

# Unit 08: Tennis

<b>Unit #:</b>	APSDO-00026657	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
 5, 6, 7, 8

**Subject(s)**  
 Wellness

## Unit Focus

In this unit, students will continue to experience tennis through a deliberate focus on serving, striking, and court coverage. Students will demonstrate improved performance by participating in small team objectives and skill developing activities.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b>  <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> <li>Apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes <i>H.11.2</i></li> <li>Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i></li> <li>Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i></li> </ul> <p><i>Physical Education: 12</i></p>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U100) Keeping your body centered keeps you grounded.</p> <p><b>U2</b> (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p><b>U3</b> (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p>	<p><b>Q1</b> (Q100) How can I keep my body centered?</p> <p><b>Q2</b> (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p><b>Q3</b> (Q104) How do I stay in control when I stop, start and change direction?</p>

<ul style="list-style-type: none"> <li>Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i></li> </ul>	<p><b>U4</b> (U107) Knowing the techniques (body position, correct movements) makes it more likely to hit the ball/object effectively.</p> <p><b>U5</b> (U109) Keeping the ball in the air requires rhythm and force that can be developed over time.</p>	<p><b>Q4</b> (Q107) How do I hit the ball/object to get it where I want it to go?</p> <p><b>Q5</b> (Q109) How do I keep the ball alive?</p>
<b>Acquisition of Knowledge and Skill</b>		
<b>Knowledge</b>	<b>Skill(s)</b>	
	<p><b>S1</b> Gr 5-8: Demonstrate proper grip on racket</p> <p><b>S2</b> Gr 5-8: Demonstrate forehand and backhand skills</p> <p><b>S3</b> Gr 5-8: Demonstrate understanding of scoring</p> <p><b>S4</b> Gr 5-8: Demonstrate understanding of positioning on court</p> <p><b>S5</b> Gr 5-8: Demonstrate net play with proper technique</p> <p><b>S6</b> Gr 7-8: Demonstrate lob, smash, and underhand/overhand serves</p>	