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| Key Stage 1 Tennis | | | | | |
| Weekly Topic: footwork, shots and basic rally | | **Lesson 1 –**  **13/3/2014** | | | Theme: Fundamentals of Tennis |
| **Learning Objectives**  Children should learn to:   * Correct balance * Names and positions of tennis shots * Basic rally * Bouncing hand to eye coordination | | | **National Curriculum Programme of Study**   * 1a, 1b, 2b, 3a, 3b, 4a, 4b, 7b, 7c   Builds on  EN 1/1, Sc2/2c | | |
| **Learning Outcomes**   * All children will understand tennis shot names * All children will understand what a rally is * 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?**  Fantastic Mr. Fox games – (develop game from world book day)  3 farmers bean, boggis and bunce – as in the book the three farmers are trying to take the foxes tails, once a child has lost there tail they are out until the next game – short 2/3 minute games.  Tails are tag rugby tags – placed at the back of pupils  Once a tails has been lost sit on the side line | | | Teacher Guidance Notes  Questions throughout the lessons to assess and reinforce learning | | |
| **Main Activity – Skills & Games** | | | | | |
| **Activity** | **Description** | | | **Diagram** | |
| **Activity 1**  Ready Steady | Split into three groups (colours of about 10)  Run around, when ‘ready steady…’ is announced  Children balance on various parts of the body as announced   * Tip toes * Bottom * One hand one knee * One hand one foot * Backhand * Forehand   Two hands together to make a tennis racket shape for fore/backhand.  *Reinforcing balance, names and positions of shots* | | | Key Teaching Points  - Stop quietly and balance with knees bent feet apart  - Head up and still when balancing  1 third of a netball court  per colour group  TA’s to have one group each of approximately 10 (in colours) mixed ability groups | |
| **Activity 2**  Bouncing the balls | Each child will have a ball, they must bounce then catch the ball with their dominant hand  ***Progressions***  Use left hand  Alternate hands  Rather than catching bounce/pat down the ball off the hand use previous progressions  **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 there 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 | |
| **Activity 3**  Rally – floor tennis | **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. Initially do this with the hand only  ***Progressions***  Push the ball through two cones about 1foot apart. – make the gate smaller as skill increases  Use a tennis racket | | | 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?** | | | | | |