**Curriculum**

**5th Grade Physical Education – Tennis & Badminton**

**Course Overview**

SPORT TYPE: Individual/team, net, extended lever, striking

**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**:

To develop the basic stroke techniques.

To develop basic court awareness and application of strokes to outmanoeuvre opponents.

To develop an understanding of the basic rules of the game and scoring

To develop an understanding of court etiquette.

**Performance Indicators**

Display ability to maintain a rally

Display racket-head control when hitting the ball/shuttle

Display good footwork movement around the court and good body control.

Display the ability to use a variety of strokes to outmanoeuvre opponent

Display ability to work co-operatively with partner and show good sportsmanship

Display a working knowledge of the basic rules & the court markings

Display ability to score simple games

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Dynamic flexibility warm-up and cool down related to the activity

Tennis

Develop forehand and backhand grips and the ability to change from one to the other

Develop forehand and backhand ground-strokes

Introduce net volley and overhead serve

Introduce the areas of the court

Ready position and “base”

Develop basic short court singles tactics and the use of the various strokes in hitting into space and outmanoeuvring opponent

Learn basic rules and scoring.

Badminton

Develop forehand and backhand grips and the ability to change from one to the other.

Develop racket-head control using “tap”, “whip” and “push” hitting techniques to hit the shuttle and the use of these techniques in developing the various strokes.

Introduce the areas of the court –forecourt, midcourt, rear-court.

Learn the ready position, “base” and preparation to move.

Develop basic ½ court singles tactics and the use of the various strokes in outmanoeuvring opponent.

Learn basic laws and scoring

Both Tennis & Badminton

Use games such as longest rally, lives, team rally, team lives, beat the pro and ½ court singles games to develop the strokes and game play in competitive and non-competitive situations.

**Resources**

Tennis:

Racket per student (various sizes according to student ability/size)

Low compression, Tretorn and regular balls

Short tennis foam balls

Throw down spots and lines

Posts and nets

Badminton

Racket per student (short-handles and full size)

Shuttles

Throw down spots and lines

Posts and nets