

Year 4 - Development of Net & Wall Games

Tennis & Badminton - Lesson Plan

PLAYING
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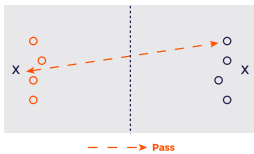
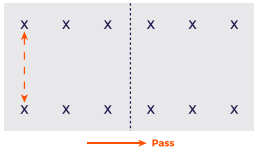
Lesson Objective	To develop the technique of various shots that can be played in tennis	Lesson 1/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Know that if the ball goes to the other side of their body that they need to play a backhand shot • Move towards the ball and be able to play a shot to get the ball back towards their partner	
Adapted Learning (Differentiation) (Challenge)	Reduce the area, use larger balls / bean bags to encourage success.	
Key Questions	What is the ready position? How do we play the forearm shot?	
Warm Up	Ball Familiarisation: In pairs, one person with racket, other person is feeder, feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.	
Main Activity	Racket Control Challenges: Ensure all of the children have a racket and a ball each in a space. Demonstrate to the children the different challenges they children can try and master in this activity (see overleaf). Children are only allowed to move up a level when told they are ready to do so by one of the teachers/coaches. West Or East: This activity is designed to develop the children's ability to move effectively around the court whilst holding a racket. Ask all of the children to form a single file line in the centre of your playing area, all facing the same way. Mark out two lines of cones either side of the children and call one 'West', the other 'East'. When the leading adult calls out either West or East. The children must run to that line and place the correct foot over it - then return to their starting point! Children should place opposite feet over the line. Tap Up Tennis: One ball and racket per child - children to hit the ball up on the racket continuously - How many can you do? Q - What's important in order to make sure we keep hitting the ball on the racket? In pairs - one ball per pair, both with racket - children to now take it in turns to hit the ball up and then keep the ball going, can only bounce once before hit again.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Ready Position: This is the position the children should adopt when waiting to return a shot - knees bent, body balanced, racket in front of the chest and eyes forward. Forearm: Stand sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball.	

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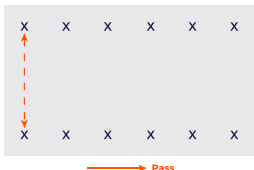
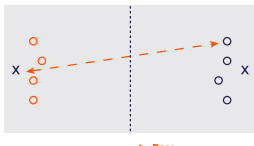
Lesson Objective	To develop hitting the ball over a net in tennis	Lesson 2/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Hit the ball over a short distance towards a target area • Know to swing their racket from low to high and leave racket facing towards the target area	
Adapted Learning (Differentiation) (Challenge)	Reduce the area, use larger balls / bean bags to encourage success.	
Key Questions	How do we play the forearm shot?	
Warm Up	Ball Familiarisation: In pairs, one person with racket, other person is feeder, feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.	
Main Activity	 Target Tennis: Set up a marker the children must hit their ball behind and scatter cones in between these two cones, the children should face each other. The children take it in turns to hit the ball (either forehand or backhand) and aim to hit one of the cones between the two players. You keep what you hit! The child with the most cones wins.  The Longest Rally: Children are to work on half a court, two at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving ball. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the ball bounce twice or lands out of bounds.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Forearm: Stand sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball.	

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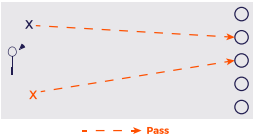
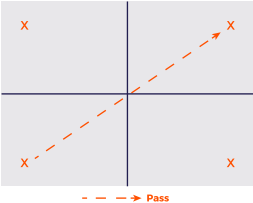
Lesson Objective	To develop playing short rallies in tennis over a net with a partner	Lesson 3/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: • Play short rallies with a partner over a net • Move towards the ball and be able to play a shot to get the ball back towards their partner	
Adapted Learning (Differentiation) (Challenge)	Reduce the distance between players ,use larger tennis balls.	
Key Questions	What is a rally?	
Warm Up	Ball Familiarisation: In pairs, one person with racket, other person is feeder, feeder throws the ball to partner alternating between f/h and b/h side partner to let the ball bounce and then hit the ball back to partner as confidence builds children with racket to hit the ball back without letting it bounce. Change person with the racket etc.	
Main Activity	  Rally: 1. Children in pairs, one racket and two balls per pair. One person with racket the other is feeder. Feeder stands just out from partner's racket. Feeder drops ball out in front of person with racket who then performs the forehand shot, after five goes swap. 2. Feeder to now under arm throw ball in from 3m away from partner - standing opposite partner 3. Set up an end zone behind where feeder is standing - aim is for partner with racket to try and play forehand shot in to end zone. 4. Set up two boxes in the corners of the end zone, partner hitting now needs to try and aim their shots to hit the corner boxes. 5. Partners to practice rallying using the forehand shot between each other. Rally with partner. Target Tennis: Set up a marker the children must hit their ball behind and scatter cones in between these two cones, the children should face each other. The children take it in turns to hit the ball (either forehand or backhand) and aim to hit one of the cones between the two players. You keep what you hit! The child with the most cones wins.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Rally: A sequence of back-and-forth shots between players, within a point.	

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Lesson Objective	To develop the backhand grip in badminton	Lesson 4/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	Children can: • Know how grip the racket for a backhand shot using the 'thumb grip' • Know how to use a badminton racket to balance a shuttlecock • Know how to adopt the ready position	
Adapted Learning (Differentiation) (Challenge)	Children can move closer or further depending on success rate.	
Key Questions	When do you play the backhand shot?	
Warm Up	Throwminton: This helps the children think about where they should play shots and encourage the use of the spilt step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.	
Main Activity	 Skill Acquisition – Backhand Shot: In pairs, children serve the shuttle high in the air towards the back of the court, partner aims to hit the shuttle as backhand back towards their partner.  Name Your Spot: Place 4/5 hoops/objects out for every two children. The children take it in turns to take three shots. The children take it in turns to take three shots. They must describe to their partner which hoop/object they are aiming for.  Get It In The Box (Best Of 3): Set out four boxes together with cones – with a child in each box! The aim of the game is to serve the shuttlecock into the box that is diagonally opposite you. Each time it is a child's turn they get four attempts to hit the shuttlecock into their opponent's box.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Backhand: Hold the racket as you would on a forehand grip. Turn the racket anti-clockwise so that the V shape moves leftwards. Place your thumb against the back of the handle.	

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Lesson Objective	To develop changing the grip from forearm to backhand in badminton	Lesson 5/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	Children can: • Change from backhand "thumb" grip to forehand "v" grip • Use a badminton racket to balance a shuttlecock with both grips • Return to the ready position after each shot	
Adapted Learning (Differentiation) (Challenge)	Children stay with forearm grip and practice that.	
Key Questions	What grips do we need in badminton?	
Warm Up	Throwminton: This helps the children think about where they should play shots and encourage the use of the split step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.	
Main Activity	Forearm/Backhand: In 3's children stand in a triangle, one player stands at the point of the triangle with a racket, stood in the ready position. Other players take it in turns to throw the shuttle to the side of player one. Player 1 adjusts their grip and plays forearm shot on one side, and backhand shot on the other. Rotate roles. Get It In The Box (Best Of 3): Set out four boxes together with cones – with a child in each box! The aim of the game is to serve the shuttlecock into the box that is diagonally opposite you. Each time it is a child's turn they get four attempts to hit the shuttlecock into their opponent's box (2 forearm and 2 backhand). The Merry-Go-Round: Split your class into as many courts as you have. Each group divides by two and sets up in two single file lines, either side of the net. The challenge of the merry-go-round is to see if the group can keep the shuttlecock up in the air together, one child starts by serving over the net. They then must run around and join the queue the other side in time to play their next shot! Children should aim to hit their shots high to give the next player more time. This can be done in lines if you don't have enough nets or space.	
Cooldown	Recap and discuss Success Criteria.	
Backhand Lift	Forearm: • Place your playing hand on the handle as if you are shaking hands with it • There should be a V-shape in between your thumb and your index finger • The racket handle should rest loosely in your fingers for greater flexibility Backhand: • Hold the racket as you would on a forehand grip • Turn the racket anti-clockwise so that the V shape moves leftwards • Place your thumb against the back of the handle	

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Lesson Objective	To develop the specific footwork needed when playing badminton	Lesson 6/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	Children can: • Know to be in a position to consistently return a shuttle • Perform a series of movements whilst retaining their balance • Complete a split-step (ready position)	
Adapted Learning (Differentiation) (Challenge)	Group by ability, vary the distance in which children travel.	
Key Questions	What is the split step?	
Warm Up	Forearm/Backhand: In 3's children stand in a triangle, one player stands at the point of the triangle with a racket, stood in the ready position. Other players take it in turns to throw the shuttle to the side of player one. Player 1 adjusts their grip and plays forearm shot on one side, and backhand shot on the other. Rotate roles.	
Main Activity	Split Step: Pupils work in pairs facing each other. One pupil holds a bean bag (or shuttle) and is the "leader" The "chaser" must follow. The "leader" throws the beanbag, and the "chaser" tries to catch it and return it. Split Step In Pairs: In 3's have two flat markers either side of the player with the racket. Player 2 & 3 take it in turns to throw the shuttle towards the flat marker, as player 1 chasse steps towards the shuttle and passes back. Repeat on opposite side. Get It In The Box (Best of 3): Set out four boxes together with cones - with a child in each box! The aim of the game if to serve the shuttlecock into the box that is diagonally opposite you. Each time it is a child's turn they get four attempts to hit the shuttlecock into their opponent's box (2 forearm and 2 backhand). Half-Court Singles Matches: Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to 5'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Split Step: • One foot chases the other but never quite catches up • Feet don't have to be parallel to each other for a chasse	