

Public Tennis Red Ball Pilot Lesson Plan #6

Introduction

Welcome, nametags, greet, engage, informal warm-up. Not idle!
"Final Session!" (address Parents and Children)

Step 1: Theme, Vocabulary

Today's theme and tennis phrase is "physical fitness". Fitness covers a lot of ground and includes strength, flexibility, agility, coordination, endurance, balance, and more! Physical fitness affects our ability to perform and achieve in sports like tennis. It also affects our overall health and how long we live!

Step 2: WarmUp

Do a group warmup which reinforces some of the aspects of fitness mentioned above. For example, connect stretching with flexibility. Emphasize coordination and cardio fitness by doing fast feet while juggling a ball from hand to hand. Do a series of balance exercises starting with one-foot balance and adding arm movements. Get creative...

Step 3: Skills, Activities, Games

Skills and Games (Week 6 is a continuation of Week 5 Activities)

- Safety before starting! Emphasis on safety (pick up stray balls, careful with racquets/swings, spacing, etc.).
- Divide players among 3 or 4 portable net courts. During the activities below, rotate players so they get to work with new players and new coaches periodically.
- Review/Play: "Triangles" and/or "Code Breaker" (see lesson plans for last 2 weeks)
- Team Competition: Compete with drop hit (or underhand toss by player or coach) to start each point
 - THIS IS THE MAIN ACTIVITY TODAY
 - Play small area singles, then doubles, numbers-permitting
 - Understand basic fundamentals of competing ... consistency, moving opponent, footwork(!), etc.
 - Rotate opponents, *focus on fun, fair competition (not on results)*

Step 4: Review & Cheer

CHEER: "Play Tennis! Hit to be Fit!"

Step 5: Final Session Announcement

"If you love tennis, please sign up for Summer Camp at the Island Rec website or Parks and Rec website"