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LESSON 3

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GRADES 1 – 2

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Lesson outcome:

Students will be able to strike a moving ball along the ground.

Game goal:

Students should be able to play the game Floor Tennis. To be successful at Floor Tennis, students will need to be able to strike a moving ball with a small degree of accuracy.

★ **GETTING READY**

LESSON 3

ACTIVITY: Ball Striking

- Students share a ball by striking it along the floor to a partner. The partner stops the ball and strikes it back along the floor to the first student. Repeat several times. Students may also try to use their backhand.

Review and allow students to play **Target Tennis** from the previous lesson.

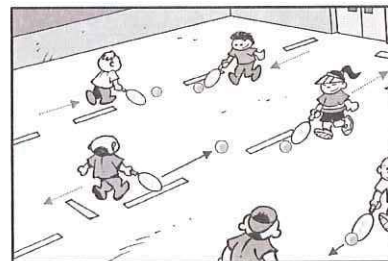
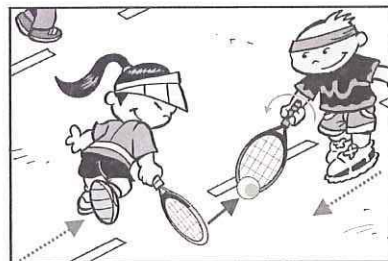
VARIATIONS

Less Challenging

- Allow students to stand closer to their partners.

More Challenging

- Encourage students to strike the ball along a line.
- Encourage students to stand farther away from one another.

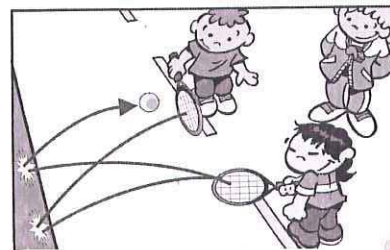
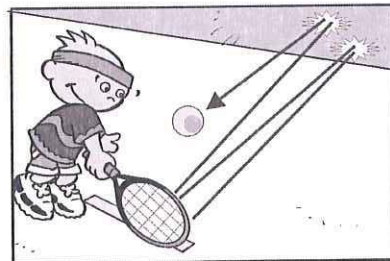


READY TO LEARN

LESSON 3

ACTIVITY: Holding a Racquet and Striking a Moving On-Floor Ball

- With the ball on the floor, students strike it toward the wall using a forehand, attempting to rally the *rebounding ball* for a number of consecutive strikes. Repeat using the backhand side of the racquet.
- With the ball on the floor, students share a ball (by striking it) with a partner using forehands, attempting to share for a number of consecutive strikes. Repeat using the backhand side of the racquet.



VARIATIONS

Less Challenging

- Allow students to stop the ball before striking it to the wall or a partner.
- Allow students to move closer when working with a partner or when striking toward the wall.

More Challenging

- Encourage students to move farther apart when working with a partner or striking toward the wall.
- Encourage students to complete the activities while alternating between forehand and backhand.

KEY CUES

"Hold the racquet like a hammer."

"Keep your wrist firm."

"Keep your body sideways to your target."

"Keep the ball in front of your body."

READY TO PLAY

LESSON 3

ACTIVITY: Floor Tennis

- Using two home-court markers as "net posts," students share a ball (by striking it with a forehand stroke) back and forth across the "net" (i.e., across the line), cooperating to share the ball for consecutive strikes.

Question for Understanding

- What can you do to increase the number of hits in a row you are able to make with your partner?
(e.g., use soft strikes; keep the face of the racquet pointing toward partner)

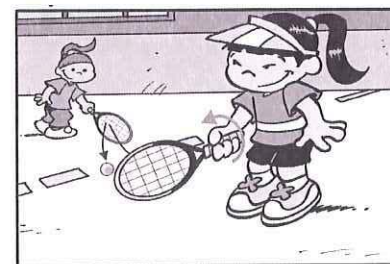
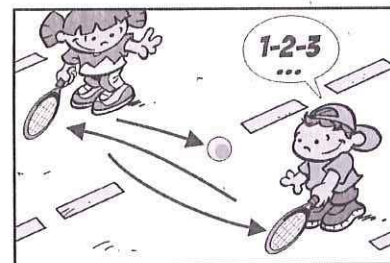
VARIATIONS

Less Challenging

- Allow students to move closer to the "net."
- Allow students to stop the ball before striking it to their partners.

More Challenging

- Encourage students to move farther from the "net."
- Encourage students to use only the backhand.
- Encourage students to share the ball a certain number of times (or challenge them to beat their own best scores).
- Encourage students to experiment using different amounts of force to strike the ball.



KEY CUES

"Keep the face of the racquet moving toward the target."