

RPHS 2013		
UNIT PLAN: Tennis		
Day 1:	Day 3:	Day 5:
<ul style="list-style-type: none"> ◆ Attendance ◆ Intro to unit/procedures: ◆ Warm-up- jog, crunch, push up, stretch ◆ GRIP, READY POSITION, GROUNDSTROKE ◆ Forehand ◆ Backhand ◆ MINI TENNIS ◆ BASELINE RALLY ◆ Closure 	<ul style="list-style-type: none"> ◆ Attendance ◆ Warm-up: baseline to net, jog forward, back, slide, lunge walk, grapevine, crunch, push up, stretch ◆ VOLLEY ◆ Partner- forehand/backhand. ◆ Volley drill- teacher feed, approach net, angle in court boundaries ◆ Scoring – discuss and demo ◆ Begin Assessments ◆ Day Closure 	<ul style="list-style-type: none"> ◆ Attendance ◆ Warm-up: relays cross court, crunches, push ups, stretch ◆ VIC-O-RAMA- 2 COURTS ◆ GAME PLAY- CLASS DIVIDED BY LEVEL, ONE SET THEN NEW CHALLENGER ◆ Assess strategy and application ◆ Share assessment feedback with ss ◆ Assessments: Final Teacher assessments ◆ Unit Closure
Day 2:	Day 4:	Assessment:
<ul style="list-style-type: none"> ◆ Attendance ◆ Warm-up- jog, crunch, push up, stretch ◆ Serve – fence, 10 on court ◆ RALLY ◆ GROUNDSTROKE ◆ BEGIN PLAY WITH SERVE ◆ Day Closure 	<ul style="list-style-type: none"> ◆ Attendance ◆ QUIZ ◆ Warm-up- ups, downs, mirror teachers court movements& racket swings, crunches, push ups, stretch ◆ GAME PLAY ◆ TEACHER ASSESSMENT AT EACH COURT LEVEL ◆ TEACHER FEED FOR SKILL EVAL ◆ CLOSURE 	<p><u>SKILL ASSESSMENTS:</u></p> <ul style="list-style-type: none"> ○ Forehand Ground stroke ○ Backhand Ground stroke ○ Serve ○ Volley