Lesson Plan #1

**Title**:

How to Hit a Tennis Ball - Abby Lindsley

**Introduction**:

In this lesson, students will learn the step - by - step process on how to successfully hit a tennis ball over the net, thus allowing them to later be able to have a rally.

**Group Size**:

Whole Class

**Learning Objectives**:

By the end of this lesson, students will be able to successfully hit a tennis ball over the net. This will allow them to be able to start, and continue, a rally and play the game of tennis.

**Guiding Question**:

How do you successfully hit a tennis ball over the net to have a rally?

**Materials**:

Students will need a full-sized tennis racket and a tennis ball.

**Procedures**:

1. Students will go outside and be shown a recording of the proper way to hit the tennis ball.

2. Students will be recorded hitting the tennis ball.

3. Students’ strokes will be compared the video’s strokes on hitting the tennis ball and then fix their mistakes.

5. Student’s will hit five consecutive balls over the net.

**Assessment**:

The assessment in this lesson will be performance- based. The instructor will rally with the student and see if the student is able to hit three or more balls over the net in a row.

**Benchmark or Standards**:

PE.912.M.1.23:

Demonstrate proficiency of critical elements when striking with an object/implement.