



# TENNIS 4 LEARNING

Public Tennis Inc., 501c3 NonProfit  
USTA Foundation NJTL and USTA CTA  
Beaufort County, SC  
[www.publictennis.org](http://www.publictennis.org)

## VIDEO 3: KEEPING SCORE AND PRACTICING IN TENNIS

### IN-CLASS WARM UP:

(Do concurrently with video, pause and supplement as needed!)

Squats: standing (legs) or sitting (arms)

High knees: Lift knees up, raise arms at the same time

Balance: stand on one leg, move arms and body for more challenge, use chair as needed

### TOPICS/SEGMENTS:

- Scoring a game in tennis
  - Win at least 4 points –and-- Win at least 2 more points than opponent
  - Reinforce with simple classroom game: for example, split into two teams, solve math problems, right answer is a point, win 4 points by 2 to win game
  - Game, set, match and 15-30-40 will be covered in next video
- Practicing skills (to try at home with a friend or family)
  - Repetition is key to improving, teamwork with practice partner
  - Add challenge each time partners have success
  - Throw and catch, then use racquets
  - For success, keep balls high (rainbow) and slow (rally balls), hit upward with loft
- Special Olympics is great
  - Variety of sports
  - Train body and mind
  - Play with friends and compete at any level (local, state, country, world)
  - Build skills, friendships, fitness, fun

### WRAP UP:

#### Quick quiz

- What is the minimum number of points needed to win a tennis game? (4)
- If Sally has 4 points and Harry has 3 points, how many more points does Sally need to win the game? (1 point, must win by at least 2 points)
- Is a “rainbow ball” high or low? (high)
- Name three or more reasons for playing tennis? (Build fitness, strength, skills, friendships, fun)

PREVIEW of NEXT VIDEO: Sets and matches, strange tennis “math” (15-30-40-Deuce)