

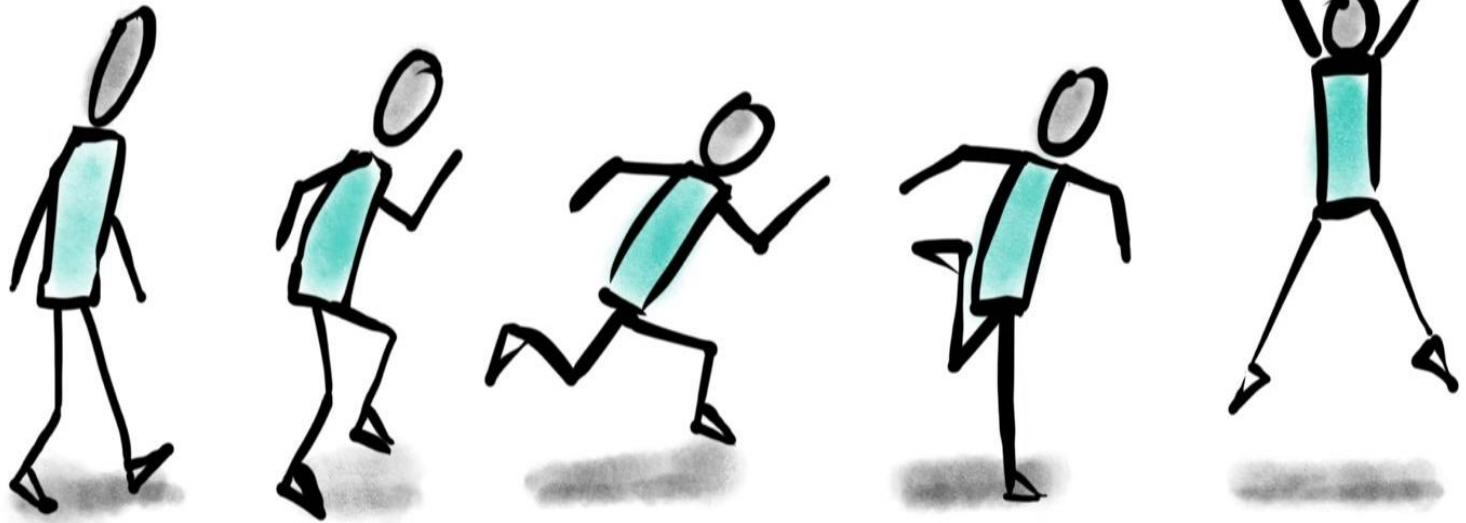
Topic	Tennis	Year	2	Theme	Lesson 1 of 6 – Introduction Lesson
Learning Objectives	<ol style="list-style-type: none"> <li>Engage in competitive physical activities (both against self and against others).</li> <li>Choose and use simple tactics to suit different situations.</li> </ol>				

Literacy Keywords	<ul style="list-style-type: none"> <li>Catch, Tennis racket, Swing, Aim, Strike the ball, Skill, Rules, Opposition, Throw, Net, Bounce, Ball, Court.</li> </ul>	Citizenship	<ul style="list-style-type: none"> <li>Understanding of being healthy.</li> <li>Cooperation with others.</li> <li>Develop own experiences and ideas.</li> </ul>	Numeracy	<ul style="list-style-type: none"> <li>Keep score of the game.</li> </ul>
Risk Assessment	<ul style="list-style-type: none"> <li>Suitable clothing and footwear worn by participants.</li> <li>Equipment suitable for participants, safe and checked.</li> <li>Area safe and checked - any hazards removed.</li> <li>Safety information highlighted to participants.</li> <li>Staff aware of all emergency procedures, including designated 1st aider.</li> </ul>			Equipment	<ul style="list-style-type: none"> <li>Marker cones</li> <li>Hoops</li> <li>Beanbags</li> <li>Nets</li> <li>Tennis balls</li> </ul>

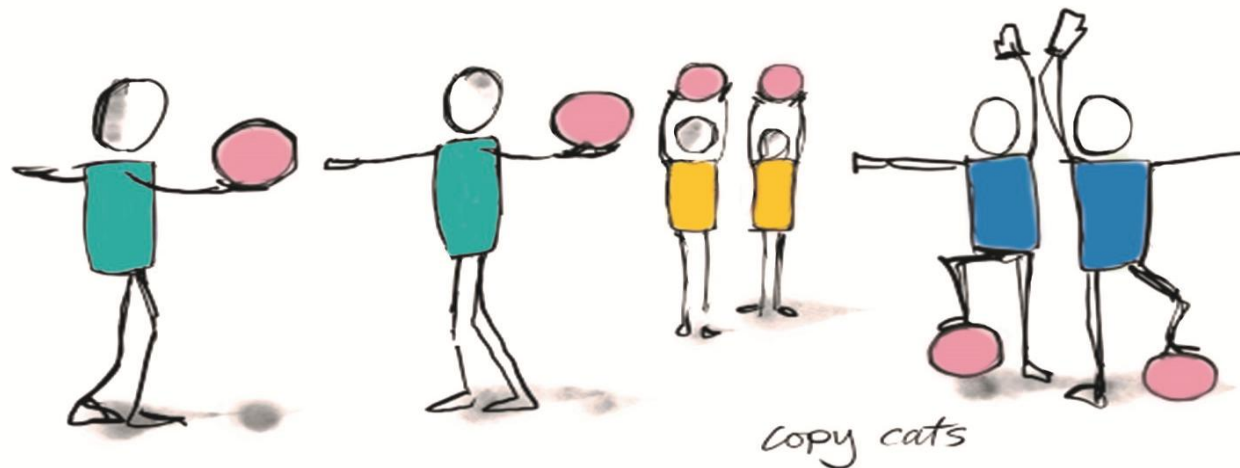
Teacher Notes	<ul style="list-style-type: none"> <li>This is the first lesson in the Tennis unit of work.</li> <li>The intention of the lesson is to introduce the children to the new topic. It gives them the opportunity to experience the game and explore the skills they will be learning and developing in the unit.</li> <li>The main activity within the lesson incorporates many of the skills and tactics that will be covered in the unit. Playing the game in this lesson gives you the opportunity to make an initial assessment of your class. By observing the children you can make a judgement on their current ability and plan your teaching for the rest of the unit accordingly.</li> </ul>
Declarative, Procedural & Wellbeing Checks	<p>Knowledge Checks support pupils in acquiring intended learning and life skills. Throughout your lesson, consider these 3 areas of knowledge:</p> <ul style="list-style-type: none"> <li><b>PROCEDURAL CHECK:</b> Knowing how to apply declarative facts (best practised through demonstration or participation).</li> <li><b>DECLARATIVE CHECK:</b> Factual knowledge concerning movement, rules, tactics, strategies, health and participation (best practised through spoken or written observations of a practical demonstration).</li> <li><b>WELLBEING CHECK:</b> Developing self-awareness, resilience, teamwork and respect (checked through simple questioning and reflection, e.g. how pupils supported others or responded to challenge).</li> </ul>



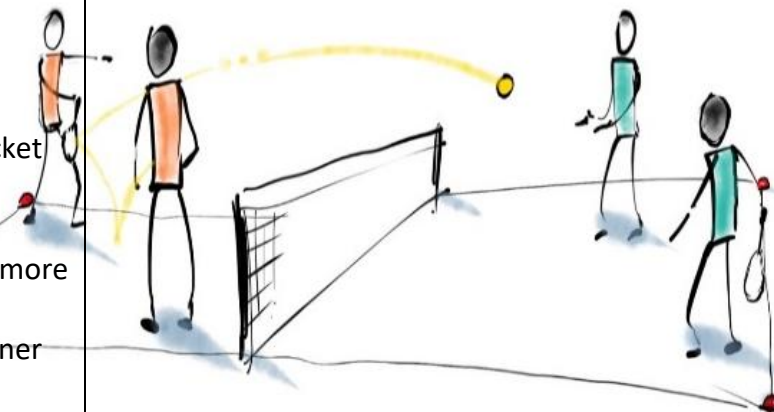
Warm Up	Movement Development	Duration: 3-5 mins	Teaching Points
<ul style="list-style-type: none"><li>• Ask all children to spread out and find a space.</li><li>• Ask the children to move on the spot in different ways – walk, jog, run, high knees, heel flicks, star jumps.</li></ul> <p><b>Progression</b></p> <ul style="list-style-type: none"><li>• Move around a set area in different ways – walk, jog, run, skip, sideways, high knees, heel flicks.</li><li>• Move in different directions – forwards, backwards, and sideways.</li></ul>			<ul style="list-style-type: none"><li>• Gradually build up speed</li><li>• Head up</li><li>• Look where you are going</li><li>• Quality of movement/action</li><li>• Gradually increase speed to increase heart rate</li></ul>



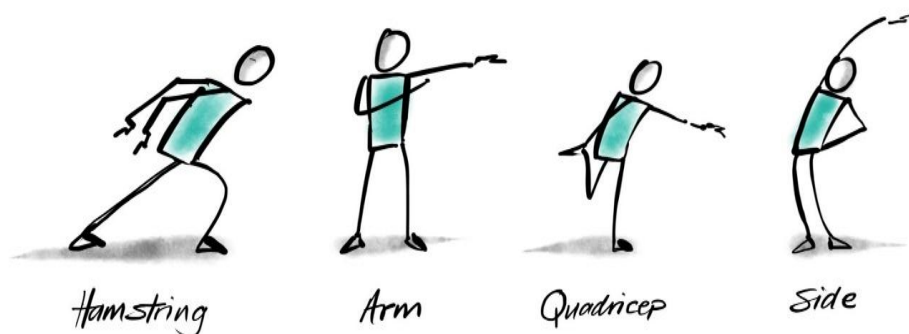
Coordination & Movement	Copy Cats	Duration: 5-10 mins	Teaching Points
	<ul style="list-style-type: none"><li>• The children work in pairs standing facing each other 2/3 steps apart.</li><li>• One child from each pair is the 'Leader'.</li><li>• The 'Leader' makes shapes and performs actions with their body staying on the spot.</li><li>• Their partner must copy their actions as quickly and closely as possible.</li><li>• Swap roles every minute.</li></ul>		<ul style="list-style-type: none"><li>• Encourage the children to think of different actions</li><li>• Try and challenge your partner</li><li>• High movements</li><li>• Low Movements</li><li>• Vary the speed of movement/actions</li><li>• Encourage the children to think of different balances</li></ul>
<b>To make activity harder</b>			
	<ul style="list-style-type: none"><li>• Speed up the activity</li></ul>		
<b>To make activity easier</b>			
	<ul style="list-style-type: none"><li>• Slow down the activity</li></ul>		
<b>Knowledge Check</b>			
	<ul style="list-style-type: none"><li>• <b>PROCEDURAL KNOWLEDGE:</b> Ask some children to demonstrate the activity/skill.</li><li>• <b>DECLARATIVE KNOWLEDGE:</b> Ask other children to describe what is required to perform the task with success.</li></ul>		



Game	Key Skills Game – Year 2	Duration: 15-20 mins	Teaching Points
	<ul style="list-style-type: none"> <li>• Allow children to play the game, explore and experience the skills needed to play successfully. Encourage them to experiment ways to play the game successfully.</li> <li>• The game is played 2 v 2 on a small court.</li> <li>• The aim of the game is to score points by throwing or hitting the ball over a net/divide so it bounces twice in your opponent's side of the court.</li> <li>• Courts should be set up as shown in the diagram with each half of the court approximately 4 steps by 4 steps.</li> <li>• One child from each pair has a racket and one without.</li> <li>• The ball starts on one side of the net/divide where the child without the racket has a ball. They feed the ball - a small underarm throw that bounces once, to their partner with a racket who should hit the ball over the net/divide.</li> <li>• The child without the racket on the opposite side of the net/divide should try to catch the ball before it bounces twice, then feed their partner to hit the ball over the net/divide.</li> <li>• Keep swapping roles so all the children get to experience feeding and hitting.</li> <li>• When the hitting skills of the children improve, they can catch the ball for themselves before hitting the ball back from a self-drop feed (hold the ball in one hand, drop it to the floor, let it bounce and hit the ball as it bounces up). This way the children can play a continuous rally.</li> <li>• Toss a beanbag into the air from their racket. Show them how to catch a beanbag on their racket using their hand to help.</li> <li>• Use throwing and catching skills (this will make the game easier).</li> <li>• Bounce the ball on their own side of the net before it goes over - this will give the opponents more time to see the ball.</li> <li>• Take turns at catching and throwing. Some children will need to play the game without a partner catching the ball for them.</li> </ul>		<ul style="list-style-type: none"> <li>• Introduction to tennis or net/wall Games</li> <li>• What skills do you need to use? Ask the children to think about this as they play the game</li> <li>• Experiment with different ideas and skills</li> <li>• How can you score points? Ask the children to think about this as they play the game</li> <li>• Observe children whilst playing the game - are they able to play it successfully?</li> <li>• What areas do you need to focus your teaching on in the rest of the unit?</li> <li>• Explain the rules and how the game works then let the children explore the game for themselves</li> <li>• Provide advice and guidance if necessary</li> <li>• Let the children have a go at the game.</li> </ul>
<p><b>Knowledge Check</b></p>			
<ul style="list-style-type: none"> <li>• <b>PROCEDURAL KNOWLEDGE:</b> Ask some children to demonstrate the activity/skill.</li> <li>• <b>DECLARATIVE KNOWLEDGE:</b> Ask other children to describe what is required to perform the task with success.</li> </ul>			



Cool Down	Static Stretching – Teacher Led	Duration: 3-5 mins	Teaching Points
	<ul style="list-style-type: none"> <li>Ask the children to stand in a semi-circle around the teacher.</li> <li>Show the children a stretch they have to copy.</li> <li>Start at the top of the body and work all the way down the body stretching the major body parts - arms and legs.</li> </ul>		<ul style="list-style-type: none"> <li>Hold for 10-12 seconds</li> <li>Hold still</li> <li>Watch and copy</li> <li>Where can you feel the stretch?</li> </ul>



Plenary / Knowledge Check	
<ul style="list-style-type: none"> <li>What skills did you use to play the games today?</li> </ul>	<ul style="list-style-type: none"> <li>Encourage the children to think of what they did when playing the game</li> </ul>
<ul style="list-style-type: none"> <li>What other net/wall games are there?</li> </ul>	<ul style="list-style-type: none"> <li>Badminton, volleyball, racket ball, squash</li> </ul>
<ul style="list-style-type: none"> <li>What did you do well today?</li> </ul>	<ul style="list-style-type: none"> <li>Encourage the children to think of what they did when playing the game</li> </ul>

Evaluation
<ul style="list-style-type: none"> <li>How did the children get on playing the game today?               <ul style="list-style-type: none"> <li>Most had a good go and played the game with some success - continue with this unit as planned</li> <li>Most found the game too difficult - consider following the year 1 unit of work for this topic</li> <li>Most found the game too easy - consider following the year 3 unit of work for this topic.</li> </ul> </li> </ul>