

This is a preview!

Tennis

Middle & High School Physical Education



**6th - 12th
Grade**

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Program is standards-based:

Aligned to National and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual maintains a health-enhancing level of participation in physical activity.

Standard 4 - The physically literate individual respects self and others.

Standard 5 - The physically literate individual enjoys physical activity, challenge, self-expression and cooperation.

Physical Literacy Unit Check List



How Did This _____ Unit Do Meeting National P.E. Standards?













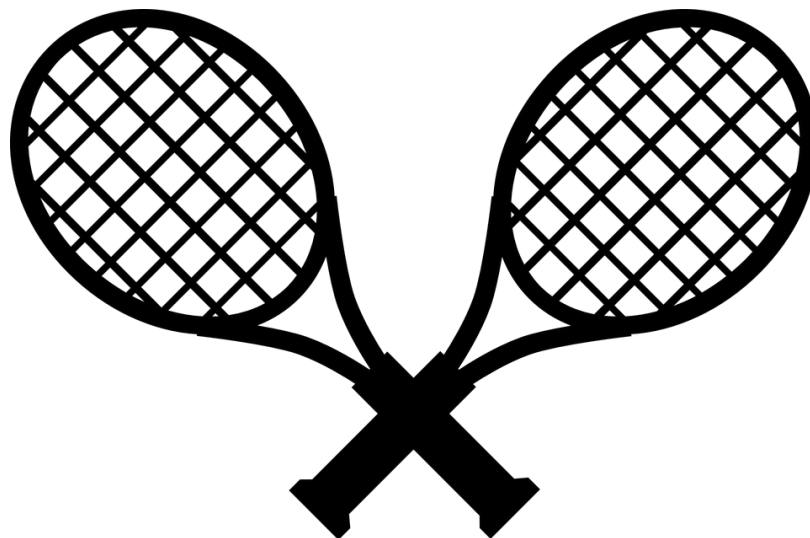
National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of <u>motor skills and movement patterns</u> .		
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to <u>movement and performance</u> .		



Here is an Overview of the Program:



< > Tennis	
Name	
	01 Tennis Unit.docx
	01 Tennis Unit.pdf
> 	02 Lead Up Games Tennis
	03 Study Guide and Test.docx
	03 Study Guide and Test.pdf
> 	04 Warm Ups and Stretching
	05 Peer Grading Sheet.docx
	05 Peer Grading Sheet.pdf
	06 Play Score Sheet.pdf
	07 Physical Literacy Unit Check List.docx



What is Included in this Program:

1

Teacher Directions

2

Skills, drills, instruction cues, technique, rules



3

Warm Ups/Stretching




4

Study Guide +Written Test, and Peer Grading

1

Here are Some of the Activities:

Day 1: Tennis Skills

National Standards Met: Nat. P.E. Standard 1,2,4,5	Common Core Standards Met:	My State Standards Met:
 Equipment Needed:	 How Many:	 Directions:
Tennis balls	At least 1 for each pair	
Racquets	1 for each pair	

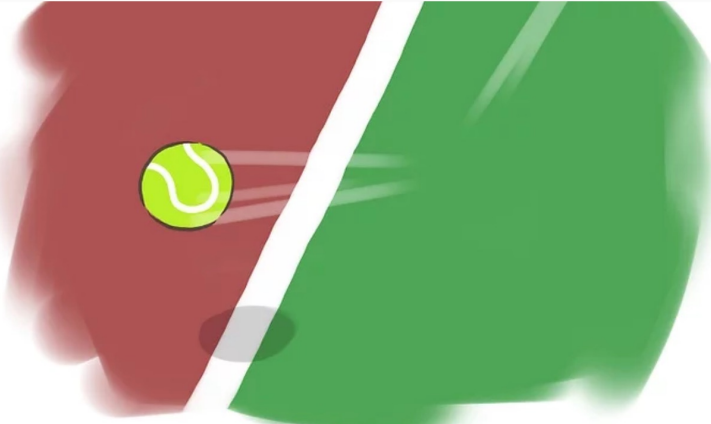
Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and additional stretching. (See the top of this unit, or look for more information in the "Warm-up" section.)

2. On courts, go over tennis court rules:

- Stay off the nets, no jumping over.
- If you hit a ball over the fence, you must go to the back of the court. I may begin to assign a lap for each infraction.
- Server must know and call out the score.
- Receiver calls in or out, if questioned, reply with "in" or "out".
- Court etiquette says not to run in front of the net until the play is over or go around.
- No throwing or spinning racquets.

Part 1 Understanding the Score [Download Article](#)



2 Know how each game is scored. One player serves per game. A game is generally won when a player (or team if you are playing doubles) wins four points. A point is started when one player serves, and the opponent hits it back and the point continues in a back and forth manner until one player hits it out or in the net. Keep in mind that a game might take seven points, or more, to end if, for instance, one player wins three points and another wins four. Each point is given its own value for each player:^[2]

- 1st point won is "15 points"
- 2nd point won is "30 points"
- 3rd point won is "40 points"
- 4th point won makes GAME (signifying the end of the game)

with How to Keep Score for Tennis

• **Swing the racket forward to contact.** Let go of the racket with your non-hitting hand after your racket is down and your hitting arm is completely straight. Swing your arm and the racket to the contact point with the tennis ball. You should make contact in front of your body.

- Make sure your arm and the racket swing from the shoulder as a unit. This way your arm position relative to the racket does not change as you swing.
- The racket should come as low as your knee right before you make contact with the tennis ball. This will produce the topspin that you want on your backhand.
- Your upper body will rotate slightly back towards the net as you make your swing.

Four easy steps to mastering your tennis serve!

1. Starting Position Start with your feet shoulder width apart one foot pointing towards the net and the other to the side. The tennis racquet and tennis ball should be together towards the net.

2. Coil Shift your weight towards the rear foot bringing your front foot to your rear foot, drop both hands and raise them shoulder height while your right shoulder drops lower than your left while releasing the ball. This motion should be fluid and done all at the same time.

3. Un-Coil Right before the ball reaches the peak level drop your racquet behind your head so that your elbow is pointing to the sky. When the ball reaches the peak level uncoil with your body fully extended and reach for the ball.

4. Follow-Through When you make contact with the ball, your racquet should be pointing towards the net. After contact you can step forward with your front foot.

Part 1

Mastering the Flat Serve

PDF Download Article



wikiHow to Serve a Tennis E

6 Hit the ball at its highest point. To optimize your shots, you should hit the ball at the highest point that you can reasonably hit it at after you toss it. The higher the ball, the more easily you'll be able to generate speed, and the more likely it will be to clear the net. Think of it like this: someone is tossing a ball up high over a fence right in front of you, and you have to hit the ball not just over the fence but over the fence so it bounces on the ground as quickly as possible; this snapping motion will allow you to hit the ball in an arc, instead of a straight line, giving it as much power as possible.

- Many beginners toss the ball far too low, just over their heads, and then strain their whole bodies to get the ball to fall into the other service box. Though this can be done, it's an unwieldy shot and won't give you the best results.

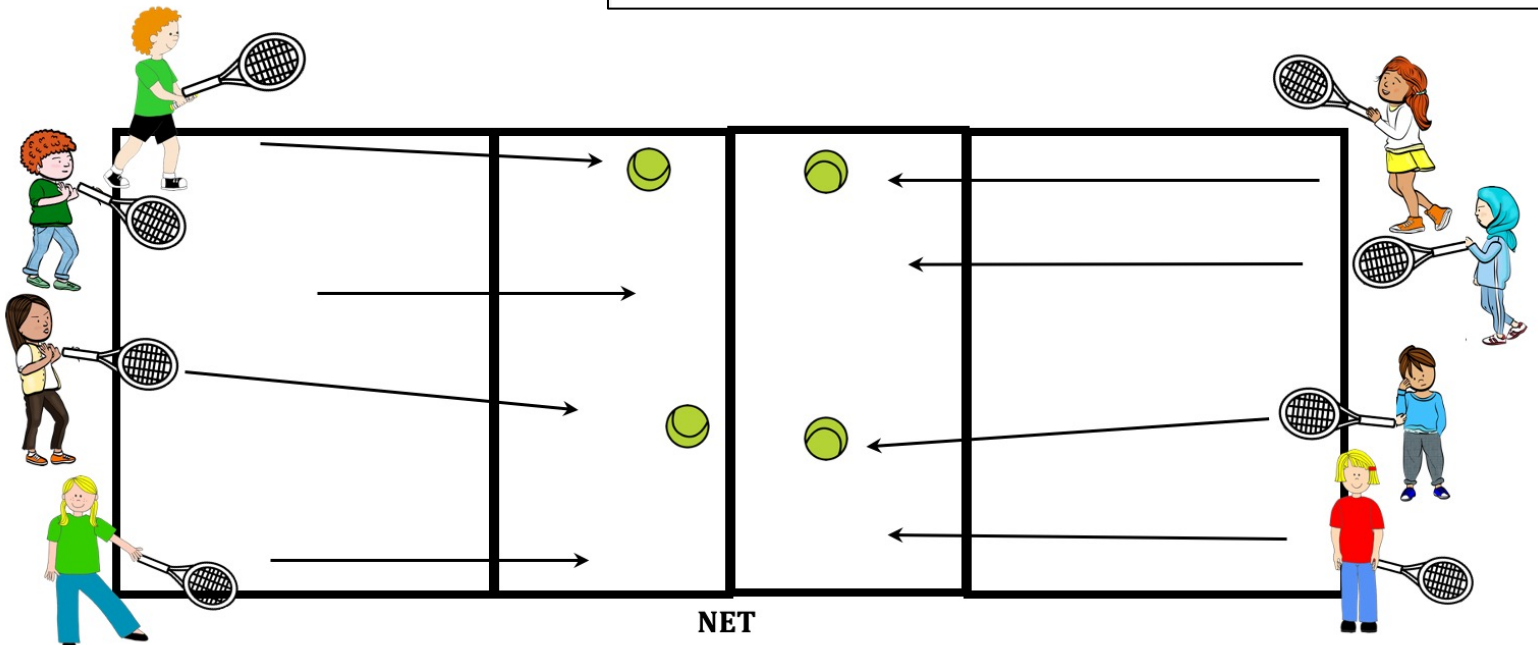
Method 1 Finding Forehand Grips



wikiHow to Grip a Tennis Racket

1 Master the Continental Grip. To place your hand for the continental grip, hold your racket pointing away from you with your left hand. Orient the string area so that it is perpendicular to the ground. Put your right hand out as if to shake hands with the grip of the racket, and place the base knuckle of your index finger on the small, sloped side of the grip to the right of the flat side on top. Close your hand around the grip so that this same level of the grip goes diagonally across your palm to point toward the heel of your palm below your pinkie. The Continental Grip is:




- the most basic forehand grip in tennis.
- standard for serves and preferred for volleys.^[1]
- difficult to use for working with topspin or backspin.



2

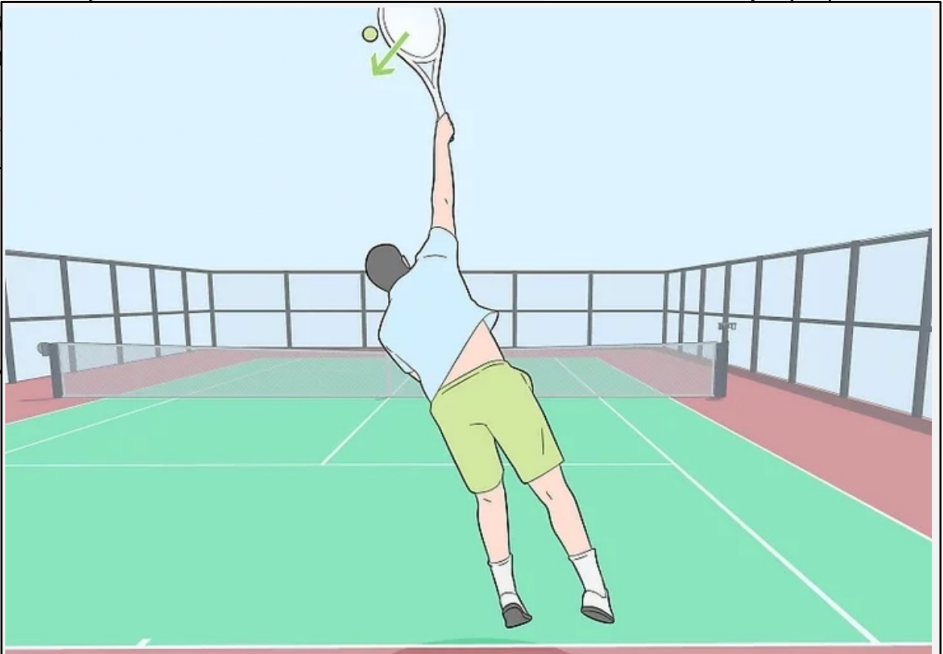
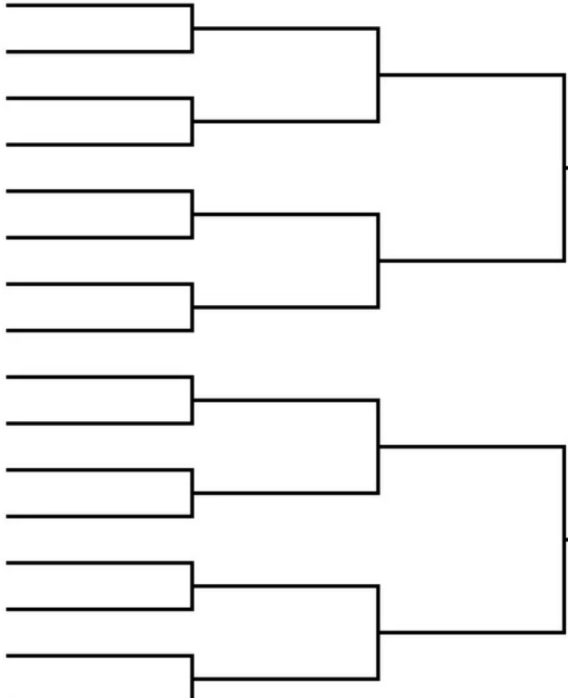
Skills, drills, instruction cues, technique, rules

Day 5: Tennis Games

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Tennis balls	At least 1 for each pair	
Racquets	1 for each student	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)
2. Review any rules or scoring if needed.
3. Game play: Choose if you want to just have a **round robin tournament** where all teams play each other and keep track of wins and losses, or you can have a tournament where you move one side down each time.
4. I also included tournament brackets.



wikiHow to Hit a Slice Serve in Tennis

6 Hit the outside of the ball, slicing around and slightly under the ball. Keep the racket edge-first toward the ball as you straighten your elbow. As you pick up speed, turn your arm slightly so the racket angle faces the ball. Your arm should be almost fully extended when you make contact with the ball.^[6]

- Visualize your swing moving from high to low as you slice slightly under the ball.

Name of Activity:

Doubles Tennis Baseball

Purpose of Activity:

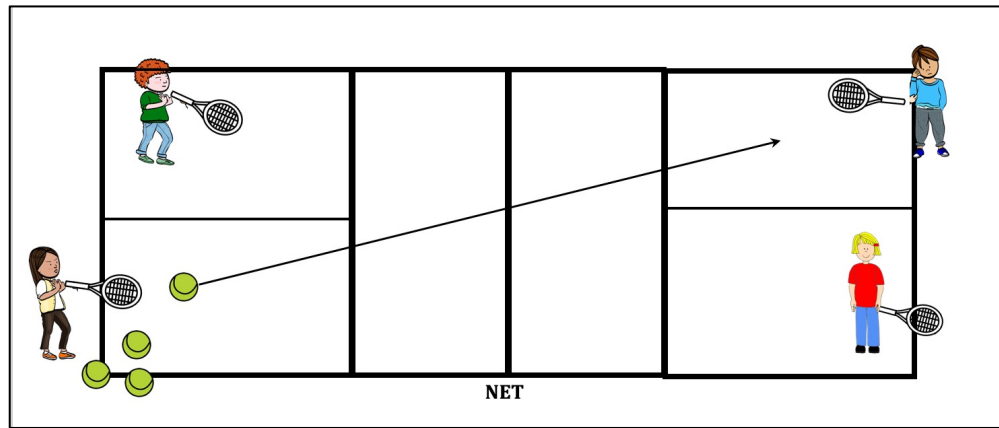
This is an alternative way for students to practice accuracy of their tennis strokes. The purpose is to hit the ball away from your opponents, but within t

Name of Activity:

Volleyball Tennis (Singles)

Purpose of Activity:

The purpose of this activity is to allow students to gain control of the ball, teach students how to move around to the ball.



8 Team Round Robin

Team 1		Team 2		Team 3		Team 4	
W	L	W	L	W	L	W	L

Team 5		Team 6		Team 7		Team 8	
W	L	W	L	W	L	W	L

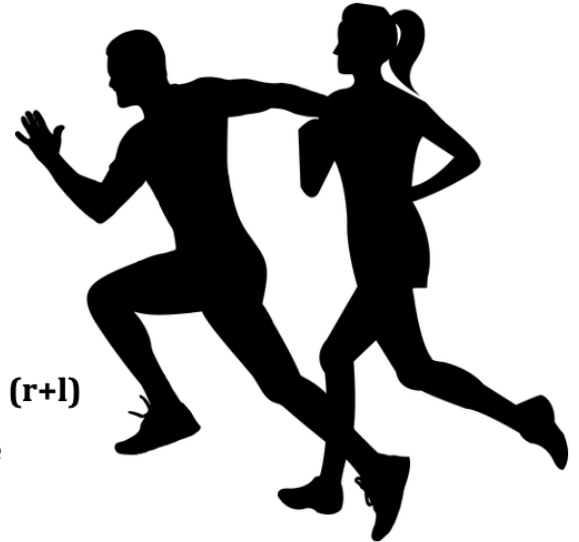
Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
2 vs 1	3 vs 4	6 vs 2	7 vs 5	1 vs 3	4 vs 5	7 vs 3
3 vs 8	1 vs 7	7 vs 8	8 vs 4	4 vs 2	8 vs 1	8 vs 2
4 vs 7	8 vs 6	4 vs 1	2 vs 3	5 vs 8	2 vs 7	1 vs 5
5 vs 6	2 vs 5	5 vs 3	6 vs 1	6 vs 7	3 vs 6	6 vs 4

3

Warm Ups/Stretching

Warm Up Before Jogging:

1. heel forw., head to knee
2. point and flex
3. back leg go straight, heel down



8-Down Warm Up: Add as many

- 8 jumping jacks
- 8 crunchies

pull across (r+l)

ad to knee

own

ack

runner's stretch

back, pull forw.



#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



Jogging Warm Up Stretches:

1. heel forward., head to knee-switch sides
2. point and flex foot-switch sides
3. back leg go straight, lean on a wall, back heel
4. arm straight forward use opposite hand to pull
5. grab both hands behind back and lean forward
6. turn L. and be centered-put head to both knees
7. stand it up-still centered, hands behind back
8. quad stretch legs-bend knee and grasp foot



Stretching #1:

1. Heel forw., head to knee
2. Point and flex
3. Back leg go straight, heel down
4. Arm straight forward and pull across (r+l)
5. Repeat other heel forw., head to knee
6. Point and flex
7. Back leg go straight, heel down
8. Grab both hands behind back
9. Turn L. and be centered-runner's stretch both ways
10. Stand it up-hands behind back, pull forw.
11. Quad stretch legs

4

Study Guide + Written Test, and Peer Grading

Tennis Scoring Study Guide:

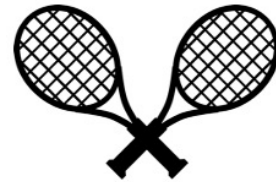
Let's say A wins the first point. At the start of the next point, she must announce the score, her point total first: "15 - love." (Love = 0.)

B wins the next point: "15 all."

B wins the next point: "15 - 30."

A wins the next point: "30 all."

Name: _____ Per: _____ Date: _____



Josh and Dave are playing tennis against Juanita and Sue.

1. Josh serves first. What is the score he should say outloud on the next serve? _____

2. Josh wins the first point. What is the score he should say outloud on the next serve? _____

3. Josh serves again, but Dave misses a return. What is the score he should say outloud on the next serve? _____

4. Josh serves again and this time he misses getting both serves in. What is the score he should say outloud on the next serve? _____

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____ Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations: _____



Name: _____ **KEY**

Josh and Dave are playing tennis against Juanita and Sue.

1. Josh serves first. What is the score he should say outloud on the next serve? _____

2. Josh wins the first point. What is the score he should say outloud on the next serve? _____

3. Josh serves again, but Dave misses a return. What is the score he should say outloud? _____ **15 - All** _____

4. Josh serves again and this time he misses getting both serves in. What is the score he should say outloud on the next serve? _____ **15 - 30** _____

Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>

Graphics:

<https://pixabay.com/>

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<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>

