

Unit 10 - Tennis

Content Area: **Health & PE**
Course(s): **Generic Course, PE 2, Health 3, PE 3**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Unit Introduction

PE 2- Tennis Skills Based Unit- unit will consist of learning various tennis skills/strategies utilized in a game of tennis.

PE 3- Competitive/Non-Competitive Game Play- unit will consist of students incorporating tennis skills and strategies learned into an actual game of tennis.

Standards

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.2	Apply a variety of mental strategies to improve performance.
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.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

Essential Questions

1. How do team and individual sports promote life-long fitness?
2. To what extent does strategy influence performance in competitive games and activities?
3. Why is practicing skills important in improving the overall success rate for a life-long activity?
4. Why do I have to show good sportsmanship and follow the rules?
5. What benefits are gained from participating in activities promoting fitness?

Content / Skills

1. skills/rules sheet
2. tennis equipment