

# Unit 8 - Tennis

Content Area: **Unified Arts**  
Course(s): **Physical Education 8**  
Time Period: **April**  
Length: **4 weeks**  
Status: **Published**

## Unit Summary

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Tennis is a lifestyle sport that can be played and enjoyed by all ages and abilities. Basic eye/hand coordination skills, as well as basic skills in how to hold and swing a racquet are required. Students will be taught the following basics through games and activities that are fun. Movement and strategy will also be experienced.

## Standards

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HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HPE.2.5.8.C.CS2	Movement activities provide a timeless opportunity to connect with people around the world.
HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn to hold and perform a forehand and backhand swing.
- Students will learn various swings with various force; understand when and how they are used.
- Students will learn reaction time and spatial awareness by running to the ball and responding to its placement.
- Students will learn to volley with another player.
- Students will learn how to play in a friendly game of tennis and keep score.

## Essential Questions

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- How will learning tennis contribute to the fitness and wellbeing of middle school students?

## Enduring Understandings

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- Students will understand that tennis is a lifestyle activity/sport.
- Students will understand that tennis is competitive.
- Students will understand that tennis contributes to physical fitness.

## Application

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- Students will be able to independently use their learning to participate in tennis as part of an active lifestyle.

## Skills

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Students will be skilled at:

- Holding a tennis racquet correctly.
- Performing both a forehand and backhand.
- Demonstrating a followthrough with their swing.
- Explaining why the ball goes where it does as a result of their swing.
- Participating in various "drills" or games that hone backhand and forehand.
- Participating in a volley with another player.
- Participating in a game and keeping score.