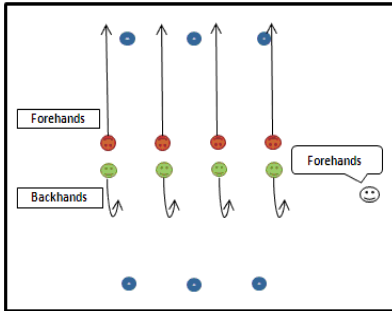
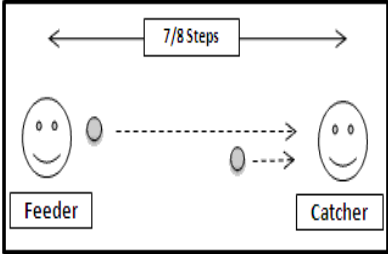



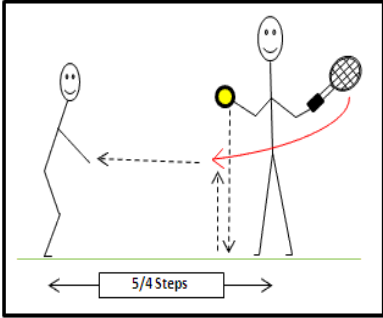
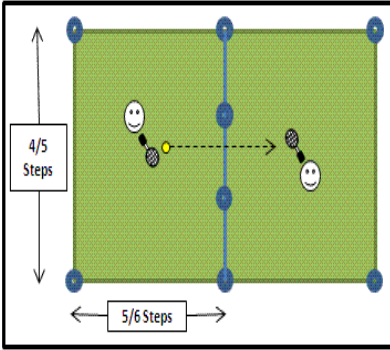


Tennis				Year 5
Theme	Tennis Serve			
Learning Objectives:		Equipment:	TA:	
1.	Combine and perform skills with control	Tennis Rackets, Tennis Balls, Cones, Bibs		
2.	Participate in competitive games, modified where appropriate			
3.	Identify parts of the game where they are performing well			
Cross 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"><li>Only use/swing the racket in designated areas</li><li>Take care with it when moving around other children</li><li>Always behave sensibly with a tennis racket in your control</li></ul>				
Lesson part	Content	Teaching points	Image	Duration
Warm Up	<p><b>Forehand / Backhand</b></p> <p>The children are to work in pairs - one child is called the 'Forehand' and the other the 'Backhand'</p> <p>Set out an area as shown in the diagram. Give all the children a bib that they can tuck into the back of their trousers so it sticks out like a tail</p> <p>The children should form two lines down the middle of the area - A line of 'Forehands' and a line of 'Backhands.' A 'Forehand' and 'Backhand' should be paired together and stand opposite each other facing their line of cones</p> <p>The aim of the game is for the child to get past the line of cones in front of them when their name</p>	<ul style="list-style-type: none"><li>Quick Reaction</li><li>Use bib for a tail</li><li>Make sure children are running towards a safe area</li><li>Aim to increase heart rate</li><li>Build up speed gradually</li></ul>		5 Min



	<p>For example the teacher calls out "Forehand" - all the children who are forehands must run and try to get past their line of cones. The "Backhand" must turn to grab the forehands tail before they get past the cones</p> <p>The children should return to the middle and the game repeated mixing up the group that is called out</p>			
<b>Coordination and Development</b>	<p><b>Double Catch</b></p> <p>Ask the children to work in pairs - each pair should have 2 balls</p> <p>Each pair should find a space and stand facing each other 7/8 steps apart. Choose one child to be the 'Catcher' and one to be the 'Feeder'</p> <p>The feeders start with 2 balls - They should throw the first ball to their partner, the 'Catcher', who has to catch the ball and throw it back quickly. Shortly after throwing the first ball the 'Feeder' should throw the second ball for the 'Catcher' to catch and throw back</p> <p>Once the 'Catcher' has made 5 successful catches of both balls the children should swap roles</p> <p>Keep repeating the activity so the children get a few goes at the catching role</p> <p><b>Differentiation-</b> Only have one ball. Move the pairs closer together</p>	<ul style="list-style-type: none"> <li>• <b>Hands ready</b></li> <li>• <b>Eyes on the ball</b></li> <li>• <b>Quick hands</b></li> <li>• <b>Good throws for your partner to catch</b></li> </ul>		<b>5 - 10 Min</b>
<b>Skill Development</b>	<p><b>Understanding the Grip</b></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><b>Differentiation-</b> Hold the racket like you are shaking hands</p>	<ul style="list-style-type: none"> <li>• <b>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</b></li> </ul>		<b>5 Min</b>



<p><b>Skill Development</b></p>	<p><b>Underarm Serve</b></p> <p>Teach technique of the underarm serve. Ask the children to work in pairs, one child with a racket and ball, their partner standing facing them 4/5 steps away</p> <p>SAFETY POINT: Ensure the pairs are in a space where it is safe to use a racket</p> <p>The child with the racket and ball serves the ball for their partner to catch. After their partner has caught 5 serves successfully the children should swap roles</p> <p>Keep swapping roles and encouraging the children to work on and improve their serve</p> <p><b>Differentiation-</b> Use the palm of the hand instead of a tennis racket  <b>Progression-</b> Take 2 steps further apart every time there are 5 successful catches</p>	<ul style="list-style-type: none"> <li>• Stand side on to direction of serve</li> <li>• Front foot points in direction of serve</li> <li>• Drop the ball allowing it to bounce once</li> <li>• Take racket back</li> <li>• Swing racket forward to strike the ball and follow through with the swing</li> </ul>		<p><b>10 Min</b></p>
<p><b>Game</b></p>	<p><b>Play the Field</b></p> <p>The game is played in pairs on a small court as shown in the diagram. Each pair needs a court to play on, 1 tennis ball and 1 tennis racket each</p> <p>Each pair should set a target number of shots they want to achieve in a cooperative rally - minimum of 5 shots - the ball is only allowed to bounce once between shots</p> <p>Each pair should rally until they meet their target. Once they have reached the target each child should find another partner on another court and set a new target. The children should keep moving around to rally with another partner once a target is achieved</p> <p><b>Differentiation</b> - Allow the ball to bounce more than once  <b>Progression</b> – Keep the children to keep a record of the total number of shots they have played</p>	<ul style="list-style-type: none"> <li>• Cooperate with your partner</li> <li>• Count the number of shots</li> <li>• Get into good position to play shot</li> <li>• Make shots easy for your partner to return</li> <li>• Encourage the use of good technique</li> </ul>		<p><b>10 - 15 min</b></p>



<b>Warm Down</b>	<b>Dynamic Warm Down</b> Ask the children to move around the area in different ways Examples of different movements are: High knees, heel flicks, jogging, walking, walking hamstrings, high skipping	<ul style="list-style-type: none"> <li>• Gradually decrease intensity</li> <li>• Good quality movement</li> <li>• Slow down as warm down progresses</li> </ul>		<b>5 Min</b>
<b>Plenary:</b>	<ul style="list-style-type: none"> <li>• Tell me something you have done well today?</li> <li>• How do you use the racket safely?</li> <li>• What are the key parts of the serve?</li> <li>• What are you trying to achieve from the serve?</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage the children to think about their performance in the lesson</li> <li>• Serve- ball toss, body position, swing the racket, aim</li> <li>• Achieve from the serve- An advantage in the game, score a point</li> </ul>		<b>5 Min</b>

<b>Evaluation:</b>	<p><b><u>How did the children get on playing the games today?</u></b></p> <p>- <b>Most had a good go and played the games with some success...</b>  Sign up to <a href="http://www.PEplanning.org.uk">www.PEplanning.org.uk</a> <u>for free</u> and plan a 'YEAR 5 TENNIS' unit of work to continue the unit.</p> <p>- <b>Most found the game too difficult...</b>  Sign up to <a href="http://www.PEplanning.org.uk">www.PEplanning.org.uk</a> <u>for free</u> and plan a 'YEAR 4 TENNIS' unit of work to continue the unit.</p> <p>- <b>Most found the game too easy...</b>  Sign up to <a href="http://www.PEplanning.org.uk">www.PEplanning.org.uk</a> <u>for free</u> and plan a 'YEAR 6 TENNIS' unit of work to continue the unit.</p>
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