

## Week 1

### *Massachusetts Performance Standards*

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

### UNIT – TENNIS

1. Forehand Volley

#### Objectives (Students will...)

1. Students will be able to hit a forehand volley so that the ball stays in-bounds on the other side of the court with 70% accuracy.

#### Essential Question

1. What are the proper mechanics for executing the forehand volley?

#### Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

#### Teacher Resources

1. Tennis: Steps To Success by Jim Brown
2. Tennis Courts
3. Tennis Balls
4. Tennis Racquets

#### Media and Technology Resources

1. None

#### Evaluation/Activities

**Lecture/Demonstration:** The forehand volley.

**Class work:** Practice the forehand volley.

**Homework:** None

**Review:** None

**Quiz:** None

**Lesson Completion Date** TBD

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 2**

***Performance Standards***

**The students will: The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson**  
**UNIT – TENNIS**

1. Backhand Volley

**Objectives**

1. Students will be able to hit the backhand volley so that the ball stays in-bounds on the other side of the court with 50% accuracy.

**Essential Question**

1. What are the proper mechanics for executing the backhand volley?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Tennis: Steps To Success by Jim Brown
2. Tennis Courts
3. Tennis Balls
4. Tennis Racquets

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** Practice the backhand volley.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** TBD

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

## Week 3

### *Performance Standards*

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

### Unit/Topic/Lesson UNIT – TENNIS

1. Rules for the game of Tennis.
2. Strategy for the game of Tennis.

#### Objectives

1. Students will demonstrate understanding of the rules of Tennis when playing a game of Tennis.
2. Students will demonstrate understanding of Tennis strategy when playing a game of Tennis.

#### Essential Question

1. How do the rules of Tennis affect the flow of a match?
2. How does the application of strategy help a person win a Tennis match?

#### Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

#### Teacher Resources

1. Tennis: Steps To Success by Jim Brown
2. Tennis Courts
3. Tennis Balls
4. Tennis Racquets

#### Media Resources

1. None

#### Evaluation/Activities

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** TBD

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

**Week 4**

***Performance Standards***

**The students will:** 2.8-Use combinations of manipulative, locomotor, and non-locomotor skills to develop movement sequences and patterns, both individually and with others.  
2.9-Demonstrate developmentally appropriate basic manipulative and advanced specialized physical skills, including throwing and catching different objects with both accuracy and force, hand and foot dribbling while preventing an opponent from challenging, an accurate striking proficiency.

**Unit/Topic/Lesson**  
**UNIT – TENNIS**

1. Games

**Objectives**

1. Students will apply skills learned from previous lessons to a competitive game situation.

**Essential Question**

1. Can students apply skills learned to a game situation?

**Mission and Expectations**

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

**Teacher Resources**

1. Tennis: Steps To Success by Jim Brown
2. Tennis Courts
3. Tennis Balls
4. Tennis Racquets

**Media Resources**

1. None

**Evaluation/Activities**

**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** None  
**Review:** All weekly concepts.  
**Quiz:** None

**Lesson Completion Date:** TBD

**Technology Used/ Date Used:** NA

**Completed By:** Belmonte PE Department

**Comments:**

