

# Tennis Class

## Course Outline

### Description:

A course teaching the fundamental skills of tennis. Basic strokes; the forehand and the backhand drives, the flat and spin serve, volley, lob, and smash; history, rules, scoring, and court etiquette. Basic singles and doubles court play and game strategies. In addition, warm-up and cool-down procedures, as well as conditioning and nutrition for sport participation will be covered.

### Performance Objectives:

At the completion of the course students will:

- \*demonstrate intermediate to advanced beginner level skills and knowledge of the fundamentals of tennis
- \*get exposed to singles and doubles play and strategies
- \*develop body control and kinesthetic awareness through basic tennis skills .
- \*become familiar with the history of tennis, game and etiquette rules, and the scoring system
- \*be able to utilize tennis skills as a carryover activity for all-around life-long physical fitness

### Evaluation Tools:

Grades will be based on the following:

- \*attendance
- \*active participation
- \*proper PE attire (see PE contract)
- \*points earned on skill and written tests

