

<p><b>Learning Intentions: (Outwitting An Opponent /Ball Familiarisation)</b></p> <ul style="list-style-type: none"> <li>Show control, coordination and consistency when throwing.</li> <li>To apply simple movements to make space for an oncoming ball.</li> <li>Introduce how we win a game of tennis, thinking about where and why we throw the ball on the court.</li> </ul>	<p><b>Key Vocabulary:</b></p> <ul style="list-style-type: none"> <li>Catch / Underarm / Slow</li> <li>Aim / Ball Control / Accuracy</li> <li>Speed / Control / Cooperate</li> <li>Ball / Rally</li> </ul>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>Marker Cones</li> <li>Hoops</li> <li>Tennis Balls</li> </ul>
<p><b>D.U.C.K:</b></p> <p><b>Activity 1:</b> Split the class into groups of 5/6 children and give each group 1 ball. Each group should find a space and form a small circle with one child standing with the ball in the centre.</p> <p>The child in the middle can throw the ball to any of the children in the circle who must catch it and throw it back to the child in the middle.</p> <p>The child in the centre should keep throwing the ball to different children.</p> <p>Keep changing the child in the centre. <b>(TP 1)</b></p> <p><b>Progression:</b> The children in the circle should start to move around slowly keeping the circle.</p> <p>On the signal 'Change' the children in the circle should start to move in the opposite direction.</p>	<p><b>TP 1:</b></p> <p>Hands ready. Watch the ball. Be ready. Aim your throw. Concentrate.</p>	
<p><b>Activity 2:</b> With a partner in a marked court/area pupils attempt to manoeuvre their opponent using underarm throws using a simple tennis scoring system, ball must leave the hand in an upwards direction, pupils are allowed 1 bounce before catching, ball must land in the marked area. <b>(TP 2)</b></p> <p><b>Progression:</b></p> <p><b>Easier</b> – Make the court/area smaller. Allow the ball to bounce twice.</p> <p><b>Harder</b> – Make the court/area larger.</p> <p><b>Alternate Games:</b></p> <p>* Cross Fire    * Four Targets    * Short &amp; Long</p>	<p><b>TP 2:</b> Starting with feet shoulder width apart. Using quick steps to make space for the ball. On the balls of feet.</p>	
<p><b>Activity 3: 'Cooperative Rallies'</b></p> <p>The game is played in pairs on a small court. Each pair requires 1 tennis ball and a court to work on.</p> <p>The aim of the game is to use throwing and catching skills to keep a rally going for as long as possible.</p> <p>The pairs should stand on opposite sides of the net/divide and throw the ball back and forth over it.</p> <p>The ball is allowed to bounce twice before it is caught as part of a rally.</p> <p>If a rally breaks down, the ball is dropped or bounces more than twice, a new rally starts from zero.</p> <p>Let the pairs rally for 2 minutes.</p> <p>The children are awarded the number of successful throws and catches in their longest rally as points.</p> <p>After the two minutes, ask the children to remember their score and move onto a rally with a different partner for 2 minutes.</p> <p>After another two minutes, stop the children again and ask them to add the number of successful throws from the longest rally they have just had to their first score to get a new overall score.</p> <p>Keep repeating the activity with the children moving around to rally with different partners and keeping their overall score. <b>(TP 3)</b></p>	<p><b>TP 3:</b> Cooperate with your partner. Get into position to catch the ball. Good throws for your partner to catch. Move as quickly as you can. Keep your own score. Use an underarm throwing technique. Hands ready to catch the ball. Watch the ball all the way into your hands to catch it.</p>	
<p><b>Competition: '1v1 Outwitting an Opponent'</b></p> <p>Pupils will now consider their partner as their opponent. <b>(TP 4)</b></p> <p>How does this change the way we play the game?</p> <p>Where will pupils now throw the ball?</p> <p>Pupils must return the ball from wherever they catch it after it has bounced once.</p> <p>If pupils were using a racket this is where they would have to hit the ball.</p>	<p><b>TP 4:</b> Tell pupils that once they have returned the ball, they return (recover) to the ready position at the back of the court, in the middle.</p>	

**Cool Down:**

**Apple Trees:** 1 player starts with 2 balls in each hand (arms stretched out) with a partner facing them (1 big step away). Player drops 1 ball and partner has to try to catch after 1 bounce. Change after 5 attempts.

**Questioning:**

**Activity 1:**

How do we throw the ball?

Where should we throw the ball and why?

What shot does the underarm throw replicate? *Forehand.*

**Activity 2:**

Why do we not stand still in tennis?

Where should we stand?

Why should we throw the ball into spaces?

**Activity 3:**

Where should a tennis player stand when they are waiting for the ball?

*Pupils should stand in the middle of the court.*

Why we stand there?

*So that they can see all of the court and reach anywhere that the ball is hit.*

What happens if we stand too close to the net. What could go wrong?

What is the consequence in a game of throwing the ball out of the court or letting it bounce more than once?

**Competition:**

How can we win a game of tennis?

Why do we need to return (recover) to the middle of the court (baseline) to be ready?

What does the ready position look like?

Where should we throw the ball when we are playing against an opponent?

Why should we throw the ball into spaces?

**Success Criteria:**

**Lower KS2:**

Can pupils throw to their partner's target?

Do pupils adopt the correct underarm throw technique, stepping forwards into the throw?

Are pupils hands ready creating a target?

Do pupils understand where to throw / hit the ball?

Are pupils ready to return the ball?

Can pupils always return to the correct court position and be ready after every shot?

Do pupils understand where we play the ball and why?

Do pupils demonstrate physically and cognitively that they understand how to beat an opponent?

**Health & Safety Considerations:**

Area safe and checked – any hazards removed  
Equipment safe and checked and suitable for participants  
Safety information highlighted to participants  
Suitable clothing and footwear worn by participants

**Other comments:** (Has Injured / Absent / no Kit / SEN/ EAL etc..)

**Plenary:**

**When playing games with a ball what is it important to do?**

Look after the ball – keep it close.  
Keep it under control.

**Why is it important to get used to using and playing games with a tennis ball?**

So you can get used to the ball and be successful at playing games later in the unit.

Demonstrate knowledge of how to run & where to run, while running at different speeds – *Physical – I can perform a small range of skills & link two movements together*

Exploring:

Expected:

Exceeding:

**Apply the correct technique of running as fast as we can in a racing context – *Physical – I can move confidently in different ways***

Exploring:

Expected:

Exceeding:

**To be able to avoid/move away from a defenders, static and moving:**

*Creative – I can begin to compare my movements and skills with those of others*

Exploring:

Expected:

Exceeding:

**Cross Curricular Links:**