

Give Tennis a Shot - Cardio Tennis Sample School Lesson Plan #2

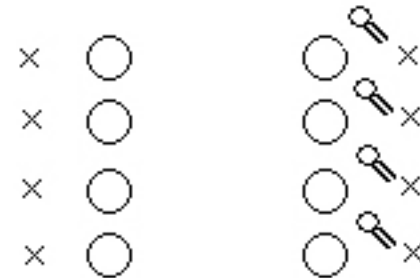
45 Minutes

Gr. 1-3

1) 5 Minute Warm-Up

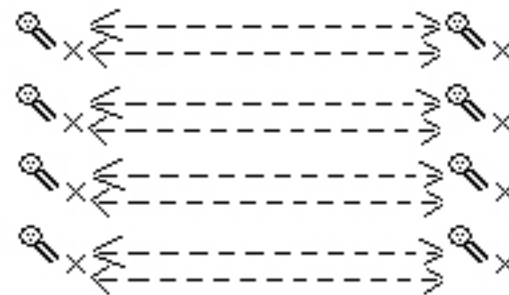
- Running on the spot kicking heels back to warm up quads.
- Jumping march including swinging arms.
- Big core turn with straight arms.
- With a partner, students roll ball through partners legs while it is retrieved and partners switch
- With partner, students each have ball on ground and roll it with their foot to their partner and the same time. They should switch feet each time they send and receive ball

Station #2 - Students line up behind a hoop. Their partner will stand across from them, behind a hoop. One partner will toss the ball on one bounce to their partner. The other partner has a racket, and will attempt to hit the ball into their partners hoop. With each successful ball into the hoop, the partner that tossed the ball must do 5 jumping jacks. Students rotate hitting and tossing after every 2 shots.



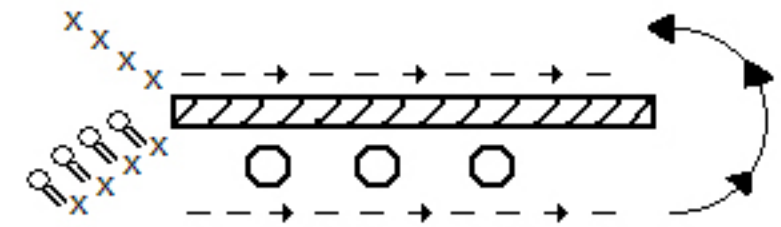
- *Variation - Partner with racket self bounces ball and tries to hit it into target hoop
- Both partners have rackets and continuously hit ball back and fourth, until one gets it into hoop

Station #3 - Students start standing beside their racket on the ground with three balls on the strings. They shuffle sideways to their partners racket and pick up one ball. They will shuffle back to their own racket and put the ball down on the strings, before shuffling back to the partners racket to pick up another ball. The first student to get all 6 balls on their strings wins.



- *Variation - Add or subtract one ball

Station #4 - Students line up in two lines on either sides of the net. One has a racket and one has a bean bag. Students are about 3-5 steps away from the net. Bean bag is underhand tossed over the net, where students with racket tries to catch bean bag in the middle of the racket. 3 toss and catch sequences are done while moving sideways, followed by going to the back of the line where they will switch tasks.



- *Variation - 3 Forehand side only
- 3 Backhand side only
- One step closer/further away from net

3) 5 Minute Cool Down

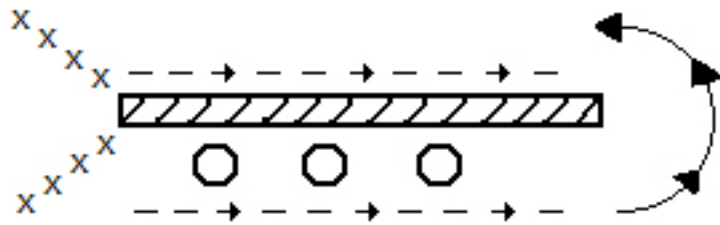
Game - Follow the Leader

Every student has a ball and racket. Students will spread out around the gym. The leader is the coach, teacher or selected student. All students must watch the leader, and follow their ball control actions. Actions can include:

- bounce ball on racket, followed by let ball bounce on the ground once. Repeat. Use FH/BH grip
- continuously bounce ball on racket and see who can do it the longest.
- continuously bounce ball down on the ground, without losing control.
- rotate bounces, one on FH side and one on BH side continuously
- control bouncing ball on the ground continuously, while slowly walking around gym

2) 30 Minute Cardio at Stations

Station #1 - Students line up in two lines on either side of the mini net. With a partner, one student tries to toss the ball into the designated target, while the other partner catches it and tosses it back. There are three targets, allowing each student to have three attempts before switching. Students should constantly be side shuffling their feet.



- *Variation - One partner uses a racket to hit ball into hoop
- Both partners use rackets