Month : AUGUST

Theme: Competition: Lesson 30A Community #2

**1. Objective of lesson: Racket/Paddle Games**

1. Hand eye coordination

2. Learn Team Skills

3. Stay active and healthy

2. Activities and Key learning points Time: 1:30-2:00 hrs

Red (Center based program)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned park (other programs will be joining)
3. All red teams should gather at one court
4. Hand out a nerf racket for each player
5. Have everyone stand/sit in a line facing the net and do some stretches arms/core/legs
6. Staff should allow for some practice shots by standing on the opposite side of the net and tossing/hitting the ball to each person (5-10 feet from net)
7. Pair people up and encourage each group to volley as long as they can.
8. Encourage people to get their own balls as it increases the amount of movement.
9. Highly praise

Blue (Center/community based programs)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned park (other programs will be joining)
3. All blue teams should gather at one court
4. Hand out a nerf/tennis racket for each player
5. Have everyone stand/sit in a line facing the net and do some stretches arms/core/legs
6. Staff should allow for some practice shots by standing on the opposite side of the net and tossing/hitting the ball to each person (5-10 feet from net)
7. Pair people up and encourage each group to volley as long as they can. 2 pair should be able to share 1 court. Take turns
8. Encourage people to get their own balls as it increases the amount of movement.
9. Highly praise

Green (Community Based)

1. Prepare for the game: material/water/health needs /sport chairs
2. Meet at the assigned park (other programs will be joining)
3. All green teams should gather at one court
4. Hand out a tennis racket for each player
5. Have everyone stand in a line facing the net and do some stretches arms/core/legs
6. Pair people up. Allow 2 pair at 1 court. More advanced players can play full court.
7. Encourage people to get their own balls as it increases the amount of movement.
8. The game is all about how many volley’s they can complete. Compete against each other pair of teams.
9. Highly praise

Supplies needed

1. Tons Nerf Balls
2. 10 Nerf Racket
3. Tennis Balls
4. 10 Tennis Rackets

Feedback on Lesson what went right/wrong?

1.

2.

3.