce a second racket so both children on the court have one and repeat the activity</p>	<ul style="list-style-type: none"> • Get into position to hit the ball • Controlled shot back to partner • Good underarm feed • Allow the ball to bounce before it is hit • Swing the racket back as the ball comes towards you • Swing the racket forward to strike the ball • Speed the racket is swung at effects how hard the ball is hit – experiment with this 		<p>10-15 Min</p>



<p>Game</p>	<p>Racket v No Racket</p> <p>The game is played 1 v 1 on a small court</p> <p>Each pair requires 1 tennis racket, 1 tennis ball and a court to work on as shown in the diagram. The children play mini-tennis against each other, one child with a tennis racket and the other using throwing and catching skills</p> <p>The rules of the game are as follows:</p> <p>The ball is allowed to bounce twice If the ball bounces 3 times in the court a point is scored If the ball does not go over the net/divide 1 point is scored The next point starts with a serve from the back of the court</p> <p>Each child has two serves and then their opponent has two serves - keep swapping every 2 serves</p> <p>First to 7 points wins</p> <p>After the game, swap the child who plays with the racket so both children experience playing the game with and without a racket</p>	<ul style="list-style-type: none"> • Take up a good position on the court • Move quickly to get to the ball to play a shot • Think about the directions of the shot you play • Hands ready to catch, eyes on the ball 		<p>10 - 15 min</p>
<p>Warm Down</p>	<p>Circle Stretch Sitting</p> <p>Split the class into groups of 6</p> <p>Give each group 1 ball and ask them to form a small circle. Each child should sit on the floor facing the centre of the circle</p> <p>Ask the children to roll the ball around the group passing it to everyone in the group</p> <p>The activity is complete after the children have completed 10 passes</p>	<ul style="list-style-type: none"> • Aim roll of the ball • Encourage a quiet calm environment • Encourage children to keep their legs straight • Gradually decrease intensity 		<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? • What do you need to do when the ball is coming towards you? • Why is it important to get in line to receive the ball? 	<ul style="list-style-type: none"> • Encourage and prompt the children to share what they have done well • In a designated area without swinging the racket • Move to get in line with the ball • So you can return the ball successfully 		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 3 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 2 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 plan a 'YEAR 4 TENNIS' unit of work to continue the unit.</i></p>
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