

Recreation & Leisure
Lesson Plan—Mastery
Tennis

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Tennis

Learning Area(s):

- Communication
- Social Studies
- Physical Education / Recreation & Leisure
- Personal Resource Management
- Math & Science
- Literacy

Purpose of Lesson / Objective:

- Further develop partner skills in a game of tennis while correctly performing the forehand, backhand and volley

Materials / Equipment / Environment:

- Tennis racquet
- Tennis balls
- Hitting wall
- Court with a net and lines

Group Size: 4-8 **Time Required:** 30 minutes (flexible)

Lesson Procedure:

1. Have students locate the court
2. Have the students review all court lines, by standing on them (doubles and singles games)
3. Practice bouncing the ball on their own racquet- working on keeping a straight arm- 10 times- switch arms
4. Practice bouncing the tennis ball and hitting it off the wall-10 times- using correct form for the forehand and backhand strokes
5. Warm-up with a drill from the instructor: one line is formed on one side of the net, starting at mid court, instructor feeds the student the ball, student returns the ball over the net, using forehand or backhand to hit the ball in a hula hoop targets located on the other side
6. Same drill: starting from the service line
7. Pair up students with a partner and have them practice their volley at the midline and service line
8. Have the students properly and safely put their equipment away
9. Have the students share one positive comment about their partner or themselves on today's lesson

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Carry Over / Related Activities:

- Racquet sports: Badminton and Ping-Pong
- Agility/Shuttle runs: for quick feet
- Swinging a bat for keeping arms straight.

Supporting Activities / Possible Adaptations:

- Smaller/Larger Court Area
- Lighter/tactile Balls
- Lighter or larger racquets
- Watch a video on tennis
- Power point presentation of tennis skills and terms

Strategies for Participation:

- Prizes
- Tournaments/Contests

Student Reaction / Evaluation:

- “Play of the Day”
- Record how much assistance needed
- Number of forehand and backhand hits to target
- Number of volley’s with a partner/against the wall
- Have the students record personal opinion

Lesson Support:

- Each student will be at various ability levels it is important that the instructor adapts to students individual need
- Concepts to be talked about and modeled include: sportsmanship, positive social interactions