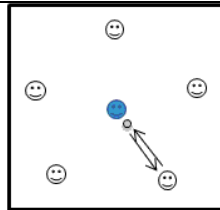




Tennis				Foundation Level			
Theme		Tennis Basics					
Learning Objectives:			Equipment:		TA:		
1.	To understand what equipment is used in the game of tennis		Rackets, Balls, Cones, Beanbags				
2.	To develop a basic understanding of the game of tennis						
Cross Curricular Opportunities							
Literacy: 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 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		Tennis Reaction: <ul style="list-style-type: none">Spread out 30 tennis rackets and 30 tennis balls around the area.Have the children move in different ways around the area, inform the children when you shout out the name of the equipment they must go stand by that piece.Progress to only 1 child per piece of equipment.Add ‘ ball boy ‘ as an instruction and they must run and pick up a tennis ball.‘Return’ for the children to place the ball back into a space		<ul style="list-style-type: none">Head upJogging, skipping, crawling, jumping, side stepMove quicklyBeanbags to make easier			10 Min
Coordination and Movement		Circle Catch <ol style="list-style-type: none">Split the group into 5/6 and put into several circles around the area.Give the child in the middle a beanbag to throw to the children		<ul style="list-style-type: none">One arm to throw, two hands to catchEyes on the beanbag/ball			10 Min



	<p>around the outside to catch.</p> <ol style="list-style-type: none"> 3. They then throw the beanbag back to the child in the middle. 4. Continue for 2/3 minutes and then swap the child in the middle. 5. Change the beanbag for a tennis ball if ability allows. 			
Skill Development	<p>Egg and Spoon:</p> <ul style="list-style-type: none"> • Give each child a racket and let them hold it how they want. • Place a beanbag on their racket and get them to move around the area without it falling off. • Give the more able children a tennis ball to replace the beanbag. 	<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
Skill Development	<p>Racket Catch</p> <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. • Give one child a racket and one a beanbag. • The aim of the game is to throw the beanbag so that their partner can catch it on their racket. • Change after 5 minutes 	<ul style="list-style-type: none"> • The throw is very important • Hold racket however comfortable • 1 point each time they catch it. Ask them to add together their points as a team • Explain the cone is the 'net' in tennis 		10 Min
Warm Down	<p>Slow Motion Animals</p> <ul style="list-style-type: none"> • Ask the children to name an animal and move like that animal but only walking. • Add slow motion in (or walking on the moon) so they do it even slower. 	<ul style="list-style-type: none"> • Move around like animals • Add slow motion so they start to move slower 		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? (if they say cone, what does the cone represent?) 	<ul style="list-style-type: none"> • Tennis rackets and tennis balls are the main priority 		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 'FOUNDATION BALL SKILLS' unit of work to continue the unit.

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

Sign up to www.PEplanning.org.uk for free and plan a 'MOVEMENT DEVELOPMENT' unit of work before moving onto Tennis.

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

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