**Curriculum**

**Physical Education - Tennis**

**Course Overview**

SPORT TYPE: Individual/team, hand-eye, extended lever, striking, net

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop ability to perform groundstrokes (FH /BH), volley, service as appropriate to student

Develop application of strokes tactically in games to outplay opponent

including approach play

Develop ability to play singles and doubles, and the associated relevant tactics

Develop understanding and knowledge of the laws and rules including scoring

Develop an understanding of tennis etiquette

Develop SAQ for tennis related footwork

**Performance Indicators**

1) Display evidence of cooperation and ability to work with partner.

2) Display good movement techniques

3) Display control in groundstrokes, volley, service and footwork appropriate to student

4) Display ability to apply strokes with precision in game situations

5) Display ability to apply stokes with appropriate tactics in game situations

6) Display knowledge of scoring, court markings, rules and respect for the spirit of the above whilst playing competitively

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up, including footwork techniques and appropriate dynamic stretches. Use of short tennis games (PI 1,2)

Develop groundstroke, volley and service, consistency, moving away from net as appropriate (PI 1,3)

Develop ability to hit away from opponent (PI 4,5)

Develop approach shot (PI 2,3,4,5)

1/2 court singles games showing evidence of appropriate positioning at baseline or net and hitting spaces (PI 2,3,4,5,6)

Develop doubles play, including court positioning and service tactics (PI 2,3,4,5,6)

**Resources**

Racquet per student

Low compression, Tretorn and Regular balls

Cones

Ball machine

Short tennis racquets

Short tennis balls