

PE at Home Tennis Guide

The USTA Schools team wants you to understand that although school may look different this upcoming school year, we are still here to help! We know how important physical activity is for students, so we created a PE at Home Tennis Guide so students can enjoy the game, stay active, healthy and safe! Whether this guide is used as a take home lesson for students or done virtually, we are happy to contribute to the health and wellbeing of students in any way we can.



How to use

Naturally, physical education is usually done in a class setting. This guide will help physical educators determine what activities are safe for students to do at home. Each session will last 25-30 minutes and consist of a warm-up, skill, and game component. Some activities are individual and some are done with another person.

Also included in this guide is a word of the day for each session. By using the suggested word, it will give you the opportunity to introduce or reinforce character development to help your students to grow as players and people.

Supporting resources

All of the activities listed can be found within the Net Generation School Tennis Curriculum. This curriculum was co-created with SHAPE America and all activities meet the SHAPE America National Standards & Grade-Level Outcomes for K-12 Physical Education. An assessment is included for each grade level to assist teachers in gauging their students' progress in the K-12 curriculum. Understanding the needs of today's PE environments, all the activities were specifically designed to be done in minimal space and most can be done inside or outside.

No tennis balls or racquets at home? No problem! There are items around the house that you and your class can use, so get creative! Part of the fun is to see what different items can be used to do these activities! Try these activities using some of the different items below.

Replacement Examples:

TENNIS BALLS



Socks



Balloons



Red felt or foam tennis balls

BEANBAGS



Socks or well-sealed bag stuffed with rice



Smaller stuffed animals

NET



Rope tied to chairs



Caution tape tied to chairs



Pool noodles

HITTING TARGETS



Paper plates



Pieces of paper

TENNIS RACQUET



Frying pan

COURT LINES



Sidewalk chalk



Rope

*We created this guide to help support the considerations that SHAPE America has created for School Reentry Considerations for physical education. If you need more free resources, check out the [K-12 PE Teacher Page](https://www.usta.com/schools) on [usta.com/schools](https://www.usta.com/schools).

Character Theme	Time	Listen	Page #	Respect	Page #	Effort	Page #	Teamwork	Page #	Responsibility	Page #	Sportsmanship	Page #
		Week 1 Session 1		Week 1 Session 2		Week 2 Session 1		Week 2 Session 2		Week 3 Session 1		Week 3 Session 2	

KINDERGARTEN

Warm-Up	5 min.	Obstacle Course	13	In, Out, All About	16	Eagles	31	In, Out, All About with a Racquet	22	Get There	25	Obstacle Course	13
Skill Development	10 min.	Discovery Path	9	Alphabet Slide	15	Meet My Racquet	18	Meet My Racquet Balance Challenge	26	Mirror Challenge	31	Red Light, Green Light	22
Game	10 min.	Follow the Leader	13	Balance Challenge	25	Red Light, Green Light	22	Balance the Egg	29	Mirror with Racquet	32	Balance the Egg	29

GRADES 1-2

Warm-Up	5 min.	In, Out, All About with a Racquet	14	Walk the Dog	17	Walk the Dog with Obstacles	23	Get There	26	Eagles	29	Tap Downs on the Move	30
Skill Development	10 min.	Meet My Racquet	11	Walk the Dog Relay	14	Bullseye Relay	17	Catch Tennis	26	Tap Downs, Tap Ups	29, 32	Tap Ups with Partner	36
Game	10 min.	Simon Says	12	Walk the Dog Zig-Zag	15	Bullseye Fly-bys	20	Clap Catch	27	Self Rallies	33	Jacks with Partner	39

GRADES 3-4

Warm-Up	5 min.	Rock, Paper, Scissors Tag	14	Racquet Quickness	17	Ball Drop	19	Happy Feet	34	Rock, Paper, Scissors Tag	14	Racquet Quickness	17
Skill Development	10 min.	Meet My Racquet	11	Tap Up Rally	14	Ice Cream Cones with a Partner	22	Ice Cream Cones with a Partner	22	Lobster Trap/ Half-Pound Lobster	26	Rallying Practice	40
Game	10 min.	Jacks	12	Partner Tap Ups	15	Catch Tennis with a Partner	18	Sending the Mail	25	Hoopla	28	In Command with a Racquet	35

GRADES 5-6

Warm-Up	5 min.	Meet My Racquet	11	Ready and Run	14	Overhand Throwing	G7 P28	Ball Drop	G3 P19	Happy Feet	27	Rock, Paper, Scissors Tag	G3 P14
Skill Development	15 min.	Rally Over the Line (Catching)	11	Intro Backhand/ Backhanders	14, 15	Can't Stop	18	Rally the Ball	22	Catch Tennis	27	What's Your Record (Rally)?	41
Game	10 min.	In Command with a Racquet	G3 P35	Rally over the Line (Trapping)	15	Sending the Mail (Serving)	19	What's Your Record (Serving)?	23	Make Your Game	34	Singles Challenge	42

GRADES 7-12

Warm-Up	5 min.	Meet My Racquet	12	Ball Drop	G3 P19	3-2-1 Juggle Rally	20	Inch Back	G7 P28	Juggle Rally	20	Rallying Practice	28
Skill Development	15 min.	Lobster Trap/ Half-Pound Lobster	12	Intro Backhand/ Backhanders	16	Volley Progression	20	Get Serving	29	Inch Back	28	Cooperative Warm-up	43
Game	10 min.	What's Your Record	17	What's Your Record Competition	18	Volley to Volley	21	Get to 5! (Toss)	39	Juggle and Send	30	Create Your Own Game (Singles)	44