



# Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

## Tactical Awareness in Modified Paddle Tennis

4-6

### General Outcome A



#### Basic Skills:

Manipulative

#### Application of Basic Skills In:

Games

### General Outcome B



Functional Fitness

### General Outcome C



### General Outcome D



Goal Setting/Personal Challenge

## Grade Specific Outcomes

### Activities Teaching Strategies:

1. Warm-Up (5 min) SO B4-7

&#61623; take heart rate at beginning of class

&#61623; Active Living Tag (like frozen tag but to get unfrozen, another person must mimic a physical activity in front of the student who is frozen)

&#61623; take heart rate after tag ... discuss why HR has increased

2. Modified Paddle Tennis (2 vs 2) (10 min) SO A4-6

&#61623; set up court in badminton court ... use gymnastic mats or benches as nets

&#61623; allow students to choose racquet and ball that is appropriate for them and help ensure success ...

&#61623; serve ball from service line (behind front square on badminton court)

&#61623; serve must go diagonal into other team's serve area (front square on the badminton court)

&#61623; receiving team must let ball bounce before returning the shot

&#61623; continue rally until one team fails to return the ball back over to the other team's side so that it lands in bounds

&#61623; only allow underhand striking at first

3. Tactical Awareness (20 min) SO A4-10; SO A4-11

&#61623; ask students "where is the best place to try and hit the ball so that the other team can not return it back?" ... answer should be the corners or in the middle in between the other players

&#61623; mark off the 4 corners and the middle of the court with floor markers (e.g., a thin plastic base that students will not trip over)

&#61623; play a game using toss and catch (without racquets) ... players try to underhand toss the beanbag back and forth across the net so that it lands in bounds on the other team's court

&#61623; if the beanbag hits the ground on the other team's side = 1 pt

&#61623; if beanbag is stopped by the net or lands out of bounds = 1 pt for other team

&#61623; if the beanbag lands in one of the 5 areas (i.e., 4 corners or middle marker) = 2 pts

&#61623; team that is scored upon becomes the serving team to start the next rally

&#61623; STOP GAME after 10 minutes ... Ask students how they tried to get their opponents out of position (e.g., tossed it short then tossed it long; tossed it wide then tossed it into the middle)

&#61623; have them play the game again, but this time, try to think of ways to get opponent out of position

4. Modified Paddle Tennis SO A4-11

&#61623; go back and ask students to play the Modified Paddle Tennis (#2) game again with the

racquets

&#61623; have them focus on hitting the ball so that they try to get opponent out of position so they can score a point

5. Wrap-Up (5 min)

&#61623; review changes in HR and it's importance

&#61623; review tactics used (e.g., getting opponent out of position)

&#61623; Next Day ... focus work on skills to improve hitting ball with a racquet so you can place it into proper space

#### Assessment Strategies:

Use a checklist of the tasks expected for each of the activities with a choice of 2 categories to fill out - yes/not yet

---

#### Equipment:

Racquets, benches or mats, various sizes of balls, pylons, floor markers (e.g., plastic flat baseball bases)

#### Resources:

#### Adaptations:

If participants are having a hard time hitting ball over the net, use a balloon instead. If participants are having a hard time catching the beanbag, use a larger ball that is easier to catch