

PHYSICAL EDUCATION - TENNIS

I. Course Description:

This course is designed for the student to learn basic tennis skills to enhance all levels of play including footwork and racquet technique. Formal instruction is given in a group setting twice a week in one-hour sessions. The student will spend time outside of class practicing the skills that are taught with his father or mother.

II. Course Goals and Objectives:

A. The student will:

1. Participate in physically demanding activities.
2. Learn about lifetime sports and the reason for them.
3. Learn and refine sport skill techniques.
4. Exhibit Christian character and sportsmanship.

III. Course Outline:

1. The Grip.
2. The Forehand.
3. The Backhand.
4. The Serve and Advanced Serve.
5. The Volley.
6. The Half volley.
7. The Overhead.
8. How to keep score.
9. Rules of the game.

IV. Instructional Material:

Textbook – We Win! by Alexander D. Marini, Noble Publishing Associates, 1994

V. Teaching Methods:

- A. Demonstrations by Wendfield Carter, USPTA, through the Palmdale Parks and Recreation
- B. Reading
- C. Teacher – student discussion of concepts learned
- D. Videotapes

VI. Evaluation:

Components:

- A. Motivation to practice skills learned
- B. Student's demonstration of knowledge of skills and proper use of equipment.
- C. Participation
- D. Cooperation and sportsmanship

VII. Grading Scale:

- 100% - 90% = A
89% --- 80% = B
79% --- 70% = C
69% --- 60% = D
59% and below = F

Note: In the case of inclement weather canceling the student's formal instruction, the student will:

- A. Walk on a treadmill at home for aerobic exercise
- B. Exercise family dog