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| Key Stage 1 Tennis | | | | | |
| Tennis | | **Lesson 2 – 20/3/2014** | | | Theme: Fundamentals of Tennis |
| **Learning Objectives**  Children should learn to:   * Names and positions of tennis shots * Basic rally * Bouncing hand to eye coordination * Footwork to get feet ready to strike the ball | | | **National Curriculum Programme of Study**   * 1a, 1b, 2a, 2b, 3a, 3b, 4a, 4b, 7a, 7b, 7c   Builds on  EN 1/1, Sc2/2c | | |
| **Learning Outcomes**   * All children will understand what a rally is * All children will understand how to bounce the ball * Most children will be able to rally a ball along the ground * Most children will be able to stand in the correct shot position * Some children will be able to rally with a racket along the ground | | | **Equipment**  - Soft tennis balls  - Tennis Balls  - Tennis rackets  - Cones | | |
| **Warm Up – Why do we warm up? What do we warm up?**  Bean Game- children to move around the netball court carrying out a variety of moves when they hear names of different beans  Broad bean, Runner bean, French bean, Baked bean, String bean, Jumping bean | | | Teacher Guidance Notes  Questions throughout the lessons to assess and reinforce learning | | |
| **Main Activity – Skills & Games** | | | | | |
| **Activity** | **Description** | | | **Diagram** | |
| **Activity 1**  Bouncing the balls | Each child will have a ball, they must bounce then catch the ball with their dominant hand then  - Use left hand  - Alternate hands  - Rather than catching bounce/pat down the ball off the hand use - Previous progressions  Bounce while  Hoping  Skipping  Alternating hands  Side stepping  **Game**  Stay within the confines of the netball third, bounce the ball, do not lose control.  Children will do this and the coach will try to knock their ball away or miss control it.  Once either of these conditions have been met the child is out until the game restarts | | | Staff to observe and assess ability – move on when able  TA’s to have one group each of approximately 10 (in colours) mixed ability groups | |
| **Activity 2**  Rally | **Working in pairs**  Balls on the floor, children will push the ball along the ground to their partner; the group with the most successful passes is the winner.  After a short period use a tennis racket, ball still remains on the ground  Encourage the rally over a short distance, counting the shots then trying to beat the target.  Rotate the children so they are working with different partners | | | TA’s to lead a small group each of approximately 10 (in colours) mixed ability groups | |
| **Activity 3**  Competition | Remain in the netball third in colours.  Place two cones on the ground  The ball must go through the cone  The player who does not get the ball to go through the cones to the player loses a point | | | TA’s to lead a small group each of approximately 10 (in colours) mixed ability groups | |
| **Plenary**  **What were the main objectives in the lesson?**  **In partners, discuss one thing you think you have done well and one thing you think you need to practice on next week?**  **What was your favourite part? Why?** | | | | | |