

The Chinese University of Hong Kong P.E. Unit

Tennis Course Content (Face-to-face Teaching)

Week	First Period	Second Period
1	1. Regulations for class 2. Introduction to the course	1. Introduction of tennis specific warm up 2. Various grips and poses 3. Ball sense (Introduce Feeding) 4. Introduce basic mini-tennis ball handling
2	1. Introduction to basic forehand ground stroke 2. General footwork and grip 3. Practice drop-hit forehand 4. Mini-tennis ball forehand rally practices	1. Forehand at service line 2. Forehand at baseline 3. Practice forehand with footwork 4. Mini-tennis ball forehand rally games
3	1. Introduction to basic one-handed backhand ground stroke 2. General footwork and grip 3. Practice drop-hit backhand	1. One-handed backhand at service line 2. Backhand at baseline 3. Practice backhand with footwork
4	1. Introduction to Basic two-handed backhand ground stroke 2. General two-handed backhand, footwork and grip 3. Practice drop-hit two-handed backhand	1. Practice forehand and backhand with footwork 2. Practice drop-hit forehand and backhand 3. Practice combinations of forehand and backhand groundstrokes
5	1. Introduction to basic serve motion and grip 2. Practice ball tossing 3. Practice for serve, swing, contact and follow-through movement 4. Practice serve from service line	1. Practice serve from service line 2. Practice from mid-court 3. Practice from baseline
6	1. Position after serve 2. Introduction return of serve 3. Position after return of serve	1. Introduction to Basic forehand volley 2. Practice throw and hit forehand volley 3. Practice for forehand volley with footwork
7	1. Introduction to Basic backhand volley 2. Practice throw and hit backhand volley 3. Practice for backhand volley with footwork	1. Introduction to scoring during tournaments 2. Simplified singles games (12-Point Tie-Break) 3. Various basic skills combination practice
8	1. Various basic skills combination practice 2. Introduction to basic singles regulations	1. Discussion on basic rules and regulations for singles - Tactics for serve and return - Tactics for baseline and approaching the net
9	1. Simplified doubles competitions 2. Introduction to basic doubles regulations	1. Basic tactics for doubles - One baseline and one net formation - Double baseline formation - Double net formation
10	Revision and games	Revision and games
11	Revision and games	Examination
12	Examination	Examination
13	Examination	Examination and filling in course evaluation