

## **BrightSTARS – Tennis for Me!**

Tennis & nutrition immersion format (**Go Bananas!** handouts can vary)

Maximum of 18 kids per classroom; 30-minute sessions, twice per month for five months

Community volunteers with an assist from preschool teachers and paraprofessionals

Emphasize FUN, motor skill development, cooperation with others and being coachable

### **Session One**

- Lesson Plan – Session One (30 minutes)
  - Introduction of volunteers
  - Show & Tell
    - Name parts of the racquet
    - Red foam balls, puffer balls
    - Hitting over the net demonstration
  - Tennis Walk — in a circle
    - Fast walk, skip, side shuffle
    - Explain “freeze” and “flamingo” for safety
    - Explain Hug your racquet
  - Puffer ball racquet pass down the line
  - Puffer ball around the cone relay
  - Pop volleys over the net
  - Handout **Go Bananas!** bracelets
  - Handout **Go Bananas!** card
    - Bananas



**Puffer ball racquet pass down the line**



**Puffer ball around the cone relay**



**Pop (stop sign) volleys**  
Stop . . . Pop over the net

## Session Two

- Lesson Plan – Session Two (30 minutes)
  - Introduction of volunteers
  - Talk about **Go Bananas!** poster card and Bananas card from last session
  - Ask them if they've been eating bananas.
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo
    - Birds – eagle, robin, hummingbird
    - Frog hop
  - Handout racquets -- hug your racquet
  - Red ball cone figure eight relay – use puffer balls first, then Red foam balls
  - Ground racquet then bounce & catch
  - Partner ground rallies with racquets – stop with foot, stop with racquet, return
  - Underhand ball toss racquet catch – catch ball on racquet
  - Handout **Go Bananas!** card
    - Carrots



Tennis Walk (eagles, robins, hummingbirds, frog jumps)



Hug your racquet



Ground racquet, bounce & catch



Ground rallies



### Session Three

- Lesson Plan – Session Three
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session while kids are warming up
    - Ask kids to tell you what healthy foods they've been eating
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo
  - Bounce & Catch off racquet
    - Bounce, clap catch
    - Bounce catch with partner
  - Partner ground rallies over line
  - Red light/Green light with puffer balls then red foam balls
  - Underhand puffer ball racquet toss/catch
  - Handout **Go Bananas!** card
    - Apples



Red light/green light with puffer balls



Puffer ball racquet-to-racquet pass then toss & catch

## Session Four

- Lesson Plan – Session Four
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo, Eagle, Hummingbird, Robin
  - Red Light/Green Light with red foam balls
  - Puffer Ball Toss/Catch
  - Bounce & Catch off racquet
  - Partner ground rallies
  - Handout **Go Bananas!** card
    - Green Beans



### Partner Ground Rallies

1. Roll the ball/catch with hand
2. Roll the ball/stop with foot
3. Roll the ball/stop with racquet



## Session Five

- Lesson Plan – Session Five
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo, Eagle, Hummingbird, Robin
  - Handout racquets -- hug your racquet
  - Puffer ball racquet toss/catch
  - Tennis hockey
  - Underhand ball toss
  - Underhand ball toss racquet catch
  - Handout **Go Bananas!** card
    - Water



Tennis hockey

Push the ball to the yellow line, then shoot through the cones



Flamingos



More flamingos

## Session Six

- Lesson Plan – Session Six
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo, Eagle, Hummingbird, Robin
  - Handout racquets -- hug your racquet
  - Puffer ball racquet toss/catch
  - Ball roll/stop on the ground
    - Hand
    - Foot
    - Racquet
  - Underhand ball toss/catch
  - Underhand ball toss racquet catch
  - Handout **Go Bananas!** card
    - Cucumbers



Puffer ball racquet toss/catch

## Session Seven

- Lesson Plan – Session Seven
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo, Eagle, Hummingbird, Robin
  - Handout racquets -- hug your racquet
  - Wacky Relay – four lines, puffer balls, then foam balls
  - Bounce/catch
    - Without racquets
    - With racquets
  - Lobster trap
  - Tennis Sandwich
  - Pop (stop sign) volleys with partner
  - Handout **Go Bananas!** card
    - Whole Grains



Tennis Sandwich Race



Lobster Sandwich



## Session Eight

- Lesson Plan – Session Eight
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
    - Freeze
    - Flamingo, Eagle, Hummingbird, Robin
  - Handout racquets -- hug your racquet
  - Pair up kids
  - Bounce/catch with racquets
  - Lobster trap
  - Pop (stop sign) volleys with partner
  - Tap ups
  - Handout **Go Bananas!** card
    - Broccoli



Hug your racquet!!!



Bounce the ball off the racquet.



## Session Nine

- Field Day (One hour)
  - (Four stations – divide kids and rotate through) (Need 8 to 10 volunteers) (15 min. rotations)
    - Puffer ball partner toss and catch over net
    - Pop volleys over net – warm up then hit to targets
    - Tennis hockey, tennis bowling
    - Lobster trap/ team huddle/shout outs/high fives
  - Introduction of volunteers
  - Talk about **Go Bananas!** Bananas cards from last session
- **Go Bananas! Berries Buffet**
  - Blueberries, blackberries, raspberries and strawberries
  - Hand out **Go Bananas!** card
    - Berries



Lobster Trap



Team Huddle



**Go Bananas! Berries Buffet** — blueberries, raspberries, strawberries and blackberries (all prepackaged to make the line go faster)

## Session Ten

- Lesson Plan – Session Ten
  - Introduction of volunteers
  - Talk about **Go Bananas!** cards from last session
  - Tennis Walk
    - Fast walk, skip, side shuffle, hop on one foot
  - Caterpillar – roll ball through kids' legs
  - Handout racquets -- hug your racquet and one ball to each kid
  - Form lines of four or five kids
  - **Tee it up Tennis**
    - 12-inch cones with hole or indentation in top
    - Stand to side of cone, hit low to high, up the side of the cone, finish stroke over shoulder
    - Kids chase ball and return to end of line
  - Handout **Go Bananas!** cards
    - Lean Meats
    - Go Bananas! Poster Card



Caterpillar



Tee It Up Tennis

Questions? Contact [quickstartcentral@comcast.net](mailto:quickstartcentral@comcast.net)