

# LESSON PLAN: TENNIS 1

**LESSON OBJECTIVES:** **LO1:** Explore basic movements using 3 fundamental footwork step patterns. **LO2:** Sending and receiving a moving ball with hands & rackets

## WARM UP (15 MINS)

### 'Foot-work Patterns'

Pupils move around a designated space, using the 3 step patterns called out by the teacher. When the teacher shouts out 'Andy Murray' is here, pupils have to stop and hold a Ready Position whilst facing the teacher.

Repeat each step pattern a few times before moving onto the next one. Then mix and match.

### **Ready position:**

Feet side by side, feet shoulder width apart, knees slightly bent, racket hands out in front of the body and eyes looking forward.

### **Foot patterns**

A - Jump from 2 feet and land on 2 feet (2-2)

B - Hop on same foot- right or left (1-1)

C – Take off from 2 feet and land on 1 - Hop scotch – (2-1-2-1)

D – Run, jog or walk- opposite feet (1-1)

## TASK ONE (15 MINS)

### **Racket & Ball - Space Explorer'**

Pupils in pairs, standing behind lines/ markers facing each other. Pupil 1 starts with the ball and **rolls** the ball across the floor to Pupil 2. Pupil 2 uses one hand to stop the ball and then push it back, using the palm of their hand. Pupil 1 then stops the ball and pushes it back. Continue.

Repeat exercise with Pupil 1 and 2 using a racket, bat or any appropriate object

CHALLENGE 1 – Can they complete a rally of 10, 20, 30+ shots

CHALLENGE 2 – Can the perform shots with forehand and backhand

## TASK TWO (ensure that there is a water break beforehand)

As above but pupils allow the ball to bounce at least once. To begin with the ball can bounce an unlimited amount. Then ask the pupils to reduce the number of bounces between contacts with the aim of getting one bounce between shots.

CHALLENGE 1 – Can they complete a rally of 10, 20, 30+ shots

CHALLENGE 2 – Can they perform shots with a forehand and a backhand

CHALLENGE 3 – Can they perform a rally that includes a volley (no bounces)

## EQUIPMENT/RESOURCES

- Markers / throw down lines
- Racket / bat/ hand mitt.
- Lightweight balls – various sizes to allow for differentiation

For more competition related lesson plans please visit

<http://valeroyschoolsport.org/pesupport> or for challenge activities please visit <http://valeroyschoolsport.org/activity-challenges>

## KEYWORDS/PHRASES

- Footwork
  - Eyes on the ball
  - Ready position
  - Bent/ soft knees
  - Use the arms for balance
  - Contact the ball in front of the feet
  - Arm swings towards the ball

## Adaption/Challenge/Homework

Harder	Easier
Pupils use their weaker arm / hand	Pupils use their dominant hand
Pupils hit the ball without stopping it	Pupils stop the ball before hitting it
Increase the distance between pupils	Decrease the distance between pupils
Pupils use a racket or bat	Pupils use their hand or glove.



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## LESSON PLAN: TENNIS 2

**LESSON OBJECTIVES: LO1:** Sending and receiving a moving ball with hands & rackets **LO2:** Accurately aiming at a stationary target.

### WARM UP (15 MINS)

Pupils have a ball each and work in a designated safe space. Pupils balance the ball on their hand, bat or racket and move around the area taking care not to bump in to each other. The teacher changes the speed when appropriate using the commands walk, jog and faster. When the teacher shouts out 'Andy Murray is here', pupils must stop and hold a Ready Position whilst facing the teacher.

**Development** - Pupils bounce the ball on their hand, bat or racket whilst stationary or on the move.

**Further development** - Pupils bounce the ball on the floor using their hand, bat or racket.

- Pupils can use their less dominant hand.

### Ready position:

Feet side by side, feet shoulder width apart, knees slightly bent, racket hands out in front of the body and eyes looking forward.

### TASK ONE (15 MINS) - Target tennis- Pupils to use their hand, bat or racket.

Pupils are organised into pairs on a court or another suitable space. A target area of 3 cones per pair is set up and pupil 1 and pupil 2 stand on either side of the target area.

Pupil 1 drops the ball and after one (or two) bounce attempts to hit the ball towards the target. If the target is hit- one point is scored. Pupil 2 stands behind the target and returns the ball to pupil 1. Each pupil gets 10 goes.

### TASK TWO (ensure that there is a water break beforehand)

Pupil 2 stands behind the target and feeds the ball to Pupil 1 who swings the racket and aims at the target. Pupil 2 retrieves the ball and feeds their partner again. Each pupil gets 10 goes.

### TASK THREE

Both pupil 1 and pupil 2 stand behind 3 target cones. They begin a rally. If a target is hit they receive one point and a new rally begins. Add a net or barrier if possible.

**CHALLENGE** - Either work for a personal best, compete against each other or combine scores to compete against other pairs.

### COOLDOWN (10 MINS)

On the teachers command, pupils walk, jog, skip and hop scotch. When the teacher shouts out 'Andy Murray is here', pupils must stop and hold a Ready Position whilst facing the teacher. This is followed by dynamic stretches that include arm swings, leg swings and hip rotations.

### EQUIPMENT/RESOURCES

- Markers / throw down lines
- Racket / bat/ hand mitt.
- Lightweight balls – various sizes to allow for differentiation
- Cones / Targets

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### KEYWORDS/PHRASES

- Footwork
- Eyes on the ball
- Ready position
- Bent/ soft knees
- Use the arms for balance
- Contact the ball in front of the feet
- Arm swings towards the ball

### Adaption/Challenge/Homework

Harder	Easier
Pupils use their weaker arm / hand	Pupils use their dominant hand
Pupils hit the ball on the volley or after one bounce	Pupils stop the ball before hitting it
Increase the distance between pupils	Decrease the distance between pupils
Pupils use a racket or bat	Pupils use their hand or glove.



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