



TENNIS 4 LEARNING

Public Tennis Inc., 501c3 NonProfit
USTA Foundation NJTL and USTA CTA
Beaufort County, SC
www.publictennis.org

VIDEO #1: INTRODUCTION TO TENNIS

IN-CLASS WARM UP:

Do concurrently with video, pause and supplement as needed!

Arm circles --- small to large, change directions, move feet

Stretch --- touch the floor, reach for the sky

Loosen up --- shake arms and legs, loosen shoulders, neck

Running ---- in place, slow and fast

TOPICS/SEGMENTS:

Is THIS Tennis? (not soccer, not football, not frisbee, not croquet, etc.)

Name that Stroke (forehand, backhand, volley, overhead smash)

Professional Tennis: The "Slams" (explore the countries of the 4 big tournaments)

- Australian Open – January, hard courts, animals – koala, croc, dingo, kangaroo
- French Open – May/June, clay courts, landmarks – Eiffel Tower, Arc de Triomphe
- England Wimbledon – June/July, grass courts, white clothes, English Bulldog
- U.S. Open – June / July, hard courts, New York – Statue of Liberty, Times Square

Inspiration: Local Special Olympics athletes (Beaufort County adults)

WRAP UP:

Quick quiz

- Why do we warm up before playing a sport? (loosen muscles)
- Name a few things which make tennis, TENNIS (tennis balls, racquets, hitting balls over a net, a court with lines – more on this topic next week!)
- Name three tennis strokes (forehand, backhand, volley, overhead smash)
- What country has a major tennis tournament on grass courts? (England)

Cheer! WE.....LOVE.....TENNIS!

NEXT VIDEO PREVIEW:

Learn about tennis courts

Learn about how to play the game of Tennis