

lesson 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.



equipment:

- Tennis rackets
- Tennis balls

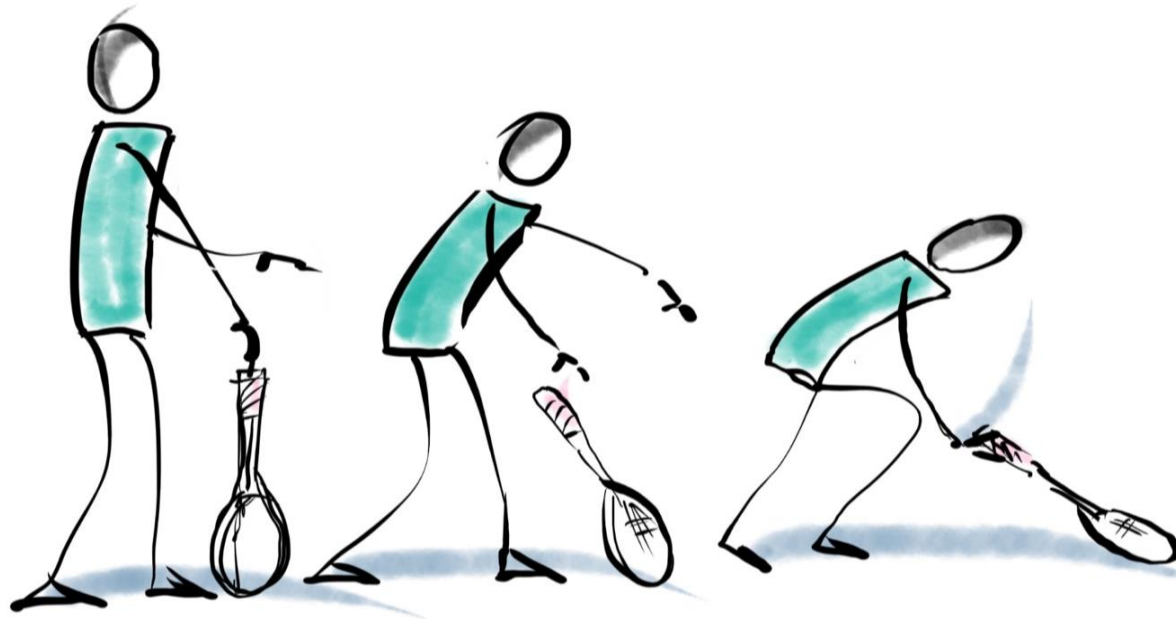
how to play:

- To start, give each pupil a tennis ball and ask them to balance the ball on their open, flat palm of their hand.
- Once they are confident ask them to move around in a space keeping their ball balanced.

Progression: introduce a tennis racket – ask the pupils to complete the same task but this time keeping the tennis ball balanced on the head of the racket.

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.

**equipment:**

- Each child requires a racket.

how to play:

- Give each child a racket and ask them to go find a space.
- In their space the children should place the head of the racket on the floor, with their finger on the top on the handle for balance.
- The aim is to let go of the racket and then catch it before it hits the floor.
- Let the children have a few practices.

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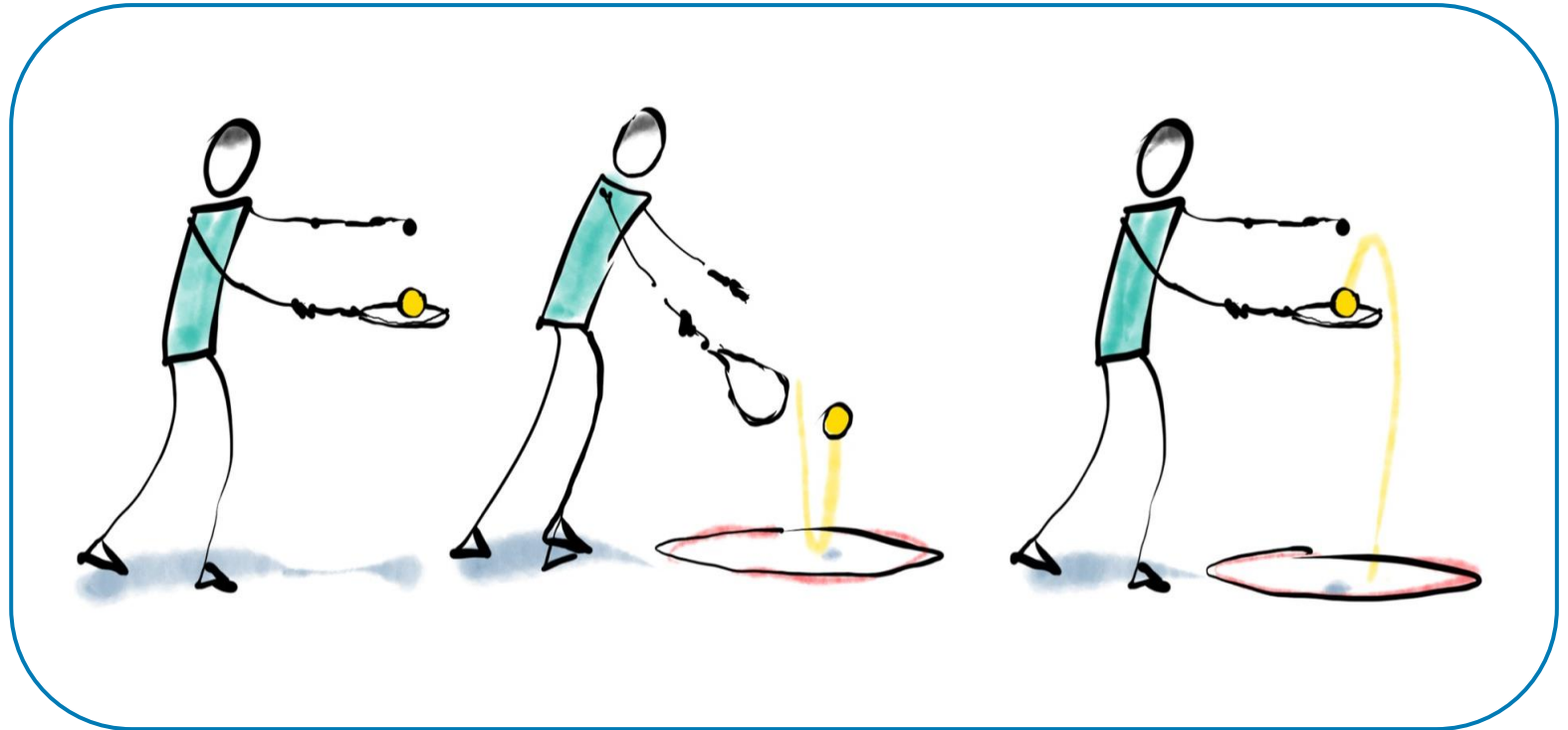
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how to set up:

- Place different sized hoops around the area.
- Ask the children to stand in a space.

equipment:

- Tennis rackets
- Tennis balls

**how to play:**

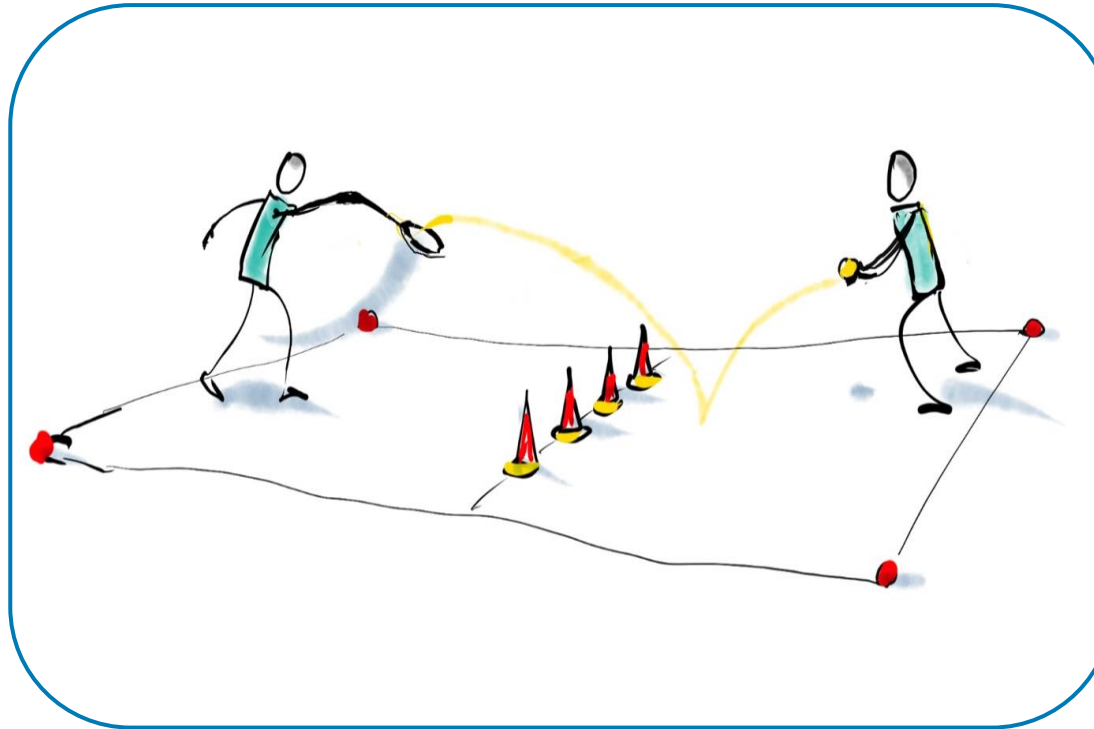
- Ask the children to move around the area with the ball balanced on the racket.
- When they come across a hoop, they must let the ball bounce in the hoop and catch it back on the racket.
- The children should keep moving and try to visit as many hoops as possible.

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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 balls
- Cones

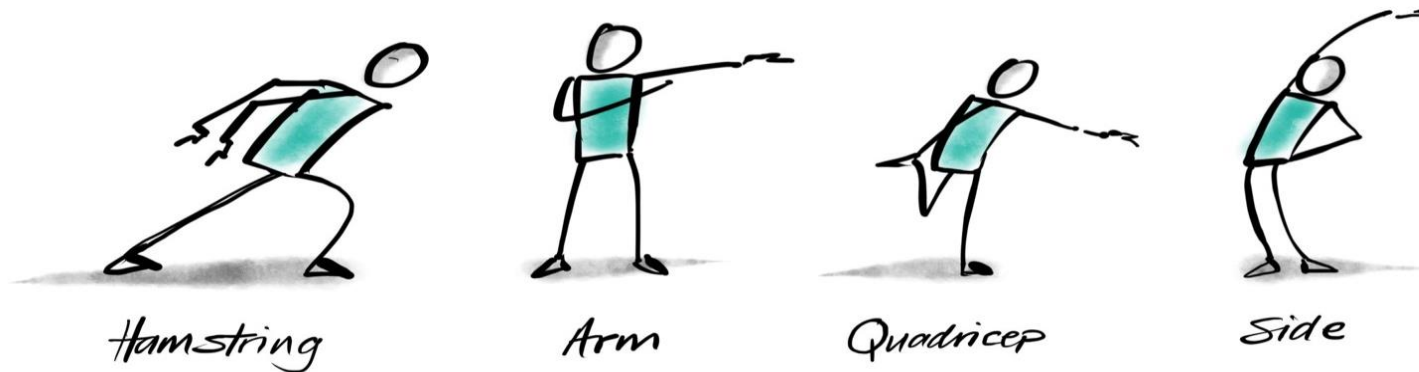
how to play:

- The game is played 1 v 1 on a small court.
- The aim of the game is to throw the ball and get it to bounce twice on your opponent's side.
- Each time a child makes the ball bounce twice they receive 1 point.

Progression: Introduce tennis rackets into the game. Start by having just one child with a racket using their hitting skills, the other child should still work on their throwing and catching skills. Swap roles so each child has a turn with the racket.

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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 is a net/wall game?
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.
- What skills did you use to play the games today?
Encourage the children to think about what they did when playing the game.
- What skills/areas of the game can you improve on?
Encourage the children to think of skills/areas of the game that they could work on to improve their performance.

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