

TOP TIPS FOR INSPIRING DELIVERY IN SCHOOLS

INSPIRING DELIVERY – CURRICULUM SUPPORT

OUTCOMES	PREPARATION	HOW TO BE	ORGANISATION	CONTENT
<ul style="list-style-type: none"> • Have an overview of the National Curriculum for Physical Education, get to know the terminology, subject content and attainment outcomes at each key stage. • Understand how tennis can support delivery of the National Curriculum • Show teachers that tennis is brilliant for helping pupils to develop fundamental movement skills / ABCs • Ensure your lesson plan fits with the Unit of Work and Key Concepts the teacher / class are working towards • Don't forget – Always signpost the follow on offer back at your venue! 	<ul style="list-style-type: none"> • Pre-meet the teacher so you know the following: • School induction for external coaches • The starting point of the class and needs of the group - Unit of Work • Experience of the teacher • Opportunities for coach / teacher to lead or team teach • School procedures and class teacher's systems • Length of sessions, facilities and equipment 	<ul style="list-style-type: none"> • Be organised provide the school with your 'Coach Portfolio' – Original DBS, photo ID, coach accreditation docs, coaching quals, Public Liability/ First Aid certificates • You are a guest in the school • Dress and act like a professional • Be on time and prepared with equipment • Fit into class teacher's systems and strategies eg. ground rules, how to stop the group, deal with behaviour, reward systems • You are tennis to the school, leave them wanting more! 	<ul style="list-style-type: none"> • Large, mixed ability groups in small spaces, check safety! • Use the STEP principle to adapt and differentiate for all pupils' needs –Space, Task, Equipment, People • Use defined areas, boundaries, grids etc. • Use the same format for several practices • Keep everyone active and engaged • Clear, simple, explanations, demos, set up and rotations • Building up from individual tasks, to pairs, to small groups • Avoid children queuing! • Ask teachers to help with groupings eg. who to keep apart 	<ul style="list-style-type: none"> • Ensure your lesson plan fits with the Unit of Work • Focus on: ABCs; controlling a ball in a small space; cooperative work with a partner; developing the idea of a rally - consistency (over & in); ready position, recovery and lead to moving opponent (controlling space) • Use questioning to check for understanding • Ask the teacher for ideas supporting cross curricular links eg. counting skills, scoring, creative skills, leadership • Incorporate self-evaluation, achieving their personal best and peer evaluation

INSPIRING DELIVERY – OUT OF SCHOOL HOURS CLUBS

OUTCOMES	PREPARATION	HOW TO BE	ORGANISATION	CONTENT
<ul style="list-style-type: none"> • Extending and building upon the curriculum experience • Developing the pupils' skills and understanding so they can learn through playing the game • Preparing for competition eg. School Games • Explain how the club link can support their School Games application • Don't forget – Always signpost the follow on offer back at your venue, via flyers and personalised invites! • Set yourself a conversion rate and work hard to sell your programme 	<ul style="list-style-type: none"> • Pre-meet the Head teacher or PE Coordinator so you know the following: • School procedures for Out of School Hours provision eg. booking process; staff on site; first aid provision; risk assessment; child release at the end of the session • Length of sessions, facilities and equipment • Check individuals medical needs or any special educational needs • If payment for coaching is agreed, ensure the exact details are agreed and in writing 	<ul style="list-style-type: none"> • As above, provide the school with your 'Coach Portfolio' • Start and finish on time • Fit into school systems for Out of School Hours provision • Be FUN and ENGAGING! 	<ul style="list-style-type: none"> • Smaller groups will allow similar delivery style and content to your club/ venue sessions • Still need to be creative and mindful of safety if the club takes place in a small school hall • If weather and space allows, set up lots of mini courts in the playground using a couple of mini nets and barrier tape 	<ul style="list-style-type: none"> • Focus on: developing their basic skills; controlling a ball in a small space; cooperative work with a partner; understanding how a point is won and lost; game based activities • Why not invite parents to watch or even take part in a session, providing the ideal opportunity to promote the programme at your venue

INSPIRING DELIVERY – TASTER SESSIONS

OUTCOMES	PREPARATION	HOW TO BE	ORGANISATION	CONTENT
<ul style="list-style-type: none"> • A short, fun and exciting introduction to tennis for a large number of pupils • Inspire them and leave them wanting more! • Don't forget – It's vital that all pupils receive information about the venue's follow on offer, make flyers short and sharp and ask the school to distribute the flyers to parents following your taster session and before the club/venue event! 	<ul style="list-style-type: none"> • Pre-meet the Head teacher or PE Coordinator to sell the wider benefits in terms of the tennis venue being the exit route and link to an established high quality programme • Explain how the club link can support their School Games application • As above for school procedures and systems • You will need to be flexible to fit in with the school and leave gaps for lunch, assembly and breaks. Try to maximise the number of sessions in one day 	<ul style="list-style-type: none"> • As above, provide the school with your 'Coach Portfolio' • Make an impact and connect with the children, be animated and smile! 	<ul style="list-style-type: none"> • Taster sessions can be delivered to a whole class at a time and can ideally fit into a 30 minute block, which allows for a greater number of sessions to be delivered in one day • If you are delivering across the whole school you will need to adapt your session plan so its caters for different needs / ability groups - lots of STEP options to make activities easier or harder • Ensure everyone is involved and active at all times – some disabled pupils may need extra support • Encourage teachers or teaching assistants to support • Avoid children queuing! 	<ul style="list-style-type: none"> • Quick fire activities based on the themes below: • Warm up footwork skills - whole group 'follow the coach' and individual skills with a line/spot • Body and ball skills - eg. individual drop and catch, pairs throw and catch, static and on the move • Racket and ball skills eg. walk the dog, floor tennis in pairs, tap up tennis • Don't forget to tell them where they can play more tennis!