

lesson objectives:

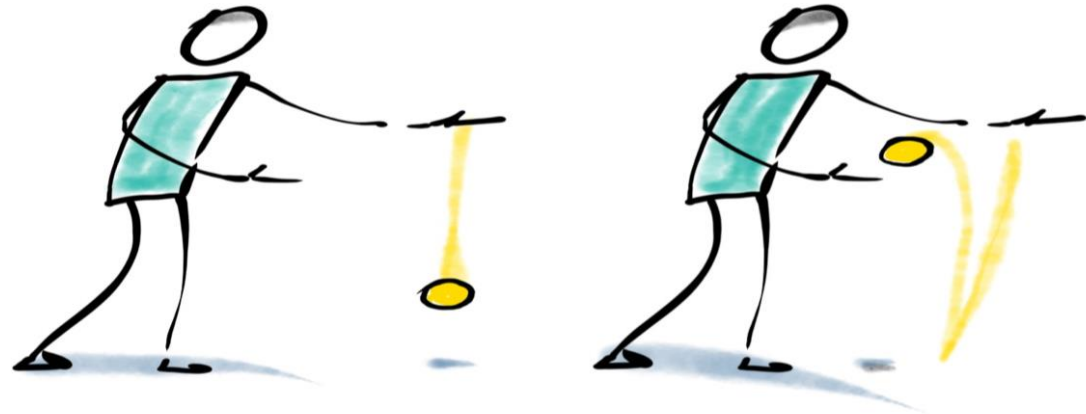
1. Perform the basic skills needed for the games with control and accuracy.
2. Take up space/positions that make it difficult for opponents.

how to set up:

- Pupils work on their own in a space.
- Each pupil needs a tennis ball.

equipment:

- Tennis balls



how to play:

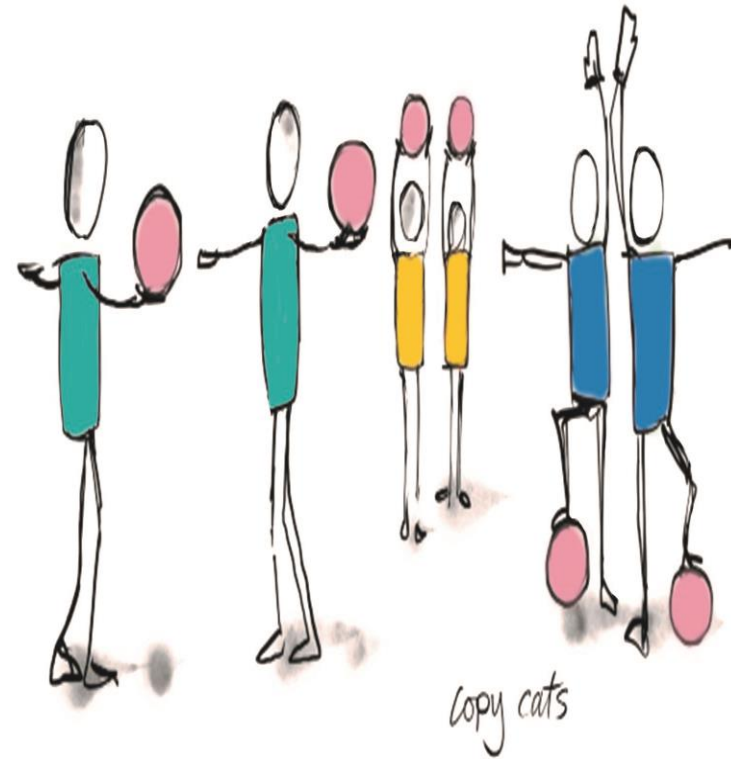
- Pupils should stand, in a space, with the ball in their left hand held out in front of them.
- On the signal "Drop" the children drop their ball to the ground, let it bounce and attempt to catch the ball with their right hand.
- Keep repeating the exercise alternating between left and right hands.

Progression: lower the start point of the drop.

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 play:

- The children work in pairs standing facing each other 2/3 steps apart.
- One child from each pair is the 'Leader'.
- The 'Leader' makes shapes and performs actions with their body staying on the spot.
- Their partner must copy their actions as quickly and closely as possible.
- Swap roles every minute.
- Encourage pupils to think about a wide range of movements, being as creative as possible.

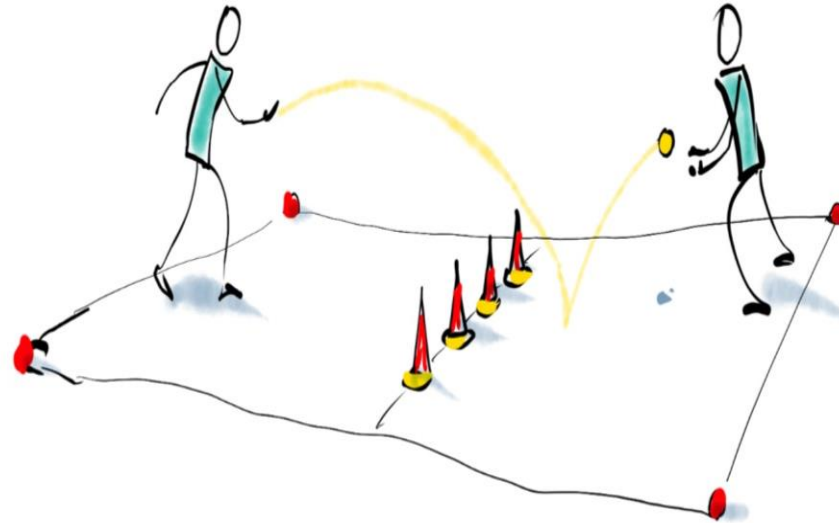


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how to set up:

- Pupils work in pairs for this game.
- The game is played 1 v 1 on a small court.
- Make the courts relatively long and narrow.

**equipment:**

- Tennis balls
- Tennis rackets

how to score:

- Each time a child manages to make the ball bounce twice in their opponent's area they score a point.

how to play:

- The game starts by one pupil throwing the ball over the net/divide with the aim of making it bounce twice in their opponent's side of the court.
- The child receiving the ball aims to catch it before it bounces twice. It is now their turn to return the ball and try to score.

Progression: make the game 2 v 2.

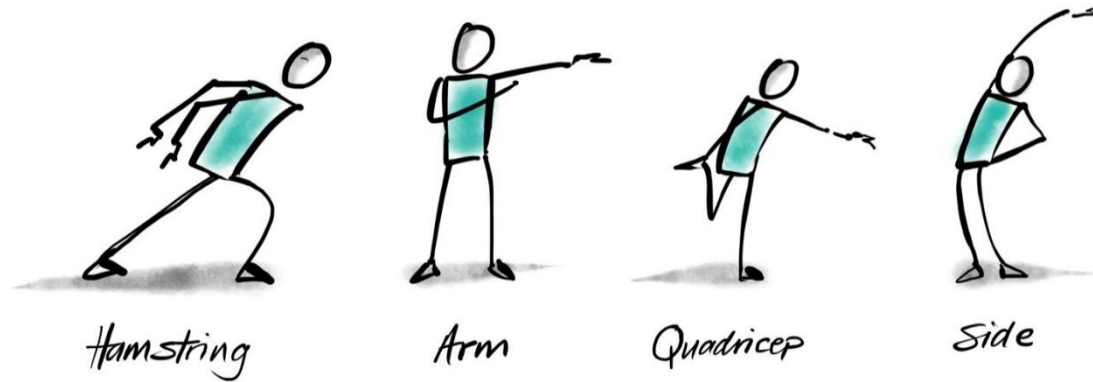
Progression: add a tennis racket. One pupil from each half would be the feeder - throws the ball gently underarm so that it bounces once to their partner, who has the racket, and plays the ball over the net/divide. The feeder on the other side of the net/divide should try to catch the ball before it bounces twice. It is now their turn feed the ball to their partner with the racket for them to return the ball.

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how to set up:

- Ask the children to stand in a semi-circle around the teacher.
- Make sure pupils have a good amount of space around them.

**how to play:**

- Stand in a position where all pupils can see you.
- Show the children a stretch, then they ask them to copy.
- Start at the top of the body and work all the way down the stretching the major body parts - arms and legs.

plenary:

- What did you do well today?
Encourage the children to think of what they did well when playing the games.
- 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 skills do you think you need to work on to 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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