

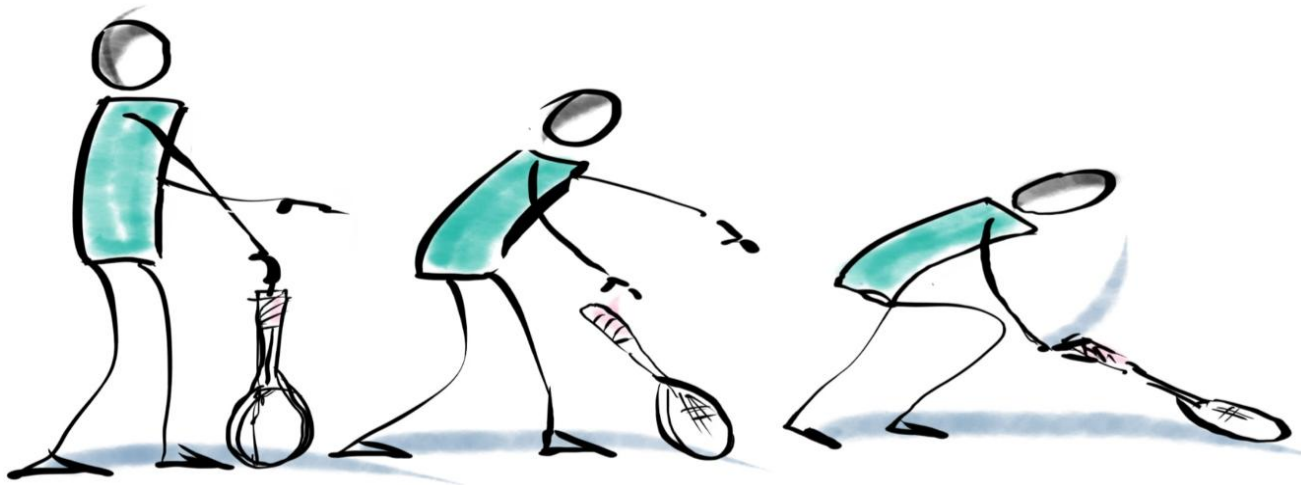
Topic	Tennis	Year	4	Theme	Lesson 1 of 6 – Introduction Lesson		
Learning Objectives	1. Perform the basic skills needed for the games with control and accuracy. 2. Send a ball into space at different speeds and heights to make it difficult for opponent.						
Literacy Keywords	• Success, Rules, Movement, Explore the game, Aiming, Decision Making, Opposition, Receive, Send, Net, Ball, Court.		Citizenship	• Develop own experiences and ideas.		Numeracy	• Keep score of the game. • Counting.
Risk Assessment	• Suitable clothing and footwear worn by participants. • Equipment suitable for participants, safe and checked. • Area safe and checked - any hazards removed. • Safety information highlighted to participants. • Staff aware of all emergency procedures, including designated 1st aider.			Equipment	• Tennis balls • Rackets • Hoops • Marker cones		
Teacher Notes	• This is the first lesson in the Tennis Unit of Work. • 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. • 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.						
Declarative, Procedural & Wellbeing Checks	Knowledge Checks support pupils in acquiring intended learning and life skills. Throughout your lesson, consider these 3 areas of knowledge: <ul style="list-style-type: none"> • PROCEDURAL CHECK: Knowing how to apply declarative facts (best practised through demonstration or participation). • DECLARATIVE CHECK: Factual knowledge concerning movement, rules, tactics, strategies, health and participation (best practised through spoken or written observations of a practical demonstration). • WELLBEING CHECK: Developing self-awareness, resilience, teamwork and respect (checked through simple questioning and reflection, e.g. how pupils supported others or responded to challenge). 						



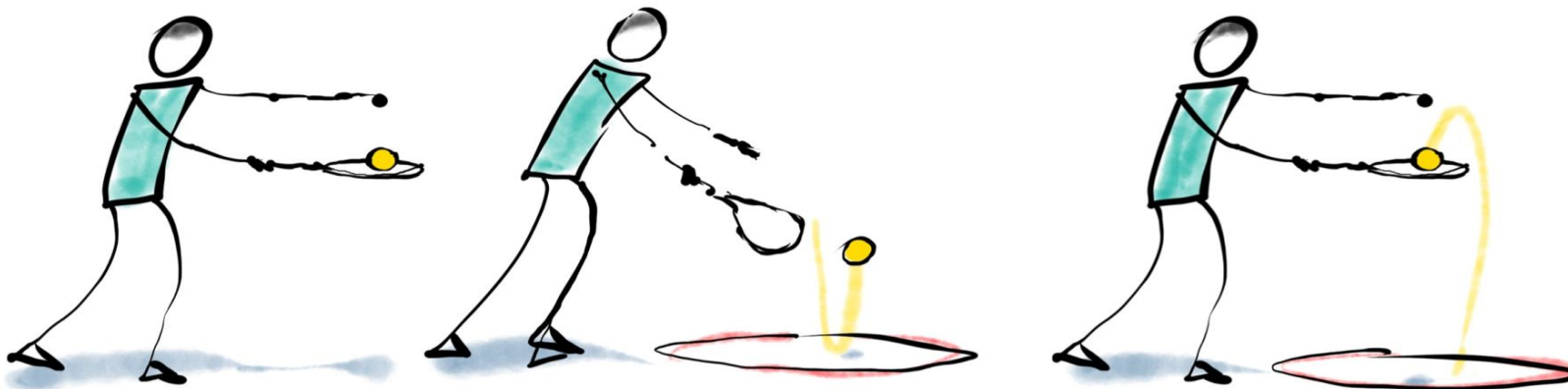
Warm Up	Egg and Spoon	Duration: 2-5 mins	Teaching Points
<ul style="list-style-type: none">• Give each child 1 tennis ball.• Ask the children to hold their hands open and flat with their palms facing up.• The children should then balance their ball on the palm of their hand.• Ask the children to move around keeping the ball balanced on their hand.			<ul style="list-style-type: none">• Hand flat• Move in different ways• Control of the ball• Gradually increase speed to increase heart rate



Coordination & Movement	Racket Drop	Duration: 5-10 mins	Teaching Points
<ul style="list-style-type: none">• Give each child a tennis racket and ask them to find a space to work in.• In their space each child should hold their racket with a finger on the end of the handle and the head of the racket on the floor.• The aim is to let go of the racket and try to catch it at the handle before it hits the floor.• Let the children have a few goes at this.			<ul style="list-style-type: none">• Only progress if successful• Only use one hand
To make activity easier			
<ul style="list-style-type: none">• Allow the children to use two hands.			
Knowledge Check			
<ul style="list-style-type: none">• PROCEDURAL KNOWLEDGE: Ask some children to demonstrate the activity/skill.• DECLARATIVE KNOWLEDGE: Ask other children to describe what is required to perform the task with success.			



Skill Development	Find the Hoop	Duration: 5-10 mins	Teaching Points
<ul style="list-style-type: none">• Set out an area with lots of different sized hoops spread out.• Give every child a tennis racket and 1 ball.• Ask the children to move around the area with the ball balanced on their racket.• When they come across a hoop, they should drop their ball into it so it bounces and then catch it back on their racket.• Keep moving and visiting as many hoops as possible.			<ul style="list-style-type: none">• Keep ball under control• Keep the ball on the racket• Always move to a different hoop• Keep the racket flat to balance the ball• Keep control of the racket
To make activity harder			
<ul style="list-style-type: none">• Use smaller hoops.			
To make activity easier			
<ul style="list-style-type: none">• Use larger hoops.			
Knowledge Check			
<ul style="list-style-type: none">• PROCEDURAL KNOWLEDGE: Ask some children to demonstrate the activity/skill.• DECLARATIVE KNOWLEDGE: Ask other children to describe what is required to perform the task with success.			



Game	Key Skills Game	Duration: 15-20 mins	Teaching Points
	<ul style="list-style-type: none">• Allow the children to play the game, explore and experience the skills needed to play successfully. Encourage them to experiment to develop ways to play the game successfully.• The game is played 1 v 1 on a small court.• The aim of the game is to score points by throwing a ball into the opponents' court area and making it bounce twice.• Courts for each pair should be set up as shown in the diagram - make the courts relatively long and narrow.• The game is played using throwing and catching skills - A child throws the ball over the net/divide with the aim of making it bounce twice in their opponents' side of the court. The child receiving the ball aims to catch it before it bounces twice before throwing it back over the net/divide.• Each time a child manages to make the ball bounce twice in their opponents' area they score 1 point.• Introduce tennis rackets into the game. Also add a second child on each side of the court. They act as a feeder - throw the ball with a small underarm throw so that it bounces once to their partner with the racket who hits the ball over the net/divide.• The feeder on the other side of the net/divide should try to catch the ball before it bounces twice and then feed the ball to their partner with the racket.• Again, if the ball bounces twice 1 point is scored.• More able children can play the game without a partner feeding them the ball and aim to play a continuous rally with their opponent. It may be appropriate to allow the ball to bounce more than once for these children.		<ul style="list-style-type: none">• Introduction to tennis or net/wall Games• What skills do you need to use? Ask the children to think about this as they play the game• Experiment with different ideas and skills• How can you score points? Ask the children to think about this as they play the game• Observe children whilst playing the game - are they able to play it successfully?• What areas do you need to focus your teaching on in the rest of the unit?• Explain the rules and how the game works then let the children explore the game for themselves• Provide advice and guidance if necessary• Let the children have a go at the game

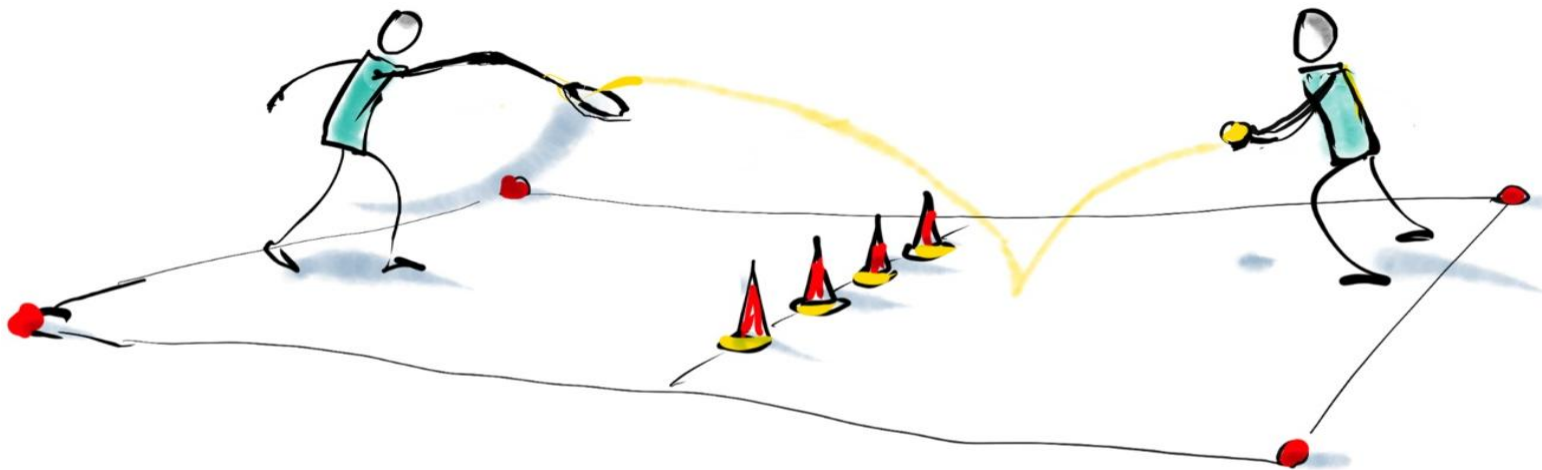
- This game is easiest with a big ball that bounces well. It can also be played by pushing or sliding the ball across a line that is being defended (this is easier for some children who have difficulties with coordination).

Adaptations and variations:

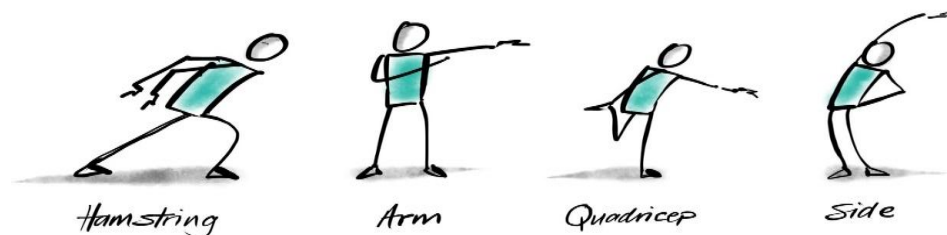
- Play the game on a different-sized court, or with a higher or lower net (to make the games easier or harder).
- Use different equipment/ways to send or hit the ball on either side of the net, e.g. one could throw, whilst the other hits with a racket.

Knowledge Check

- **PROCEDURAL KNOWLEDGE:** Ask some children to demonstrate the activity/skill.
- **DECLARATIVE KNOWLEDGE:** Ask other children to describe what is required to perform the task with success.



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



Plenary / Knowledge Check	
<ul style="list-style-type: none"> What is a net/wall game? 	<ul style="list-style-type: none"> A game where a player sends an object (hits a ball) towards their opponents' area (half of the court). The aim is to make the object (ball) land in the opponents' area and make it difficult for them to return it. In net games such as tennis the court is divided by a net which the ball must be hit over
<ul style="list-style-type: none"> What skills did you use to play the games today? 	<ul style="list-style-type: none"> Encourage the children to think about what they did when playing the game
<ul style="list-style-type: none"> What skills/areas of the game can you improve on? 	<ul style="list-style-type: none"> Encourage the children to think of skills/areas of the game that they could work on to improve their performance

Evaluation
<ul style="list-style-type: none"> How did the children get on playing the game today? <ul style="list-style-type: none"> Most had a good go and played the game with some success - continue with this unit as planned Most found the game too difficult - consider following the year 2 unit of work for this topic Most found the game too easy - consider following the year 4 unit of work for this topic