

LESSON PLAN: NET GAMES-USING HANDS: YEAR 2: WEEK 1

LESSON OBJECTIVES: To catch a flying and bouncing ball consistently. To play a simple game of catch tennis in two's.

WARM UP (10/15 MINS) Domes or dishes?

- Side stepping and skipping into space, freeze on command, encourage children to move in different directions & change speeds.
- Freeze in a space away from others.
- Individual domes and dishes, how many cones can you turn over in a set time? Repeat and try to beat your previous score (turn over one cone at a time).

TASK ONE (15/20 MINS) Me and my ball:

- Individually, with a ball – throw the ball up, let it bounce and catch it. (Use large and small balls that bounce well)
- Repeat again but catch with only weaker hand.
- Challenge – Can you clap your hands before you catch the ball after it bounces?
- Can you drop the ball and clap your hands before catching it?
- Can you clap more than once before you catch the ball?

Develop: Can they jog while dropping and catching the ball?

TASK TWO (15/20 MINS) Bounce away:

- Underarm throw a ball upwards so that it bounces over a line of three cones in front of partner. Partner should try to catch the ball after the first bounce.
- Play for points (make ball bounce more than once on your opponent's side to score a point). Get them to play against another partner after every 5 minutes.
- Repeat using different sized balls, moving away from and closer to the line to make it easier or harder.

Develop. Can you catch the ball with only one hand?

EVALUATION (5/10 MINS)

- How did you manage to catch the ball after it bounced? How did you move your legs? Discuss this with your opponent during and after the match.

EQUIPMENT

- Softballs
- Tennis balls
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Bend knees
- Ready position
- Reaction

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use tennis balls

Catch with weaker hand

LESS ABLE

Use bigger, softer balls

Catch with two hands

INCLUSION: Larger balls, give them less area to travel.

LESSON PLAN: NET GAMES-USING HANDS: YEAR 2: WEEK 2

LESSON OBJECTIVES: To move while catching a tennis ball. To learn and play a simple game of catch tennis in two's.

WARM UP (10/15 MINS) Fruit collecting:

- Side stepping and skipping into space, freeze on command, encourage children to move in different directions & change speeds.
- Freeze in different spaces away from others.
- Cones spread around area, some with tennis balls placed on them. How many balls can you collect and place on another cone? (One ball at a time).

TASK ONE (15/20 MINS) Me and my ball:

- Individually, with a ball – throw the ball up, let it bounce and catch it. Use large and small balls that bounce well.
- Repeat again but catch with only weaker hand.
- Challenge – Can you clap your hands before you catch the ball after it bounces? Can you clap more than once before catching the ball?
- Can you do any of the above while moving?
- Can you pat the ball on the floor repeatedly while standing still?

Develop: Can you pat the ball down on the floor repeatedly while moving?

TASK TWO (15/20 MINS) Bounce away:

- Underarm throw a ball upwards so that it bounces over the line, in front of partner. Partner should try to catch the ball off the first bounce.
- Play for points (make ball bounce more than once on your opponent's side to score a point). Get them to play against another partner after every 5 minutes.
- Repeat using different sized balls, moving away from and closer to the line to make it easier or harder.

Develop. Can you catch the ball with only one hand?

EVALUATION (5/10 MINS)

- How did you manage to win points against your partner?

EQUIPMENT

- Softballs
- Tennis balls
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position
- Reaction
- Movement

DIFFERENTIATION/HOMEWORK

MORE ABLE	LESS ABLE
Use tennis balls	Use bigger, softer balls
Let the ball bounce while moving	Catch bouncing ball after two bounces
Catch ball with one hand, Catch with weaker hand	

INCLUSION: Larger balls, give them less area to travel.

LESSON PLAN: NET GAMES-USING HANDS: YEAR 2: WEEK 3

LESSON OBJECTIVES: To move while collecting items. To learn the game of catch tennis in 4s (2 v 2).

WARM UP (10/15 MINS) Fruit swapping:

- Each pupil has a tennis ball and attempts to pat it on the floor while walking or standing still.
- On the call of 'change' pupils swap balls with someone else.
- As above but place the ball on the floor when you reach someone, so they have to bend their knees to pick it up.
- Can they do the above while skipping?

TASK ONE (15/20 MINS) Catch from the apple tree:

- One pupil drops a ball from shoulder level in front of them that their partner must catch it after one or two bounces from three steps away (they can only move once their partner releases the ball). Swap roles after 2 minutes before trying again and attempting to catch the ball after only one bounce if possible.
- Can you catch the ball with only one hand?
- Can you clap your hands before you catch the ball?

Develop: Can they catch the ball with their weaker hand?

TASK TWO (15/20 MINS) 2v2 throw tennis:

- Working with a partner against two other pupils with six cones to mark the net.
- Pupils must throw the ball underarm over the net for someone on the other side to catch after it bounces.
- Play for points (make ball bounce more than once on your opponents' side to score a point).
- Get them to play against another pair after every 5 minutes.

Develop. Can they catch the ball with only one hand?

EVALUATION (5/10 MINS)

- How did you manage to win points against the other pair? How do you respond to a ball thrown in your direction? Discuss during and after the games.

EQUIPMENT

- Softballs
- Tennis balls
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position
- Reaction
- Movement
- Teamwork

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use tennis balls

Let the ball bounce while moving

LESS ABLE

Use bigger, softer balls

Stand closer to the net during task 2

INCLUSION: Larger balls, hit from closer distance.



LESSON PLAN: NET GAMES-USING RACKETS: YEAR 2: WEEK 4

LESSON OBJECTIVES: To control a ball using a racket. To hit a bouncing ball to a partner.

WARM UP (10/15 MINS) Ready:

- Each pupil skips around the space holding a racket. On the teacher's call of 'ready' they must stand in a ready position while holding their racket (knees bent, feet shoulder length apart and head straight).
- Pupils can then jog or sidestep and pivot around the area until they hear the call of 'ready'.

TASK ONE (15/20 MINS) Bouncing egg:

- Each pupil has a ball and a racket. Practise bouncing a ball up and down while walking/moving around the area.
- Hit ball upward with racket after each bounce.
- Can you do this repeatedly while walking?
- Can you do this at least three times in a row?
- How many times can you hit the ball after it bounces once in one minute? Repeat to see if they can beat their previous score.

Develop: Can you hit the ball with both sides of your racket?

TASK TWO (15/20 MINS) Hit and catch:

- Can they drop the ball then hit it with a racket after it bounces with to their partner who is opposite them standing three/four steps away? Partner receiving the ball attempts to catch it.
- Each player has five attempts before swapping roles, repeating this process for several minutes.
- Can they hit the ball onto the ground so that it bounces once before their partner catches it?

Develop: Can they hit the ball back that is thrown by their partner?

EVALUATION (5/10 MINS)

- How did you manage to hit the ball consistently towards your partner?

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Tennis rackets

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position
- Reaction
- Forehand
- Connect with middle of racket

DIFFERENTIATION/HOMEWORK

MORE ABLE

Use weaker hand

Hit a moving ball during task 2

LESS ABLE

Use bigger, softer balls

Stand closer to your partner

INCLUSION: Larger balls, hit from closer distance.

LESSON PLAN: NET GAMES-USING RACKETS: YEAR 2: WEEK 5

LESSON OBJECTIVES: To hit the ball into a target. To create a hitting rally with a partner using a racket.

WARM UP (10/15 MINS) Bouncing egg:

- Each pupil has a ball and a racket. Practise bouncing a ball up and down while walking/moving around the area.
- Hit ball upward with racket after each bounce.
- Can you do this while walking?
- Can you use both sides of your racket?

TASK ONE (15/20 MINS) Feed the hippo:

- Can they drop the ball and then hit it with a racket after it bounces into a hoop that is two/three steps away? Their partner stands on the other side of the hoop also from two/three steps away and attempts to catch it the ball after it bounces.
- Each player has five attempts before swapping roles repeating this process for several minutes.

Develop: Can they hit the ball into the hoop from further away?

TASK TWO (15/20 MINS) Rally over a line:

- Working in pairs with a racket each, a ball and three/four cones to mark out a net.
- Count how many hits you can achieve with your partner while hitting the ball over the net to each other (ball must bounce before it is hit).
- Play for five minutes before they change partners and repeat the game.

Develop: Can they play standing further away from the net?

EVALUATION (5/10 MINS)

- Discuss how you managed to maintain a rally with your partner.

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Tennis rackets
- Hula hoops

KEYWORDS/PHRASES

- Head up
- Eyes focused on ball
- Ready position
- Reaction
- Contact in middle of racket

DIFFERENTIATION/HOMEWORK

MORE ABLE	LESS ABLE
Use tennis balls	Use bigger, softer balls
Hit into smaller targets	Hit into bigger targets
Hit with alternate sides of the racket	Have no limit on amount of bounces between each hit

INCLUSION: Larger balls, hit from closer distance.

LESSON PLAN: NET GAMES-USING RACKETS: YEAR 2: WEEK 6

LESSON OBJECTIVES: To create a hitting rally with a partner. To set targets in order to improve your rallying skills.

WARM UP (10/15 MINS) Bouncing egg:

- Starting individually with a ball and racket each pupil attempt to achieve as many hits in a row on their racket without the ball touching the floor.
- Working in pairs, pupil 1 does tap ups in a defined area and Pupil 2 counts. After 1-minute change roles and continue counting
- Compete against other pairs.

TASK ONE (15/20 MINS) Yoyo tennis:

- Working in pairs with a ball between two. Pupils stand two steps away from their partner.
- Can you hit the ball to each other repeatedly using your hands? Count the number of each rally.
- Can you do this using a racket?

Develop: Can you and your partner alternately hit the ball into a hoop?

TASK TWO (15/20 MINS) Five in a row:

- Working in pairs with a racket each, a ball and three/four cones to mark out a net.
- Count how many hits you can achieve with your partner while hitting the ball over the net to each other.
- Award a cone for a pair every time they complete five or more hits in a row. Play for five minutes to see how many cones each team have before playing again to see if they can beat their previous score.

Develop: Change partners and repeat the game.

EVALUATION (5/10 MINS)

- Discuss what steps are needed in order to maintain a rally with your partner.

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Tennis rackets
- Hula hoops

KEYWORDS/PHRASES

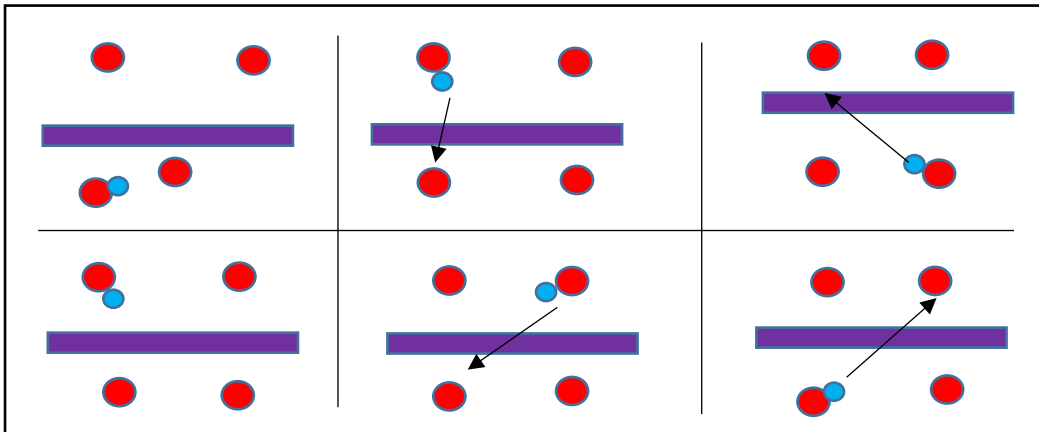
- Head up
- Eyes focused on ball
- Ready position
- Reaction
- Rally
- Contact in middle of racket

DIFFERENTIATION/HOMEWORK

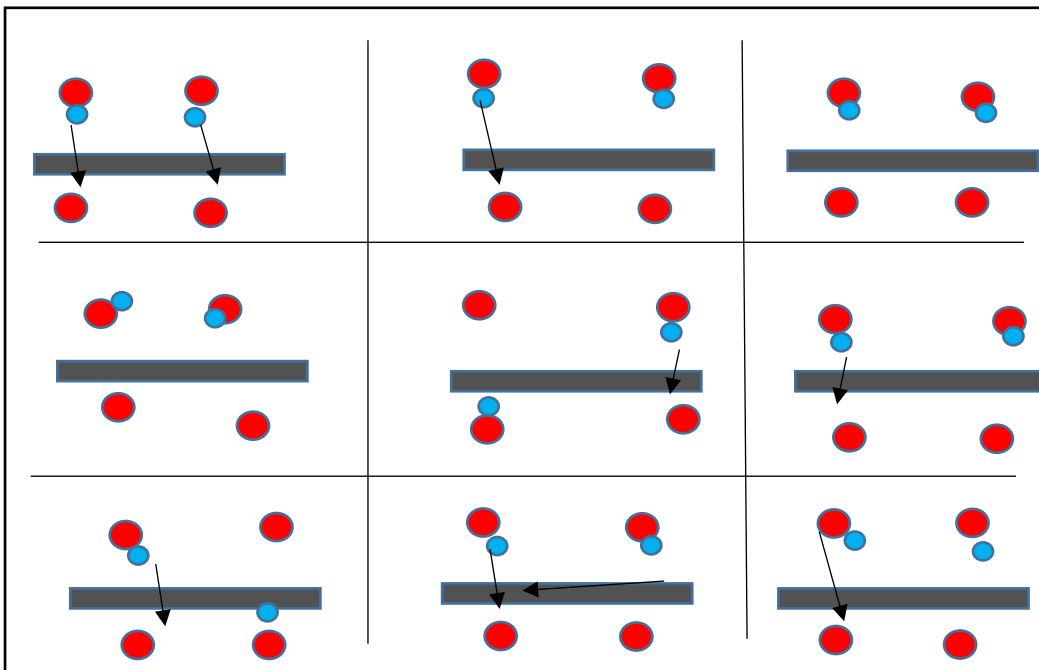
MORE ABLE	LESS ABLE
Use a hoop as a target during task 1	Use bigger, softer balls
Stand further away from the net	Stand closer to the net
Set higher rally targets	Set lower rally targets

INCLUSION: Larger balls, hit from closer distance.

2V2 THROW TENNIS - CONES/BENCH, PLAYERS, BALLS



RALLY OVER THE LINE - STUDENTS, NET, BALLS



YOYO TENNIS - BALL, STUDENTS

