

The Chinese University of Hong Kong P.E. Unit

Tennis Course Content (Face-to-face Teaching)

Week	First Period	Second Period
1	<ol style="list-style-type: none"> 1. Regulations for class 2. Introduction to the course 	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 1. Introduction to basic forehand ground stroke 2. General footwork and grip 3. Practice drop-hit forehand 4. Mini-tennis ball forehand rally practices 	<ol style="list-style-type: none"> 1. Forehand at service line 2. Forehand at baseline 3. Practice forehand with footwork 4. Mini-tennis ball forehand rally games
3	<ol style="list-style-type: none"> 1. Introduction to basic one-handed backhand ground stroke 2. General footwork and grip 3. Practice drop-hit backhand 	<ol style="list-style-type: none"> 1. One-handed backhand at service line 2. Backhand at baseline 3. Practice backhand with footwork
4	<ol style="list-style-type: none"> 1. Introduction to Basic two-handed backhand ground stroke 2. General two-handed backhand, footwork and grip 3. Practice drop-hit two-handed backhand 	<ol style="list-style-type: none"> 1. Practice forehand and backhand with footwork 2. Practice drop-hit forehand and backhand 3. Practice combinations of forehand and backhand groundstrokes
5	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Practice serve from service line 2. Practice from mid-court 3. Practice from baseline
6	<ol style="list-style-type: none"> 1. Position after serve 2. Introduction return of serve 3. Position after return of serve 	<ol style="list-style-type: none"> 1. Introduction to Basic forehand volley 2. Practice throw and hit forehand volley 3. Practice for forehand volley with footwork
7	<ol style="list-style-type: none"> 1. Introduction to Basic backhand volley 2. Practice throw and hit backhand volley 3. Practice for backhand volley with footwork 	<ol style="list-style-type: none"> 1. Introduction to scoring during tournaments 2. Simplified singles games (12-Point Tie-Break) 3. Various basic skills combination practice
8	<ol style="list-style-type: none"> 1. Various basic skills combination practice 2. Introduction to basic singles regulations 	<ol style="list-style-type: none"> 1. Discussion on basic rules and regulations for singles <ul style="list-style-type: none"> - Tactics for serve and return - Tactics for baseline and approaching the net
9	<ol style="list-style-type: none"> 1. Simplified doubles competitions 2. Introduction to basic doubles regulations 	<ol style="list-style-type: none"> 1. Basic tactics for doubles <ul style="list-style-type: none"> - 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