



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Tennis

10-12

General Outcome A



Basic Skills:

Manipulative

Application of Basic Skills In:

Games

General Outcome B



Functional Fitness

Well-being

General Outcome C



Communication

Teamwork

General Outcome D



Effort

Goal Setting/Personal Challenge

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity - Talk to students on how to handle the tennis racket, ready position, where to stand, court lay-out. Have students take ball and racket and do drill called "racket dribble" on courts

Body - Try drills "Ball Pickup", "Ball Carry", then with partner try "Bump Tennis" and "Net Bump" or other such drills. Work on forehand and backhand shots, talk about footwork, importance of groundstrokes. Allow time for students to work on these until they feel comfortable. Determine the students ability level but teach all students the punch serve. Then go on to the full-swing serve. Talk about grip, foot position, weight transference, follow through.

Culminating Activity - Working with a partner, help each other with the basic skills learned today. Teacher circulates and challenge those with higher skill levels and work with those who need more direction.

Assessment Strategies:

Student self-evaluation form from the assessment binder. This form is leveled into 3 levels.

Criteria to include:

- forehand shot successfully
- backhand shot successfully
- rally with partner
- demonstrate serve into right and left court
- rally back and forth with partner

Equipment:

balls

self-evaluation sheets/pencils

Resources:

Tennis - Steps to Success

Adaptations: