

Year 2 - Intro to Net & Wall Games

Lesson Plan

Lesson Objective	To hold a tennis racket correctly and be able to balance a ball on their racket	Lesson 1/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know what hand they will mostly hold their racket in and be able to hold racket at the bottom of the grip• Know where they need to hold their racket in relation to the body	
Adapted Learning (Differentiation) (Challenge)	Reduce the area, use larger balls / bean bags to encourage success.	
Key Questions	How do we hold a racket?	
Warm Up	West Or East: <p>Children stand in a 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 Coach 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. Children have racket in their hand when playing this game.</p>	
Main Activity	 <p>Egg & Spoon (Tennis Style): Split your class into groups of no more than four. Give them a racket and a ball each. For this activity they will play Egg & Spoon (but with a racket and ball instead). Children must balance the ball on the racket head and run to their teammate and hand them the shuttle.</p> <p>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.</p> <p>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.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Grip: Place your hand on the racket so that the V formed by your thumb and forefinger.	

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Lesson Plan

Lesson Objective	To hit a bouncing ball towards a partner	Lesson 2/6
Equipment Needed	Tennis rackets, tennis ball, cones, markers, bean bags, sponge tennis balls, hoops.	
Success Criteria	Children can: <ul style="list-style-type: none">• Be in balanced position when hitting the ball• Have their racket back before the ball has bounced• Have the strings of their racket facing their partner	
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	Egg & Spoon (Tennis Style): <p>Split your class into groups of no more than four. Give them a racket and a ball each. For this activity they will play Egg & Spoon (but with a racket and ball instead). Children must balance the ball on the racket head and run to their teammate and hand them the shuttle.</p>	
Main Activity	Ball Familiarisation: <p>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.</p>  <p>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.</p>  <p>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.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Forearm: <p>Stand sideways to the ball, racket strings facing forward, eyes on the ball, racket swings from low to high position to hit ball.</p>	

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Lesson Plan

Lesson Objective	To introduce the ready position and be able to volley a ball from a self-feed	Lesson 3/6
Equipment Needed	Volleyballs, hoops, cones, volleyball net, balloons, soft balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Stand in the ready position and move towards the ball• Have a wide base and be low to the ground• Understand that the power for the dig comes from the legs and not the arms• Understand when the dig/forearm pass is needed to be played	
Adapted Learning (Differentiation) (Challenge)	Use balloons or lighter balls to encourage success.	
Key Questions	What is the ready position?	
Warm Up	<p>Knee Tig:</p> <p>In 2's children must take up the 'ready position' and with the hands in the middle of their bodyline, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly.</p>	
Main Activity	<p>Overhead Throw:</p> <p>In pairs facing each other, players throw the ball two handed overhead and into the ground. The ball should then bounce up and reach the other player. Encourage children to step onto dominant foot when releasing the ball. Receiving player to catch the ball at its highest point with their fingertips if possible.</p> <p>The Volley:</p> <p>Introduce the volley. In pairs practice the volley by having one person throw the ball to themselves and then volley to their teammate, who catches the ball. Repeat. PROGRESSION: Player volleys the ball from a feed thrown by their partner.</p> <p>Volley Rally:</p> <p>Children will now be ready to try and rally the ball between them and their partner. Children stand no more than five steps away. Start with a gentle throw and see how many continuous VOLLEYS each partnership can do.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Ready Position:</p> <p>Children have their knees bent, feet shoulder width apart, chest facing forward. Children have their hands in a neutral position in front of the body.</p>	

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Lesson Plan

Lesson Objective

To develop the ready position and be able to dig/forearm pass a ball from a self-feed

Lesson 4/6

Equipment Needed

Volleyballs, hoops, cones, volleyball net, balloons, soft balls.

Success Criteria

Children can:

- Have a wide base and be low to the ground
- Understand that the power for the dig comes from the legs and not the arms
- Understand when the dig/forearm pass is needed to be played

Adapted Learning (Differentiation) (Challenge)

Use balloons or lighter balls to encourage success.

Key Questions

What is the dig?

Warm Up

Knee Tig:

In 2's children must take up the 'ready position' and with the hands in the middle of their bodyline, try and tag their partner's knee. Encourage players to be light on their feet, in order to move quickly.

Main Activity

Straight Arm Catch:

Put the children in pairs. Once they have found their own space in the hall, they will practice throwing and catching the volleyball with a straight arm catch (Coach will demonstrate). Swap after five goes each.

The Dig:

Reintroduce the dig shot. In pairs or groups practice the dig shot by having one person throw the ball and the other person trying to dig it back to them.

Dig - Volley Rally:

Children will now be ready to try and rally the ball between them and their partner. Children stand no more than five steps away. Start with a gentle throw and see how many continuous DIG / VOLLEYS each partnership can do. Encourage children to extend both legs and arms on contact and face the direction in which they want the ball to travel. Swap who plays the 'volley' and 'dig'.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Dig:

Place the back of the right hand on top of the palm of the left hand with thumbs together, hold arms out straight in front elbows locked. Hands start low in front of the body and move up to strike the ball with lower forearms.

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Lesson Plan

Lesson Objective

To throw a ball in dodgeball

Lesson 5/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Attempt to grip the ball and throw it with some control
- Throw the ball with good technique
- Throw the ball with accuracy

Adapted Learning (Differentiation) (Challenge)

Group by ability, use different sized balls.

Key Questions

How do we throw the ball?

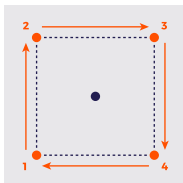
Warm Up



Throwing:

In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.

Main Activity



Hit The Spot:

In a 10x10m area, players are situated at a ball placed on a cone. There is a ball sat on the cone in the middle of the area. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the middle of the area. The first player to do this is the winner and shouts 'DODGEBALL' All players run round.



Dodgeball Benchball:

Each team will have a bench at the back of their court. If they hit somebody on the other team, they must go to the bench. To be set free they must catch a ball thrown from their teammates. The team to get everybody to on their bench first wins.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Grip the ball between fingers and thumb
- Raise arm at shoulder height behind the head
- Elbow should be slightly bent
- Step towards target with opposite foot and release the ball at side of head

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Lesson Plan

Lesson Objective

To develop the catching technique against faster balls

Lesson 6/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Get into the 'ready position' (knees slightly bent, feet shoulder width apart, hands out)
- Keep your eyes on the ball all the time
- Pull the ball into your body as you catch

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

How do we catch the ball?

Warm Up

Dodger In The Middle:

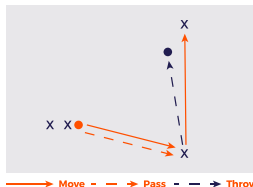
In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many time the dodger is hit. Swap roles and play for a further two minutes.

Main Activity



Catching:

In groups of four. Children stand opposite each other. Two on one side and one on the other side. Practice an overarm throw to each other. They must pass and follow the ball.



Throw, Catch, Aim:

In groups of four, the ball is passed (and caught) by the player who then aims at a target at the other end of the court. Ball is retrieved, and players rotate round, and the drill is repeated.

Doctor Dodgeball:

Each team chooses a doctor, the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Be in the 'ready position' (knees slightly bent, feet shoulder width apart, hands out)
- Keep your eyes on the ball all the time
- Bring ball into your body as you catch