

lesson objectives:

1. Play shots on the forehand and backhand side of body.
2. Hit the ball with purpose, varying speed, height, and direction.
3. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.



how to play:

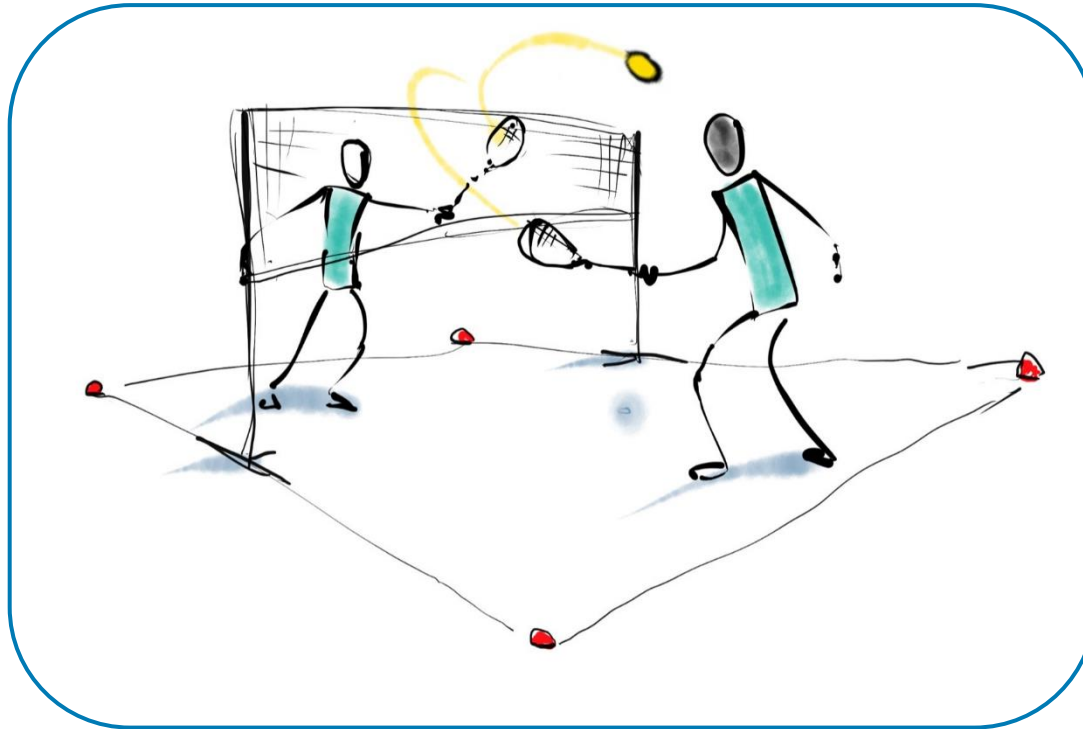
- In pairs children start by facing each other.
- Ask the children to stand in the ready position. Knees bent, leaning slightly forward, arms out in front.
- The aim of the game is to tag your partners knee to get 1 point.
- The children must also use footwork to avoid being tag.
- Play the game for 1 minute and see how many points they get.
- Repeat the game and see if the children can beat their previous score.

This is a summary of a full plan available at www.PEplanning.org.uk.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

how to set up:

- Create a tennis court using cones as shown in the diagram. 1 cone in each corner and 4 across the middle.
- One player stands on each side of the court.

**equipment:**

- Tennis rackets
- Tennis balls
- Cones

how to play:

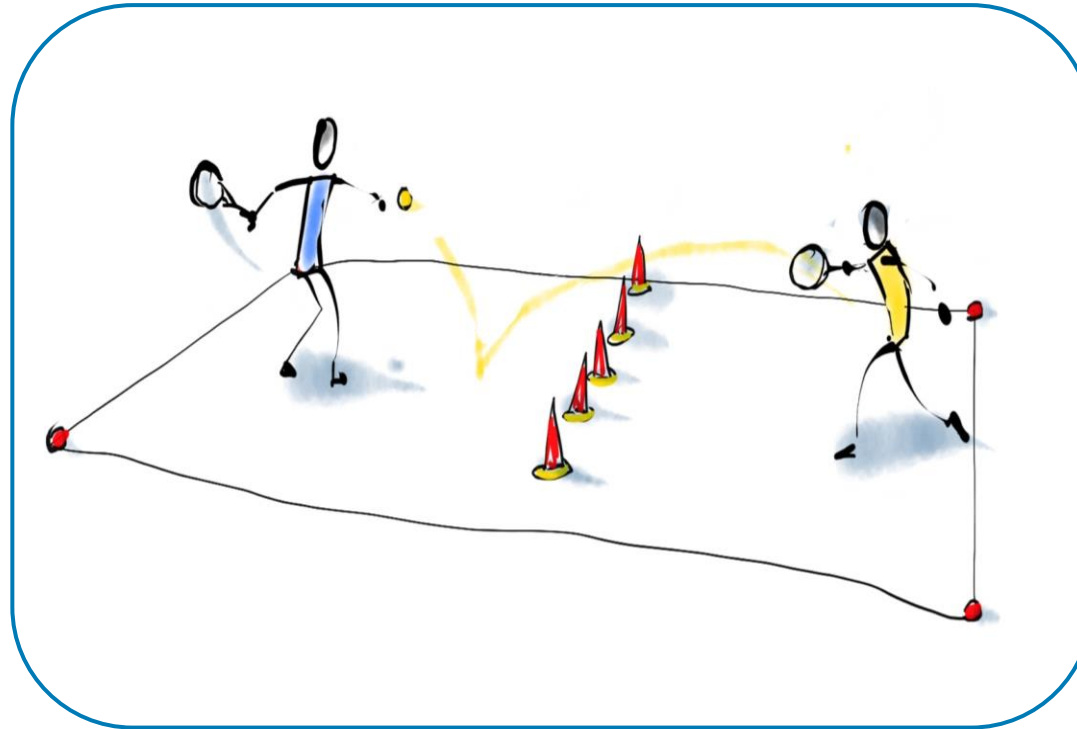
- The aim of the game is to complete a 5 shot rally with your partner.
- Each child should start 2 steps behind the centre line in the middle of the court.
- The children should hit the ball back and forth – allowing the ball to bounce once.
- Once the children have completed that, they each take one step further away from the net.

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- One player stands on each side of the court.

**equipment:**

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how to play:

- The game is played 1 v 1.
- The aim of the game is to score points by hitting a ball into your opponent's court and the ball bouncing twice.
- Ask the children to choose their own way to start and restart the game.
- If the ball lands outside the court the rally continues – no points are lost for hitting the ball out of the court or into the net.
- The game can also be played on a wide, short court.

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Hamstring



Arm



Quadriceps



Side

how to play:

- Ask the children to stand in a circle around the teacher.
- The teacher performs a stretch and the pupils copy.
- Start at the top and work down the body stretching major muscles.
- Hold each stretch for 10 seconds.

plenary:

- What skills were required to play the game successfully today?
Encourage the children to think about what they did to be successful when playing the games.
- What did you do well today?
Encourage the children to think of what they did well when playing the games.
- What skills/areas of the game can you improve your performance at the game?
Encourage the children to think of skills/areas of the game that they could work on to improve their performance.

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