



Health Smart Virginia - Sample Lesson Plan

Grade Level 9

Unit **Tennis Skills**

SOLs:

- 9.1 The student will perform all basic movement skills and demonstrate movement and biomechanical principles in a variety of activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, individual performance activities, and games and sports (net/wall, striking/fielding, and goal/target(s)).
 - Demonstrate proficiency in in the skill of striking and hitting a tennis ball in the correct space.
 - Implement a practice plan to show improvement of personal skills through practice, correction and reassessment.
- 9.2 The student will explain the structures and functions of the body and how they relate to and are affected by human movement.
- 9.4 The student will explain and demonstrate the skills needed to be safe, responsible, and respectful in all physical activity settings.

Title: **Striking/Volleying**

Objectives/ Goals:

The student will ...

- Be able to demonstrate a proper warm-up.
- Be able to demonstrate efficient hand-eye coordination skills.
- Be able to properly strike a tennis ball with a tennis racquet and hit it to the designated area.
- Be able to explain skills and movement needed to strike a tennis ball correctly.
- Be able to demonstrate responsible behavior and proper etiquette on the tennis court.

Materials:

- Aluminum Tennis racquets
- Cloth/Net tennis racquets
- Tennis Balls – Regular and Low Bounce (Bright colored)
- Balloons (Modification for practice striking)
- Cones or larger targets or for APE students
- Tennis nets or portable nets to provide modified net heights

Procedure:**5-10 Minutes**

- Students will enter the gym, get their assigned pedometers, change clothes, and once coming back into the gym get a racquet and birdie and practice self-volleying until everyone is out of the locker rooms. Students will participate in a brief warm-up (jogging and stretching) around the tennis court to familiarize themselves with the area.

10 Minutes

- Students will be given an introduction to tennis rules and etiquette to include diagram of the court, rules for scoring, proper hand grip on the tennis racquet and proper striking techniques.

5-10 Minutes

- Students will work with a partner on hand eye coordination activities such as bouncing the ball up and down on the racquet in sequence, bouncing the ball at a low and high level on the racquet, and bouncing the ball on the white line repeatedly.

5-10 Minutes

- Students will participate in a class contest on hand eye coordination skills. Challenge the students to improve their score each time, increasing the number of volleys without losing control of the ball.

20-30 Minutes

- Students will go with a partner or small group a practice skill of striking the tennis ball, using proper grip, focus on striking in the center of the racquet, and body movement and placement to strike the ball correctly.

15 Minutes

- Students will work with teacher in small groups to reinforce proper skill and allow for formative assessment of student's skills.

5-10 Minutes

- Students will then get a chance to practice volleying and striking back and forth with a partner before the end of class.

Modifications:

- Student will follow all directions given to the entire class.
- Student can have a separate racquet that is larger, shorter and lighter.
- Student will have access to larger, lighter ball if necessary or balloon for more success.
- Student can work with a tethered ball or low bounce ball to prevent losing control of the ball.

- Student can work with a peer or instructional assistant to have the ball tossed to them.
- Offer the student choice of equipment and extensions of skills/tasks to give them more opportunities to participate.

Assessments, References & Sources:

- <https://ghr.nlm.nih.gov/condition/williams-syndrome>
- http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml
- Meredith Morton -Quick and Easy Modifications to Support Inclusion of Students with Disabilities in PE.
- <https://www.pecentral.org/lessonideas/SearchResults.asp>