

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
3	Tennis	Advanced forehand & backhand volley	9						SEN:
Objectives:	To move to the net following a well-placed volley and understand how this puts pressure on the opponents return. To be able to apply the volley to a competitive doubles game. To be able to umpire and line judge a competitive doubles game.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense	Observe pupils performances	R+ Write down on the board the main mistakes in the drills and Tennis	Science: Energy and waves <u>Objectives:</u> Explain how pressure waves transfer energy: give some uses of them for cleaning and physiotherapy by ultrasound. <u>Student expectations:</u> I can explain that pressure waves move energy around from place to place. I can give some uses of ultra sound.	Socio-cultural issues in sport Students review the positive and negative influences that spectators have on a match or event. Students should now make links on how the performer is affected by these elements. • Positives; ○ Creation of an atmosphere ○ Home field advantage	
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session.	- Hold stretches for 8 seconds. - No bouncing.	↑ Get pupils to incorporate stretching with Racket	Q & A on benefits of stretching and their warm ups				
Forehand / backhand volley	Partner racket feeds ball for worker to volley return deep into opponent's court.	To move to the net following a well-placed volley and understand how this puts pressure on the opponents return.	- Appropriate grip for backhand or forehand grip - turn your side early and plant feet before hitting. - RH – Forehand plant left foot - short backswing - Make contact early - Hold racket tight - Racket swoops low close to ground in time to catch bounce quickly - Little follow through - Aim for low height over net	↑ Partner can move from side to side ↑ Return bad volley ↓ Stationary opponent ↑ Partner moves to either side and you have to react to this ↑ Vary feed / speed of feed / height of speed	⊙ Use the volley evaluation sheets to work together to analyse the strengths and weaknesses in the shot. Q & A: Are the volleys instinctive? ⊙ Use evaluation sheets to help partners enhance Forehand and Backhand volleying skills.	R+ How do you return from a weak return			
	Shot sequence. Underarm serve-groundstroke return-volley (& follow up to net)-continue to play rally out. (discuss closing down angles by moving to the net)	To be able to confidently perform with accuracy, the backhand and forehand volley accurately To further their understanding, knowledge, awareness and mental capacity that the use of angles, slice and spin used by the racket can provide different types movements of the ball To be able to confidently perform with accuracy, this slice and spin from the volley			↑ Increase court size Decrease area ↑ Can only use the forehand and then backhand volley	Q & A: Are they accurate? ⊙ Assess why they were not successful when volleying the ball	R+ How do you bounce back from a loose half volley. ⊖ Define what a good volley would look like?		
	Defend your turf game. Play against your partner in 2 service boxes, one at either side of the net. Score a point by making the ball bounce in opponent's box.				↑ Return bad volley ↑ Increase power of strokes ↑ Ask the students to try to incorporate spin, cut swerve from volleying	⊙ Assess the hand and eye co-ordination when volleying to increase the chances of scoring a point Q & A: Is the speed and height of the volley varied	🗨 Discuss positioning of returns and volleys ⊖ Define what a good shot would be when returning a volley?	Maths: Flow charts <u>Objectives:</u> To be able to use flow charts to classify. <u>Student expectations:</u> I can use flow charts to classify.	• Negatives ○ Increased pressure on athletes ○ Potential for crowd trouble/hooliganism ○ Safety concerns/cost
	Doubles shot sequence. 4 to a court. Play to alternating partners. Slow punch serve-groundstroke return-volley-lob-smash-continue to play rally out.						🗨 Discuss with students the tactics and strategies used when volleying	English: Appreciation of poetry attitudes, purposes and techniques.	Students look at examples of the positives and negatives and where these are in tennis.
Testing and Targets	A feeds to B who uses a volley to kill the shot. 5 attempts and record the attempts	To appreciate how to make adjustments and adaptations when performing the volleys under testing conditions	Use volley skills only	↑ Vary feed / speed of feed / height of feed	⊙ Assess why they did not hit the target accurately	R+ Students become alert to things		Objectives: Read a variety of sporting poems to understand ideas, attitudes, purpose and techniques. Student expectations: Reading for meaning and technique. Information retrieval and inference. Learning new vocabulary and technical terms. Skills: Background reading. Multiple-choice. Self/peer/teacher assessed writing.	
Games	Competitive doubles game with student umpires.	To be able to apply the volley to a competitive doubles game. To be able to umpire and line judge a competitive doubles game. To be able to adapt strategies and tactics used in a singles game and apply them to doubles game.	- Use any shot - Be on toes at all times - Disguise shots - Vary the type of shots you play - Hit weak shots down - Communicate with team mates - Know where the opponent is at all times - Develop techniques, actions, movements and tactics within games - Attack space on opponent court - Attack net from service - Disguise movements, skills spin and shots - Make opponents move around court	↔ Pupils play pupils of equal ability ↓ Decrease size of court ↓ Allow more than one bounce ↑ Increase size of court ↑ Smash poor returns ↑ Win extra points for a return that wins a point ↑ Pupils evaluate the smash and returning techniques Evaluate the volleys used in tennis against their opponents	⊙ Assess the volleying mistakes made in the games ⊙ Mull over why certain players have not attempted a volley (Question resilience) Q & A: Are they performing the volleying skills and techniques in the games at speed	✍ See if the students are outwitting the opponents by the volleys they are playing ✍ Identify how they can outwit opponents through using volleys in doubles ✍ Are they beating the opponent with their slice on the volley? R+ Students share responsibility to win and lose		Students should also look at examples in other sports. Students look at how this affects a performer/team of performers.	
	Leadership & Coaching	Create 2/3 drills to work on the Forehand and Backhand Volleys when mistakes arise within the games	To be able to modify and refine the Forehand and Backhand Volleys	Give clear instructions and teaching points for the Forehand and Backhand Volleys. Give praise	↑ Students look at ways of improving their ground strokes skills with fewer errors	⊙ Coaches assess the volleys ⊙ Coaches instructions and feedback are assessed	R+ Students teach / coach a new skill		
	Officiating	In pairs, Officiate the games	To officiate the game correctly, fairly and accurately. To be able to correctly use the correct signals, comments, scoring and techniques.	Concentrate on each point and court at all times. Use the correct signals. Know the rules. Be fair and constant Score correctly. Use the correct the signals and scoring.	Focus on the rules regarding scoring, service and laws	☑ Analyse strength and weaknesses in signals, calls, fairness and accuracy of decisions	R+ Discuss what each student has learned after facing down a tough situation.		
Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down	↑ Ask pupils questions why a Cool down is essential after exercise	Q & A on the teaching points and objectives of the skill, activity and lesson	Pupils create a new cool down for volleying			
Active lifestyle & Social Guidance		Identify the benefits of playing recreational Tennis							
Equipment		Bats, Hard Tennis Balls, Slow bounce balls, Nets, Teaching card, Digital Camera							
Healthy Lifestyles and well being		Identify the major component of fitness that is essential for a Tennis player							