Tennis

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

Enduring Understandings

Individuals who learn to practice safely, effectively and efficiently will feel comfortable and confident in the performance of skill related components during participation.

Understanding game scores promotes cognitive strategies to improve chances of success.

Strategies provide desires to improve skill related components directed at correct, controlled physical execution.

Essential Questions

How do I improve my level of performance?

How does knowledge of the game score influence strategy?

To what extent does strategy influence performance?

How do we know who won?

Why is sportsmanship important in class?

Content

Vocabulary

Ace, ad, backhand, forehand, deuce, drop shot, game, game point, ground strokes, let, lob, love, match, match point, net, racket, receiver, return, serve, set volley

Learning Objectives

Demonstrate mechanically correct form & control when using & combining movement& hitting skills of ground strokes, lob, volley, smash & serve.

Compare and contrast offensive and defensive strategies used in singles and doubles.

Recognize and correct errors in strokes and movement patterns.

Demonstrate good sportsmanship and teamwork.

Demonstrate ability to score a game, set and match.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.