

Give Tennis a Shot - Cardio Tennis Sample School Lesson Plan

45 Minutes Gr. 1-3

1) 5 Minute Warm-Up

-Jump over and back on a line on the floor start slow and gradually speed up

-Jump side to side over a line on the floor start slow and gradually speed up

-Start with one foot over line and one foot behind line. Jump and switch. start slow and gradually speed up

-Shadow big swing forhands and backhands without racquet in hand. Take 3 steps to each side, than swing arm.

*At this point after warm up is complete, students should be broken up into 4 groups of ideally 5-7 in each group

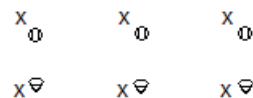
2) 30 Minute Cardio at Stations

Station #1 - 4 hurdles will be lined up with students behind them. Students will balance bean bag on racquet while jumping over each hurdle.



*Variation - Balance ball on racquet
-Jump over with one foot
-Place agility ladder beside hurdles

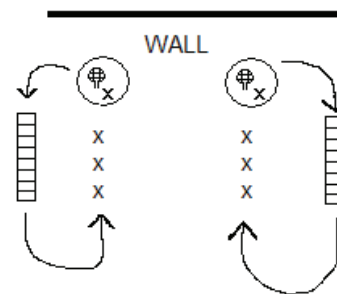
Station #2 - students line up with a partner approx 5 steps apart. One partner has a ball, other partner has a cone. Partner with ball tosses it with one bounce and other partner with cone tries to catch it in the cone. Partners switch tossing and catching after each attempt.



Students keep score of how many times they are able to catch the ball in the cone.

*Variation - Stand further back (extra 1-2 steps)
-Try to catch ball without bounce

Station #3 - students line up in 2 lines. Place hoop on the ground to indicate where they will serve from. After serve, they go through the agility ladder, to the back of the line.



*Variation - Overhand serve
-Underhand serve

Station #4 - Students walk through circuit without dropping bean bag off racquet.



Be sure to send each student through the circuit when the students ahead of them reaches the first cone. This will ensure maximum movement for all participants.

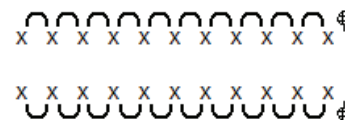
*Variation - students try to maintain balance of bean bag while running

- hopping on one foot
- using a ball
- running backwards

3) 5 Minute Cool Down

Game - Caterpillar

Students line up in two teams. First student on each team holds racquet with ball on strings. The first team to pass the racquet through their entire team, without letting the ball fall off, earns one point. Play to 5 points.



*Variation - All students have racquets and they must only pass the ball to the student beside them until it reaches the end of the line, without being dropped. If dropped, they must start from the front of the line.