

Lesson plan: Bench Tennis

Striking and fielding games - unit 1

Learning outcomes

Children will practice their skills of bouncing, throwing and catching. Children will begin to understand that when working with a partner they can work both cooperatively and also compete against their partner. Children will play a game using both of these techniques. Children will be able to invent a simple fielding game which they will then teach to their partner.

Resources needed

Balls of various sizes - one for every child, Obstacles over which to throw balls - benches, sticks across skittles, boxes, skipping ropes etc.

Lesson summary**Warm up**

Ask children to find a space and sit down. Recap quickly on the importance of warming up their bodies, how their body changes during exercise and why exercise is fun and good for them.

Ask children to choose a partner and explain that they will warm up by playing Follow my leader - Children will take turns to be the leader. The teacher gives a movement and the leader moves in that way but varies the movement for their partner to copy. e.g. The teacher may say 'jump' and children would move in this way but find different ways of jumping for their partner to copy.

Give children a variety of movements but start with more gentle movements like walking and progress to the more energetic such as jumping in order for the body to warm up gradually.

Introductory Activity and Experimentation

Ask children to take a ball and experiment with ways of bouncing, throwing and catching it. Challenge them to bounce the ball harder, or throw it higher in order to make the task harder or to choose a smaller ball. For those children who have difficulty encourage them to choose a larger ball. Choose two children to demonstrate what they have done and get the rest of the class to describe what they see.

Can they repeat these activities using their stronger hand or their weaker hand? How many times can they catch a ball before they drop it? Move around the children reminding them to keep their eyes on the ball and to cup their hands around it, drawing it into their bodies when they catch it. Ask children to find a partner and to put one ball away. Ask them to throw the ball to their partner using an underarm throw so that their partner can catch it. If they miss the ball tell them to move nearer and if they find the task easy to move further away.

Skill Building

Explain to children that when working with a partner they can work cooperatively or compete against their partner. Discuss what this means. Tell them that they are going

to play a game called Bench Tennis (See Teacher Factfile) and that they will use both these ways of working. Ask the children to work cooperatively in the first part of this session. They need to throw so that their partner catches the ball every time. Challenge them to see how many times they can throw and catch the ball in one minute. Ask them to repeat the activity. Did they manage to throw and catch more times the second time?

Put out a variety of obstacles for children to throw the ball over and let the children spend a few minutes throwing over one type of obstacle before they move on to another. Next tell children that you want them to compete against their partner. This time they have to try to catch the ball more times than their partner. They score a point every time they catch the ball. First person to score five points is the winner.

Coach children on how to improve their skills by considering the best place to stand to catch the ball, making sure they watch the ball and are always ready to catch and thinking about how they will change their throw depending upon whether they are cooperating or competing.

Concluding Activity

For this activity children will work alone. They will need a ball and should take another piece of apparatus of their own choice. Explain to children that the aim is to make up their own game that involves throwing and catching. Encourage children to think of a way that they can score points in their game. Let children spend a few minutes inventing and playing their game then ask them to find a partner. They should then take turns to teach their game to a partner.

Cool Down

Ask children to stand in a large class circle. Remind them of the game Tinker Tailor learnt in earlier lessons and the actions that accompany it. (See Teacher Factfile). Say the rhyme a few times with children doing the appropriate actions.

Extension activities

Children could draw a poster to present the rules of their game. Camera pictures could be added.

ICT opportunities

Children could record how many times they can bounce or catch a ball in 1 minute. Results of multiple attempts could be entered into Excel and a bar chart created from it. Progress over time could then be considered.

Assessment cues

Are children able to throw and catch a ball of appropriate size for their ability?
Do children understand the difference between working cooperatively with and competing against their partner?
Can children invent a simple individual fielding game?