

LESSON PLAN: NET GAMES-USING HANDS & RACKET: YEAR 3: WEEK 1

LESSON OBJECTIVES: To move safely in a confined space with a range of objects. To practise sending and receiving to catch a beanbag. To move quickly in different directions.

WARM UP (10/15 MINS) Strong hand, weak hand:

- On command, walking/ jogging, changing direction, touch floor with hands.
- Can you sidestep In and out of markers? On the teacher's call of 'freeze' stop and stand still in different spaces away from others.
- Sidestep and touch a cone every time you approach one. Use strong and weak hand to touch cones.
- Can you touch one colour cone and then move/touch another?

TASK ONE (15/20 MINS) Flying beanbag:

- Throwing and catching, two handed, then one handed.
- Throwing & catching on the move. Can you do this with the weaker hand too?
- Throw beanbag on the floor and collect, bending your knees.
- Find a partner, one beanbag between two: Throw beanbag into space, partner collects then throws for the other to collect.

TASK TWO (15/20 MINS) Beanbag tennis:

- Place the pupils in pairs and ask each pair to set out a small court/square using four cones, with a line of four cones in the centre.
- Both players stand at the baseline of their side of the court in a balanced ready position.
- When you say, "Play!" the pupils take it in turns to throw a bean bag over the barrier, landing as far from their opponent as possible but still within the court. The player on the receiving side travels to pick the bean bag up as fast as possible and returns it over the barrier as far from their partner as possible.
- Players must always face the barrier, travelling backward, sideways or forward before returning to the marker as fast as possible and taking a balanced ready position.
- The aim of the game is to get back to the ready position on your side of court before your opponent has picked up the bean bag and passed it over their head. Play for points.
- The first player to five points wins.
- The pupils play against someone else, trying to beat their previous score/performance.

EVALUATION (5/10 MINS)

- What tactics did you use to move quickly in different directions? Discuss with partner.

EQUIPMENT

- Beanbags
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the beanbag
- Ready position
- Reaction
- Quick feet
- Bend knees
- Fingers spread

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Use tennis balls in task one

Play in a smaller square

Play in a larger square

Star one/two points in front of their partner

Try catch it/throw it with one hand

INCLUSION: Give them less area to travel.



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

LESSON OBJECTIVES: To move safely in a confined space with a range of objects. Practise sending and receiving to catch a ball from a rebound. To create a short rally whilst hitting a ball against a wall.

WARM UP (10/15 MINS) Strong hand, weak hand:

- On command, walking/ jogging, changing direction, touch floor with hands.
- Can you sidestep In and out of markers? On the teacher's call of 'freeze' stop and stand still in different spaces away from others.
- Sidestep and touch a cone every time you approach one. Use strong and weak hand to touch cones.
- This time turn every cone you approach the opposite way up, so it looks like a dome or a dish.

TASK ONE (15/20 MINS) Balance the egg:

- Give each pupil a tennis racket and beanbag. Balance a bean bag on your tennis racket while walking in and around of grid scattered with cones whilst avoiding others.
- Can you do the above while walking around each cone going from colour to colour?
- Can you do the above with a tennis ball?
- Can you bounce the tennis ball with your racket?

Develop: Can you move without the tennis ball falling off your racket?

TASK TWO (15/20 MINS) Off the wall:

- Hit your tennis ball against the wall then stop or catch it from the rebound. Players can also hit the ball against the floor and catch it.
- Can you catch the ball after only one bounce with the hand that isn't holding the racket?
- Can you hit the ball after it rebounds off the wall/floor?
- How many times can you do the above to create a rally?
- Repeat and try and beat your best score.

EVALUATION (5/10 MINS)

- What tactics did you use to hit the ball against the wall successfully?

EQUIPMENT

- Softballs
- Tennis balls
- Rackets
- Beanbags
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Contact with middle of the racket

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Use tennis balls

Use bigger, softer balls

Let the ball bounce while moving

Play task 2 closer to the wall

Produce rally's off the wall

INCLUSION: Larger balls, give them less area to travel. Hit the ball along the floor to the wall so it is easier to stop after the rebound.



LESSON PLAN: NET GAMES-USING HANDS & RACKET: YEAR 3: WEEK 3

LESSON OBJECTIVES: To move safely in a confined space avoiding others. To play a simple game of catch tennis in pairs.

WARM UP (10/15 MINS) Ball collector:

- 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) Up and catch:

- 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 drop the ball, let it bounce and catch it on the racket?
- How many times can they catch the ball after it bounces with their racket in a row?

Develop: Can you hit the ball up with your racket, let it bounce and then catch it with the racket?

TASK TWO (15/20 MINS) One bounce:

- Put the pupils in pairs and tell each pair to set out a small court/square using four cones, with a barrier of four cones in the centre.
- 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 opponents' side to score a point). Teams play for five minutes before finding a new opponent.
- Repeat using different sized balls, moving away from and closer to the line.

EVALUATION (5/10 MINS)

- What strategies can you use to make scoring points against someone easier?

EQUIPMENT

- Softballs
- Tennis balls
- Rackets
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Hands ready
- Fingers spread
- Movement

DIFFERENTIATION/HOMEWORK

MORE ABLE	LESS ABLE
Use tennis balls	Use bigger, softer balls
Let the ball bounce while moving	Play task 2 in a smaller area
Use a racket in the last task	

INCLUSION: Larger balls, hit from closer to the net.

LESSON PLAN: NET GAMES-USING HANDS & RACKET: YEAR 3: WEEK 4

LESSON OBJECTIVES: To react quickly to catch the ball. To play a simple game of catch tennis (2 v 2).

WARM UP (10/15 MINS) Ball collector:

- Side stepping forwards, walking and side stepping backwards into space, freeze on command, encourage children to move in different directions & change speeds.
- As above with some pupils carrying tennis balls. When you have a ball, you must hand it to someone else and go looking to collect a ball from someone when you haven't got one.
- As above but place the ball on the floor when you reach someone, so they must bend their knees to pick it up.

TASK ONE (15/20 MINS) Reaction ball:

- One pupil stands in a scarecrow position with a ball in each hand and drops one of the balls from shoulder level and their partner must catch it after one or two bounces moving from two/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.
- Repeat but the ball catcher must balance on one foot while waiting for a ball to be dropped.

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

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

- Working in groups of four with two players on either side of the net that is marked out by cones.
- Play for points (make ball bounce more than once on your opponents' side to score a point).
- Teams play for five minutes before finding a new opponent.
- Allow a break for pairs to discuss tactics before they play another opponent.

EVALUATION (5/10 MINS)

- With your partner, discuss ways on how they can improve your performance.

EQUIPMENT

- Softballs
- Tennis balls
- Cones

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Quick feet
- Hands Ready
- Hit into space

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Catch from further away during task 1

Use bigger, softer balls

Play on a larger court during task 2

Play on a smaller court during task 2

Catch with weaker hand during task 1

Closer distance during task 2

INCLUSION: Larger balls, hit from closer to the net.

LESSON PLAN: NET GAMES-USING HANDS & RACKET: YEAR 3: WEEK 5

LESSON OBJECTIVES: To learn how to hit the ball with your hand or racket. To create a hitting rally with a partner. To hit towards a target.

WARM UP (10/15 MINS) Bounce about:

- Practise bouncing a ball up and down while walking/moving around the area.
- Hit ball upwards with your hand after each bounce.
- Use both hands one after the other while hitting the ball upward after each bounce.
- Move by walking, jogging, sidestepping or walking backwards while bouncing and keeping control of the ball.
- Change the action on the command of the teacher, e.g. ready, left hand, right hand, both hands, alternate hands, skipping, hopping, at the side.

TASK ONE (15/20 MINS) Into the hoop:

- Can you drop the ball then hit the ball with your hand or a racket to your partner? Try it 10 times then swap roles.
- Can you hit the ball along the floor with a racket to your partner?
- Can you hit the ball, so it bounces to your partner?
- Each pair with a hoop in between them attempt to hit their ball into the hoop. Teams keep score on how many times they can achieve this.
- Repeat the above and try to beat your previous score.

Develop: How many times can you hit the ball into the hoop and to each other in a row? (Rally)

TASK TWO (15/20 MINS) Rally ball:

- One player underarm throws a ball over a net so that it bounces. Partner uses their hand or racket to hit the ball upwards, over the net to bounce in front of partner, who tries to catch it. Try it 10 times then swap roles.
- As hitting skills improve encourage pupils to keep a rally going with both players hitting the ball over the net.
- Give them a break to discuss how to improve their rally score.

EVALUATION (5/10 MINS)

Discuss and create ways you can hit the ball consistently to your partner.

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rackets
- Hoola hoops

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Contact in middle of the hand or racket
- Strategies

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Use tennis balls

Use bigger, softer balls

Hit from further away

Stand closer to your partner

Play 2v2 hand tennis

INCLUSION: Larger balls, hit from closer to the net.



LESSON PLAN: NET GAMES-USING HANDS & RACKET: YEAR 3: WEEK 6

LESSON OBJECTIVES: To create a hitting rally with a partner. To play a competitive game of tennis with hands or rackets.

WARM UP (10/15 MINS) On my racket:

- Each pupil has a ball and a racket and practise bouncing a ball up and down while walking/moving around the area.
- Hit ball upwards with your racket after each bounce.
- How many times can you hit the ball upwards after each bounce?
- Can you hit and catch using both sides of the tennis racket?

TASK ONE (15/20 MINS) Floor tennis:

- Working in pair's pupil 1 rolls the ball along the floor to one side of Pupil 2 who is in the ready position with a racket. Pupil 2 stops the ball on the appropriate forehand or backhand side with the racket face behind the ball; then pushes it back. Pupil 1 catches the ball and rolls it again.
- After 5 pushes pupils change roles. Encourage using 2 hands on the backhand side.
- As above but pupil 2 pushes the ball back without stopping it first.
- Floor Tennis Rally - both pupils with rackets push the ball along the floor to each other between 2 cones (2m apart).

TASK TWO (15/20 MINS) Rally ball:

- One player underarm throws a ball over a net so that it bounces. Partner uses their hand or racket to hit the ball upwards, over the net to bounce in front of partner, who tries to catch it. Try it 10 times then swap roles.
- As hitting skills improve encourage pupils to keep a rally going with both players hitting the ball over the net.
- Can they play a match against each other? Play for points (make ball bounce more than once on your opponents' side to score a point).
- Allow them to discuss tactics before playing against a new opponent.

EVALUATION (5/10 MINS)

How did the games compare? Which did you find more difficult to play?

EQUIPMENT

- Softballs
- Tennis balls
- Cones
- Rackets

KEYWORDS/PHRASES

- Head up
- Eyes on the ball
- Ready position
- Reaction
- Contact in middle of the hand or racket

DIFFERENTIATION/HOMEWORK

MORE ABLE

LESS ABLE

Use tennis balls

Use bigger, softer balls

Let the ball bounce while jogging

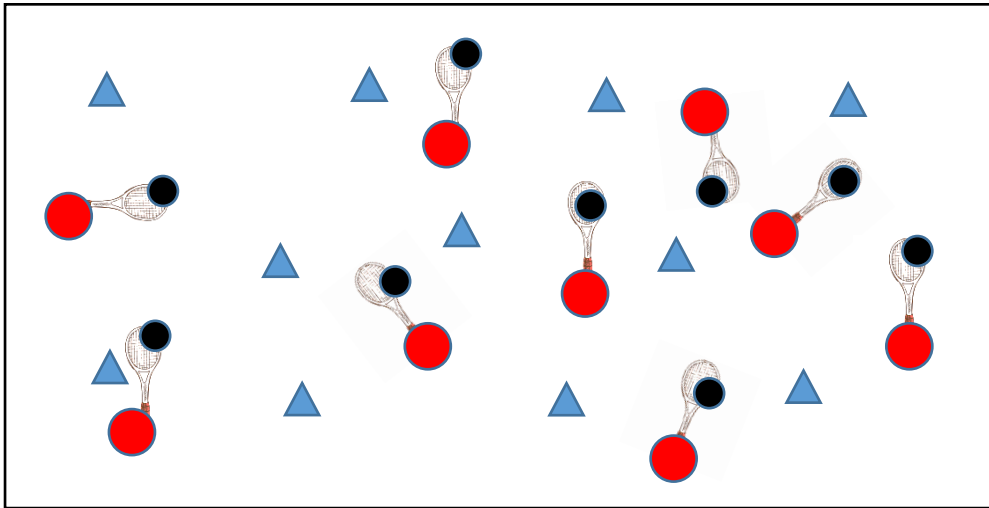
Play game in a smaller area

Play 2v2 hand tennis

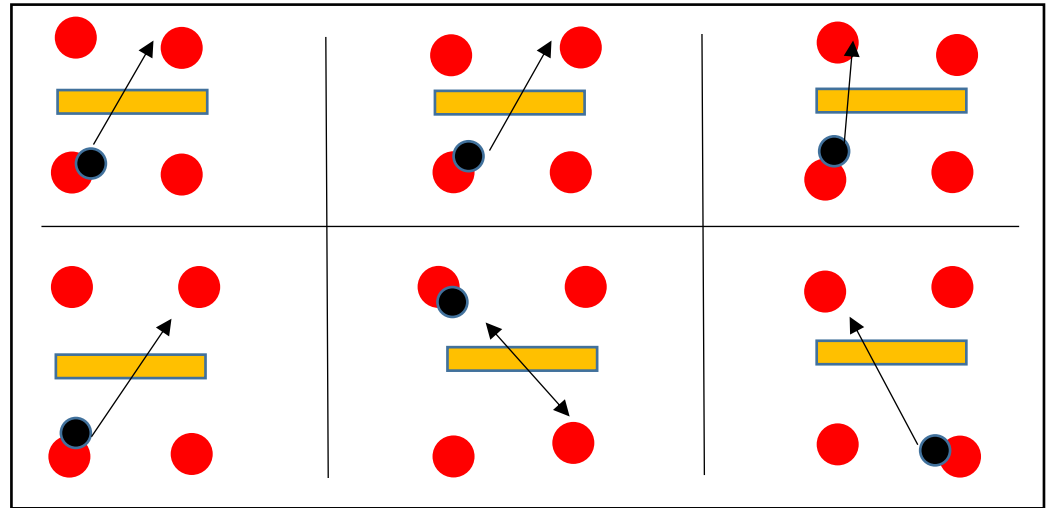
INCLUSION: Larger balls, hit from closer to the net.



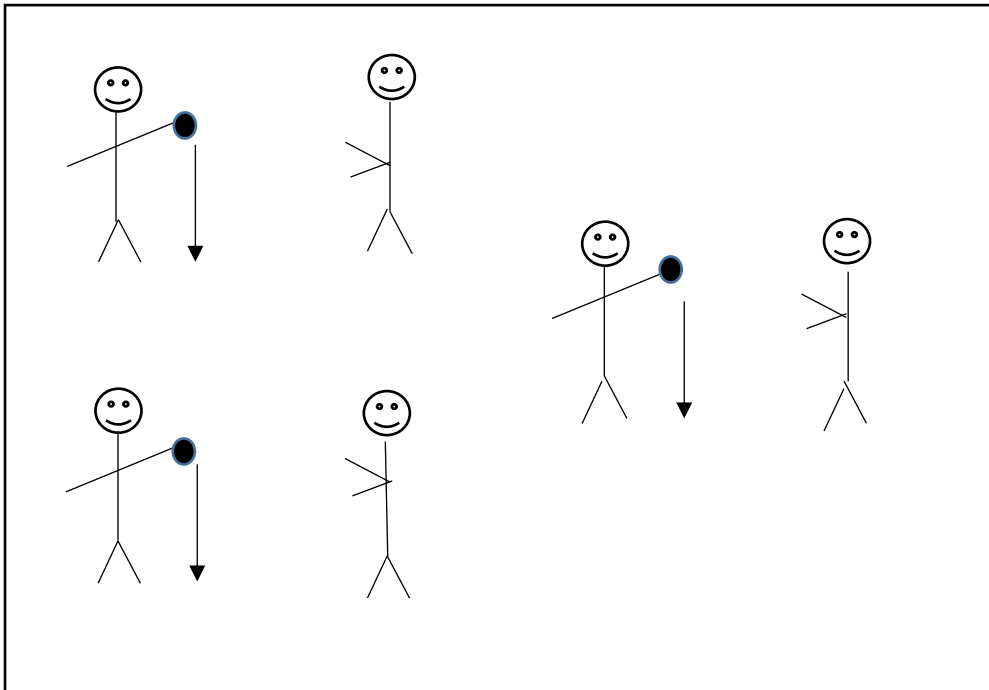
DOWN THE LINE – STUDENTS, CONES, BALL/BEANBAG, TENNIS RACKET



MINI TENNIS - STUDENTS, BALL, BENCH



REACTION BALL – BALL



RALLY BALL/ONE BONCE – STUDENTS, CONES, BALL/BEANBAG, TENNIS RACKET

