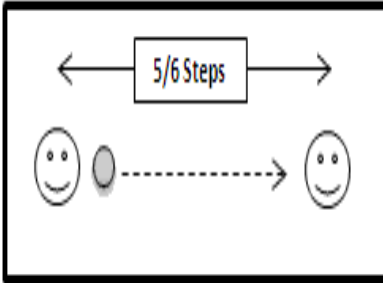
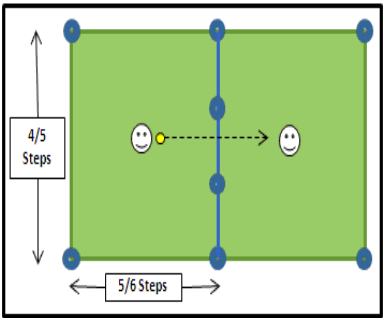



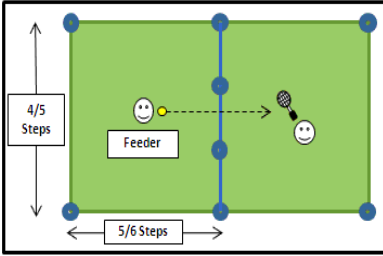
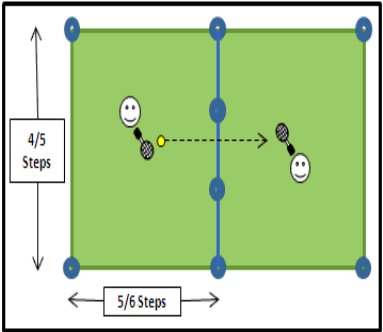


Tennis				Year 4
Theme	Sending Skills			
Learning Objectives:		Equipment:	TA:	
1.	Perform the basic skills needed for the games with control and accuracy	Tennis Rackets, Tennis Balls, Cones		
2.	Participate in competitive games, modified where appropriate			
3.	Recognise and explain good performances			
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>Number crazy</p> <p>Ask the children to jog around the area</p> <p>Whilst jogging around the area call out numbers for actions they must complete:</p> <p>1 = Touch the floor with one hand</p> <p>2 = Jump in the air</p> <p>3 = Touch the floor with two hands</p> <p>4 = Celebrate scoring a point</p>	<ul style="list-style-type: none">• Think of different actions you can add• Heads up• Look where you are going• Gradually increase speed to increase heart rate		5 Min



Coordination and Movement	<p>Hot hands</p> <p>Ask the children to work in pairs - each pair should have 1 ball</p> <p>Each pair should find a space and stand facing each other 5/6 steps apart</p> <p>Ask the pairs to throw the ball back and forth between each other as quickly as possible - the ball is too hot to hold for long!!</p>	<ul style="list-style-type: none"> • Hands ready • Eyes on the ball • Quick hands • Good throws for your partner to catch 		5 Min
Skill Development	<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 		10 Min
Skill Development	<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 		2 Min



<p>Skill Development</p>	<p>Developing the hit</p> <p>The game is played by 2 children - on a small court with a net or divide - See the diagram to see how a court is set up</p> <p>Each pair needs one tennis racket and ball between them. One child stands on one side of the court with the racket with their partner on the other side with the ball</p> <p>The child with the ball throws (feeds) the ball over the net/divide for their partner with the racket</p> <p>The aim for the child with the racket is to hit the ball back over the net/divide for their partner to catch</p> <p>Swap roles after every 5 successful catches</p> <p>Differentiation – Allow the ball to bounce twice, play the shot a drop feed-drop the ball, let it bounce and then play the shot</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>Keep the Rally Going</p> <p>The game is played in pairs</p> <p>Each pair needs a small court to play on, 1 tennis ball between them and 1 tennis racket each. The aim is for the pairs to keep a rally going for as long as possible hitting the ball back and forth over the net/divide</p> <p>The ball is allowed to bounce twice before it is returned. Challenge the children to beat their longest rally</p> <p>Differentiation – Allow the ball to bounce 3 times in a rally</p>	<ul style="list-style-type: none"> • Cooperate with your partner • Make the shot easy for your partner to return • Move into position quickly • Count the number of shots in a rally • Watch the ball 		<p>10 - 15 min</p>



Warm Down	Static Stretching – pupil led Ask the children to stand in a semi-circle around teacher Ask individual children to step out and demonstrate a stretch to the class Start at the top of the body and work all the way down the body stretching the major body parts	<ul style="list-style-type: none"> • Gradually decrease intensity • Good quality movement • Hold for 10 – 12 seconds • Hold still • Don't bounce • Where can you feel the stretch? 		5 Min
Plenary:	<ul style="list-style-type: none"> • Tell me something you have done well today? • How do you use the racket safely? • What should you do when hitting the ball? • When you are sending the ball to a target/ partner what do you need to think about? 	<ul style="list-style-type: none"> • Hitting the ball - Think about accuracy, aiming and power • Sending a ball – Aim the ball, consider power of the shot 		5 Min

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 4 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 3 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 5 TENNIS' unit of work to continue the unit.</i></p>
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