

~ Collaborative Grant ~
Instructional Plan / Lesson Plan

Instructional Area: (x) Leisure () Daily Living () Community

Ability Level: (x) Emerging (x) Developing (x) Mastery

Topic / Skill Outcome: Racquet Sports

Graduation Standard: Communication, Personal Resource Management, Social Studies, Math & Science and Physical Education / Rec & Leisure.

Purpose of Lesson / Objective:

To increase active participation in indoor recreation racquet sports/activities by learning how to strike an object with a racquet.

Materials / Equipment / Environment:

Wide open space with high ceilings, various racquets and balls, a net, solid walls and marked lines.

Group Size: 2-8

Time Required: 30 minutes / flexible

Lesson Procedure:

Review gripping a racquet. Demonstrate forehand swing with racquet in hand. Allow students to practice gripping and swinging racquet. After students have mastered the swinging and gripping technique. Demonstrate gripping, swinging and striking a stationary ball or birdie. Allow each student to practice this technique. Next, practice striking ball or birdie toward solid wall. Note: Developing level may strike moving ball or birdie and Mastery level may strike moving ball or birdie back and forth against solid wall. Final step would be to begin a game with a partner or team.

Carry Over / Related Activities:

Mini Golf, Badmitten, Ping Pong, Pickle Ball, Tennis and swinging a bat through off a tee.

Supporting Activities / Possible Adaptations:

Place a target on the wall or large container near wall for students to aim towards when striking and retrieving balls to maintain attention. Allow students to strike underhand or over hand. Let them bounce object first then hit. Use different tactile equipment.

Strategies for Participation:

Contests and Tournaments.

Student Reaction / Evaluation:

“Play of the Day”, Record number of times hit object forehand, underhand, backhand or overhead, number of times hit to a partner and how many bounces before they strike at the object.

Lesson Support:

Sportsmanship, hand-eye coordination, lifelong sport, physical activity, provides sensory input, team building skills, positive social interaction, strategic planning and self-esteem.