



TENNIS IN SCHOOLS RESOURCE

A Comprehensive Guide
to Teaching Tennis in Schools



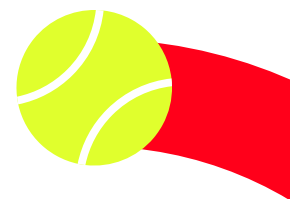
ACKNOWLEDGMENT



Tennis Canada is proud to develop and implement this project in collaboration with the Provincial and Territorial Associations.



TABLE OF CONTENTS



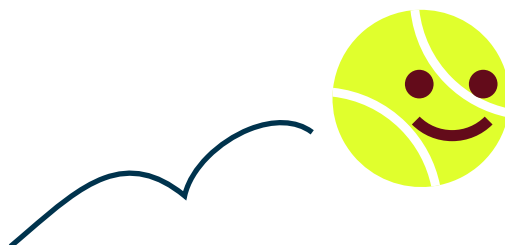
Introduction	5
→ This resource provides	5
Program Philosophy & Alignment.....	5
→ Why Teach Tennis in Schools?	5
→ Physical Education Curriculum Connections	5
Lesson Structure & Tactical Themes	6
Activity Card Integration	6
Lesson Plans by Grade Level	7
Tennis-Specific Foundations	7
Connecting with Local Tennis Coaches & Clubs.....	8
→ Building Pathways for Students to Continue Playing Tennis	8
→ Why Connect with a Local Club or Coach?	8
→ How to Find & Connect with a Local Coach or Club	8
→ Ways to Engage with Local Clubs & Coaches	8
→ Bringing Tennis to the Community: Opening School Courts	9
→ Need Help Getting Started?	9
1. Lesson Plans for Grades 1 – 3 (ages 6-8)	10
→ Grades 1-3 First Set Session 1 – Beginner	11
→ Grades 1-3 First Set Session 2 for – Beginner	12
→ Grades 1-3 First Set Session 3 for – Beginner	13
→ Grades 1-3 First Set Session 4 for – Beginner	14
→ Grades 1-3 First Set Session 1 – Emerging	15
→ Grades 1-3 First Set Session 2 – Emerging	16
→ Grades 1-3 First Set Session 3 – Emerging	17
→ Grades 1-3 First Set Session 4 – Emerging	18
→ Grades 1-3 First Set Session 1 – Competent	19
→ Grades 1-3 First Set Session 2 – Competent	20
→ Grades 1-3 First Set Session 3 – Competent	21
→ Grades 1-3 First Set Session 4 – Competent	22



TABLE OF CONTENTS



2. Lesson Plans for Grades 4–6 (Ages 9–11).....	23
→ Grades 4-6 First Set Session 1 – Beginner	24
→ Grades 4-6 First Set Session 2 for – Beginner	25
→ Grades 4-6 First Set Session 3 for – Beginner	26
→ Grades 4-6 First Set Session 4 for – Beginner	27
→ Grades 4-6 First Set Session 1 – Emerging	28
→ Grades 4-6 First Set Session 2 – Emerging	29
→ Grades 4-6 First Set Session 3 – Emerging	30
→ Grades 4-6 First Set Session 4 – Emerging	31
→ Grades 4-6 First Set Session 1 – Competent	32
→ Grades 4-6 First Set Session 2 – Competent	33
→ Grades 4-6 First Set Session 3 – Competent	34
→ Grades 4-6 First Set Session 4 – Competent	35
3. Lesson Plans for Grades 7–8 (Ages 12–13)	36
→ Grades 7-8 First Set Session 1 – Beginner	37
→ Grades 7-8 First Set Session 2 for – Beginner	38
→ Grades 7-8 First Set Session 3 for – Beginner	39
→ Grades 7-8 First Set Session 4 for – Beginner	40
→ Grades 7-8 First Set Session 1 – Emerging	41
→ Grades 7-8 First Set Session 2 – Emerging	42
→ Grades 7-8 First Set Session 3 – Emerging	43
→ Grades 7-8 First Set Session 4 – Emerging	44
→ Grades 7-8 First Set Session 1 – Competent	45
→ Grades 7-8 First Set Session 2 – Competent	46
→ Grades 7-8 First Set Session 3 – Competent	47
→ Grades 7-8 First Set Session 4 – Competent	48



INTRODUCTION

Welcome to the *First Set - Tennis in Schools Resource*, a dynamic and structured resource for teachers designed to introduce students between the ages of 4 and 13 (Grades 1 to 8) to tennis through engaging, play-based lessons. This resource is designed to help teachers deliver effective lessons tied to physical and health education curriculum outcomes. It has been informed by Tennis Canada's Whole Player Development Pathway, focusing on tactical play, fundamental movement skills, and social-emotional learning.

This resource provides:

- 36 lesson plans for use in the classroom for the following age groups.
 - Grade 1 – Grade 3 (6-8 years old)
 - Grade 4 – Grade 6 (9-11 years old)
 - Grade 7 – Grade 8 (12-13 years old)
- Each grade level includes 12 developmentally appropriate lessons, designed to meet students where they are in their tennis journey:
 - 4 lessons for beginners who are just being introduced to tennis
 - 4 lessons for students with developing or emerging tennis skills
 - 4 lessons for students demonstrating competence and confidence in their tennis abilities
- All the lessons reference the *First Set - Tennis in Schools Activity Cards*.



PROGRAM PHILOSOPHY & ALIGNMENT

Why Teach Tennis in Schools?

Tennis can be a lifelong sport that promotes physical literacy, teamwork, problem-solving, and resilience. This program is designed to ensure:

- Easy implementation for teachers with or without a tennis background.
- A progression-based approach to develop core tennis skills through play-based learning.
- Inclusive and adaptive activities for diverse student needs.

Physical Education Curriculum Connections

The skills, concepts, and strategies presented in this resource have been designed to align with your provincial Physical Education Curriculum.

This resource follows **Tennis Canada's Whole Player Development Pathway**, emphasizing:

- Physical, mental, and social development.
- The 5Cs of positive youth development: Confidence, Connection, Character, Culture, and Competence.
- The "Play-Practice-Play" instructional model, ensuring game-based learning from start to finish.



LESSON STRUCTURE & TACTICAL THEMES

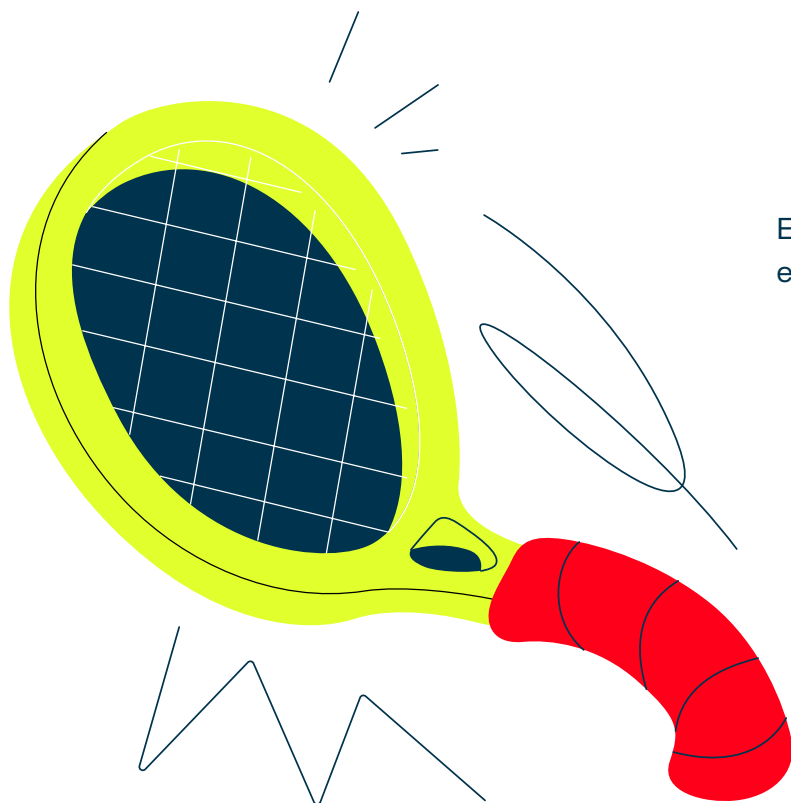
The Four Tactical Themes

Each lesson plan is built around a tactical theme, ensuring a logical progression and strategic understanding of tennis:

- **Outlast the Opponent** – Extending rallies and maintaining consistency.
- **Move the Opponent** – Using placement and angles to control play.
- **Take Time Away** – Applying pressure with early contact and attacking shots.
- **Gain Time** – Using defensive positioning to reset the point.

Each lesson follows a structured sequence:

- **Minds-On Activity**
- **Action Activity**
- **Consolidation Activity**



ACTIVITY CARD INTEGRATION

The First Set – Tennis in Schools

Activity Cards provide a bank of pre-designed activities categorized into:

- **Minds-On** (Warm-up, Coordination, & Sending and Receiving)
 - This initial phase engages students by connecting to prior knowledge, asking questions to gauge understanding, and setting the stage for new learning.
- **Action** (I Can Rally, I Can Play Net, & I Can Serve)
 - This is the core part of the lesson where students actively engage with the new concept through activities, problem-solving, or exploration.
- **Consolidation** (Point Play & Mini events)
 - This final phase involves reviewing key points, summarizing the learning, and providing opportunities for students to reflect on and solidify their understanding through discussion, practice questions, or application activities.

Each lesson plan references activity cards, ensuring consistency across sessions.



LESSON PLANS BY GRADE LEVEL

Each grade band (1-3, 4-6, 7-8) has lesson plans tailored to developmental needs, with activities from the *First Set - Tennis in Schools Activity Cards*.

Example Lesson Plan Format

- **Grade Level** (e.g., Grades 4-6)
- **Tactical Theme** (e.g., Move the Opponent)
- **Equipment Needed** (e.g., Tennis Balls, Foam Racquets, Cones, Nets)

Time	Activity
5-10 minutes	Minds-On: Link to game
10-20 minutes	Action: Link to game
10-20 minutes	Consolidation: Link to game

TENNIS-SPECIFIC FOUNDATIONS

Fundamental 5 (coming soon)

For teachers new to tennis, access the Fundamental 5 resource. This resource will provide you with some basics of tennis that will aid your classroom delivery.



CONNECTING WITH LOCAL TENNIS COACHES & CLUBS

Building Pathways for Students to Continue Playing Tennis

One of the key objectives of the *First Set - Tennis in Schools* program is to help schools develop strong connections with local tennis coaches, clubs, and community tennis programs. By establishing these relationships, students who are introduced to tennis at school can continue playing in their local community, ensuring long-term participation and engagement in the sport.

Why Connect with a Local Club or Coach?

- **Smoother Transition for Students:** Many students who enjoy tennis at school will want to continue playing. Connecting with a local tennis club or coach provides a clear pathway for them to do so.
- **Expert Support:** Many clubs have certified coaches who can assist with school programming, provide demonstrations, and even deliver joint sessions to support teachers.
- **Access to Facilities & Equipment:** Schools with limited space or equipment may be able to partner with local clubs to provide students with access to proper tennis courts and gear.
- **Community Engagement:** Strong school-club relationships enhance community involvement, encouraging students to stay active outside of school hours.

How to Find & Connect with a Local Coach or Club

Tennis Canada and the Provincial and Territorial Tennis Associations provide a national database of tennis clubs and certified coaches that schools can use to establish partnerships.

Finding a Local Tennis Club:

1. Use the [Tennis Canada Club Locator](#) to find clubs near your school.
2. Contact your Provincial or Territorial Tennis Association (PTTA)

PTTA CONTACT →

Ways to Engage with Local Clubs & Coaches

- 1. Invite a Tennis Coach to Your School**
 - Arrange for a guest coaching session where a local coach visits your school to run a tennis activity.
 - Coaches can provide skill demonstrations and help with lesson delivery.
 - Some clubs offer “Try Tennis” sessions, bringing portable equipment to schools.
- 2. Organize a School Club Visit**
 - Plan a field trip to a local tennis club, giving students a chance to experience playing on proper courts.
 - Many clubs offer free introductory sessions for school groups.
- 3. Provide Students with Community Tennis Opportunities**
 - Encourage students to join a local junior tennis program or after-school club.
 - Distribute invitations or flyers with club details, special offers, and beginner-friendly programs.
- 4. Explore Club-School Partnership Programs**
 - Some organizations may offer school-club partnership grants, equipment loans, or shared coaching resources.
 - Schools can co-host community tennis days, bringing together students, families, and community members.



Bringing Tennis to the Community: Opening School Courts

If your school has tennis courts, consider making them available for after-school or weekend community use. This can:

- Provide students with a familiar place to continue playing.
- Foster stronger school-community ties.

For more information on **opening your school tennis facilities to the public**.

PTTA →



Need Help Getting Started?

If you're unsure where to start, Tennis Canada and your local Provincial or Territorial Tennis Association (PTTA) can assist in:

- Finding the right coach or club for your school.
- Offering training and resources to help teachers confidently lead tennis lessons in the classroom.
- Providing grants and funding to support school-club partnerships.

For more details, contact or visit Tennis Canada's School Tennis Support Page

PTTA →

SUPPORT PAGE →

Let's work together to ensure every student has the opportunity to Try, Learn, and Play tennis!





PRIMARY DIVISION OVERVIEW (GRADE 1 – GRADE 3)

In this stage of learning, students will develop the foundational knowledge and skills needed to support their health and well-being, while developing physical and health literacy to acquire the building blocks to lead healthy, active lives.

There are 12 lessons that have been organized to support the scope and sequence for students in this division. Each lesson aligns with the Teaching Games for Understanding model, with a specific focus on the Net and Wall game category.

In these lessons, students get the opportunity to explore and enjoy the activities while gaining confidence in the skills, concepts, and strategies that can be transferred into the game of tennis.

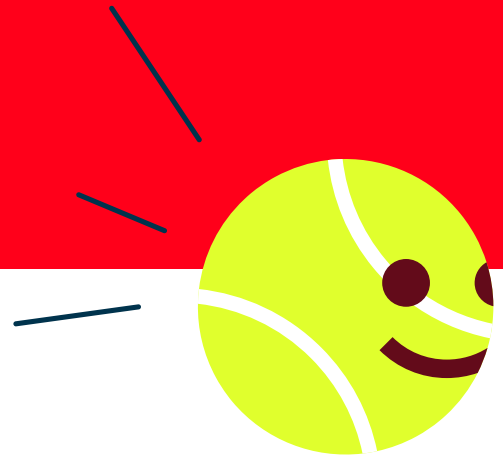
To foster the game of tennis, each lesson follows a structured format and introduces one of four tactical themes – Outlast the Opponent, Move the Opponent, Take Time Away, or Gain Time – through age-appropriate activities that support learning and engagement.



GRADES 1-3

FIRST SET SESSION 1

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Balls (any type)
- Cones
- Nets
- Tennis Racquets

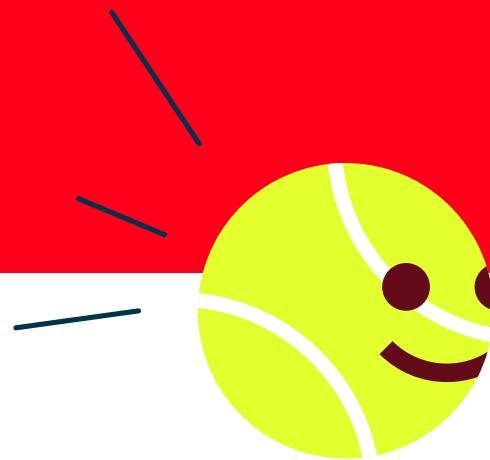
Time	Activity
5-10 minutes	Minds-On: Court Parts (page 11)
10-20 minutes	Action: Ground Control Rally (page 25)
10-20 minutes	Consolidation: Floor Tennis (page 38)



GRADES 1-3

FIRST SET SESSION 2

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

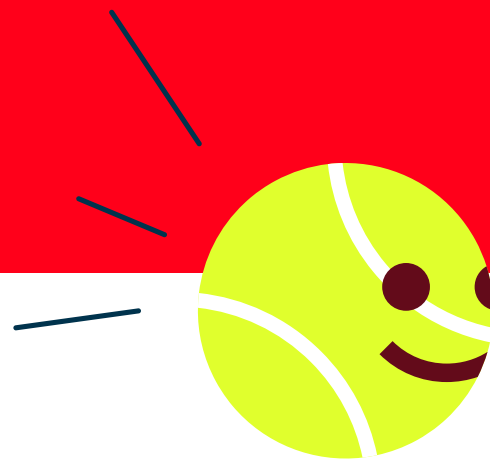
Time	Activity
5-10 minutes	Minds-On: Basketball Tag (page 13)
10-20 minutes	Action: Racquet Control Progressions (page 26)
10-20 minutes	Consolidation: Racquet Toss Tennis (page 39)



GRADES 1-3

FIRST SET SESSION 3

BEGINNER



Tactical Theme:

Move the Opponent

Equipment Needed:

- Cones
- Nets
- balls (any type)
- Tennis balls
- Tennis racquets
- Container for balls

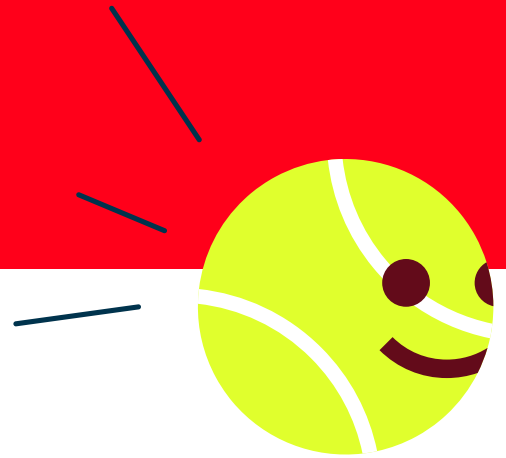
Time	Activity
5-10 minutes	Minds-On: Caterpillar (page 14)
10-20 minutes	Action: Rally Showdown - 3 Shot Challenge (page 27)
10-20 minutes	Consolidation: Throw Tennis (page 41)



GRADES 1-3

FIRST SET SESSION 4

BEGINNER



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)
- ball (any type)

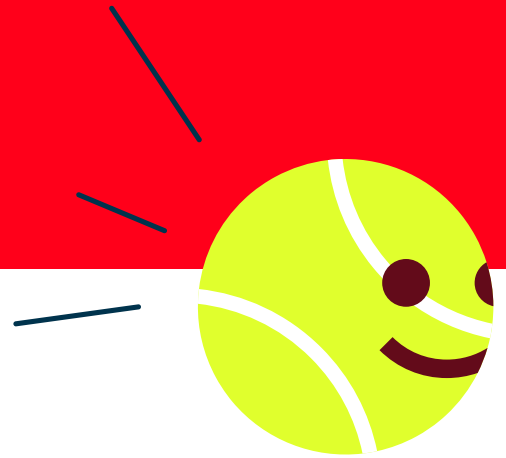
Time	Activity
5-10 minutes	Minds-On: Clear the Bedroom (page 22)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Throw Tennis (page 41)



GRADES 1-3

FIRST SET SESSION 1

EMERGING



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- balls (any type)

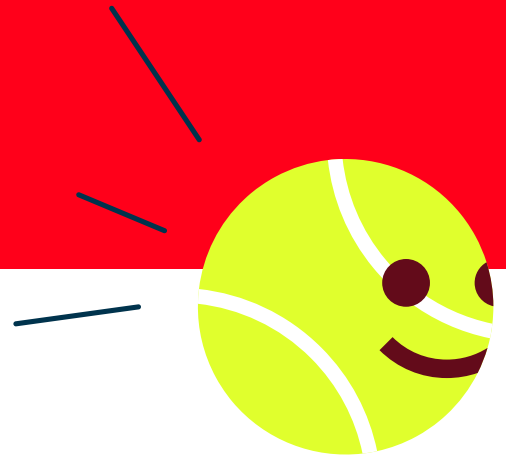
Time	Activity
5-10 minutes	Minds-On: Tennis Juggling (page 23)
10-20 minutes	Action: Racquet Control Progressions (page 26)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 1-3

FIRST SET SESSION 2

EMERGING



Tactical Theme:

Move the Opponent

Equipment Needed:

- Cones
- tennis racquets
- tennis balls

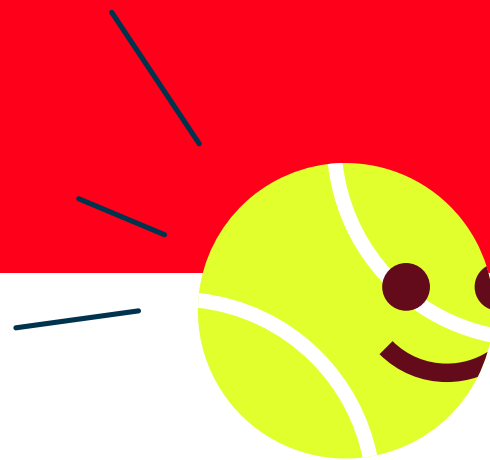
Time	Activity
5-10 minutes	Minds-On: Cone Call (page 9)
10-20 minutes	Action: Racquet Control Progressions (page 26)
10-20 minutes	Consolidation: Racquet Toss Tennis (page 39)



GRADES 1-3

FIRST SET SESSION 3

EMERGING



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- container for balls
- balls (any type)

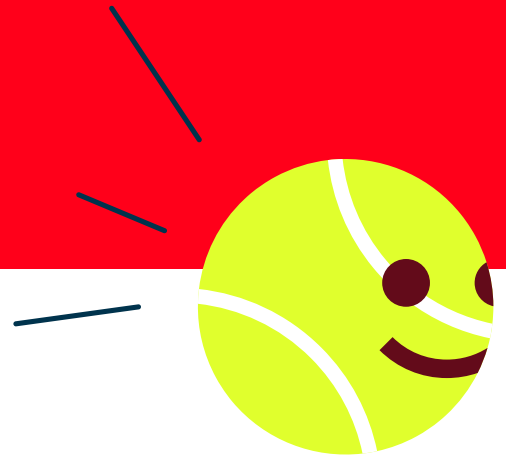
Time	Activity
5-10 minutes	Minds-On: Rob the Nest (page 12)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Approach Singles - Volleys (page 37)



GRADES 1-3

FIRST SET SESSION 4

EMERGING



Tactical Theme:

Take Time Away – Gain Time

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- Various objects as targets (e.g. hoops, buckets, baskets)
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

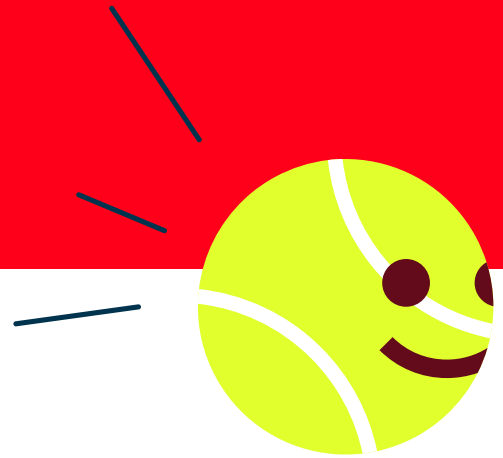
Time	Activity
5-10 minutes	Minds-On: Shuffle & Catch (page 8)
10-20 minutes	Action: Toss and Target (page 33)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 43)



GRADES 1-3

FIRST SET SESSION 1

COMPETENT



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- balls (any type)

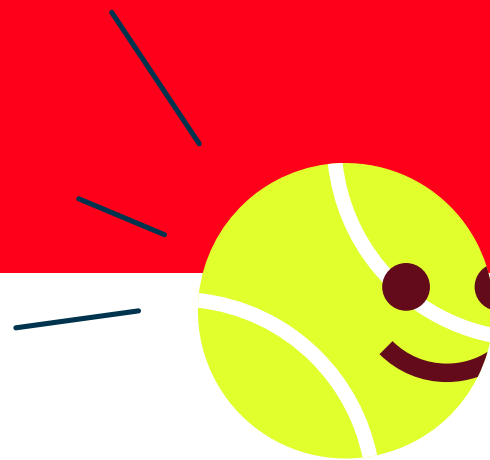
Time	Activity
5-10 minutes	Minds-On: Shuffle & Catch (page 22)
10-20 minutes	Action: Rally Up: Build Your Best Rally (page 28)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 1-3

FIRST SET SESSION 2

COMPETENT



Tactical Theme:

Move Your Opponent Around

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- Various objects as targets (e.g. hoops, buckets, baskets)
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

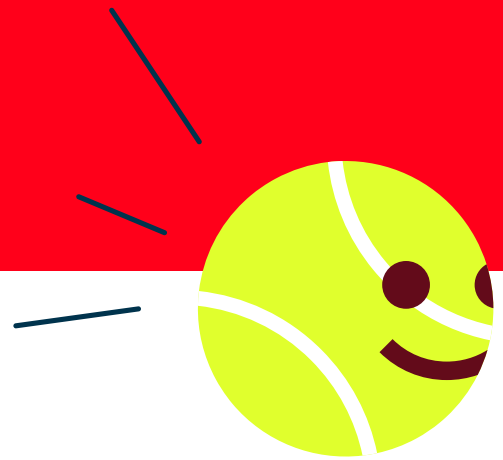
Time	Activity
5-10 minutes	Minds-On: Goals (page 16)
10-20 minutes	Action: Ace the Target (page 31)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 1-3

FIRST SET SESSION 2

COMPETENT



Tactical Theme:

Move the Opponent

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- balls (any type)

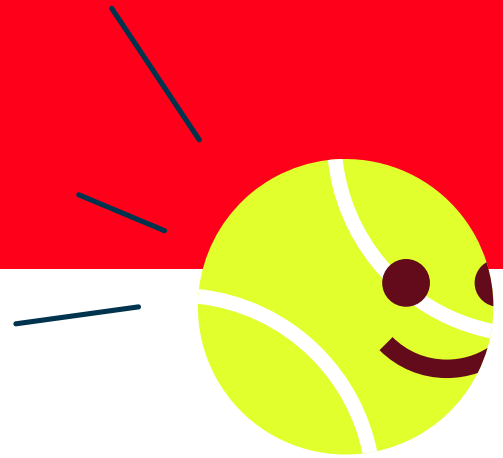
Time	Activity
5-10 minutes	Minds-On: Goals (page 16)
10-20 minutes	Action: Ace the Target (page 31)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 1-3

FIRST SET SESSION 3

COMPETENT



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- nets
- tennis racquets
- tennis balls
- balls (any type)

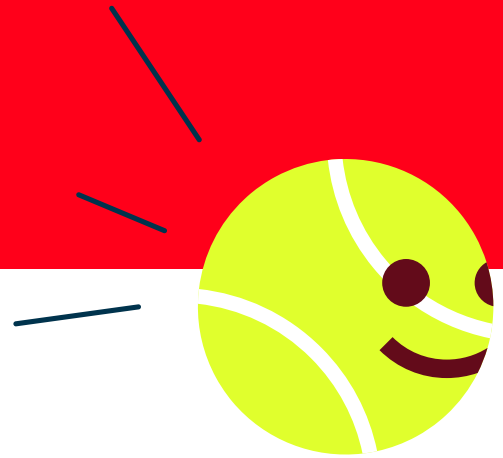
Time	Activity
5-10 minutes	Minds-On: Rak Attack (page 17)
10-20 minutes	Action: Volley Self-Rally Challenge (page 35)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 1-3

FIRST SET SESSION 4

COMPETENT



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- nets
- tennis balls
- tennis racquets

Time	Activity
5-10 minutes	Minds-On: Cone Flip (page 10)
10-20 minutes	Action: Catapult Serve-off (page 32)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



2

JUNIOR DIVISION OVERVIEW (GRADE 4 – GRADE 6)

In this stage of learning, students are building on the physical and health literacy experiences from the primary division. While students are maturing physically, socially, and mentally at different rates, programming and instruction are needed to meet a wide range of student needs and interests.

There are 12 lessons that have been organized to support the scope and sequence for students in this division. Each lesson aligns with the Teaching Games for Understanding model, with a specific focus on the Net and Wall game category.

In these lessons, students are building and refining their fundamental movement skills while providing opportunities for them to transfer their learning into intentional game structure and play. While enjoyment and participation remain a priority, students begin to develop a clearer understanding of how to rally, position themselves, and make decisions based on tactical cues.

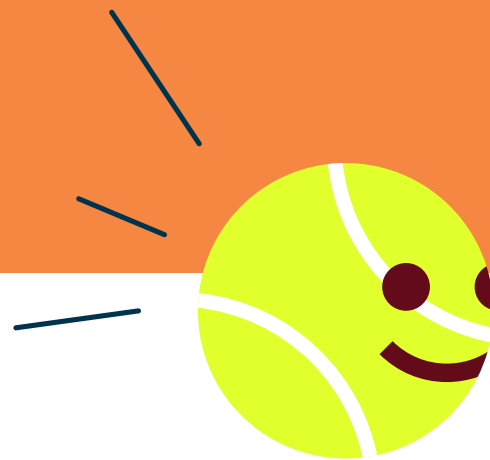
To foster the game of tennis, each lesson follows a structured format and introduces one of four tactical themes – Outlast the Opponent, Move the Opponent, Take Time Away, or Gain Time – through age-appropriate activities that support learning and engagement.



GRADES 4-6

FIRST SET SESSION 1

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

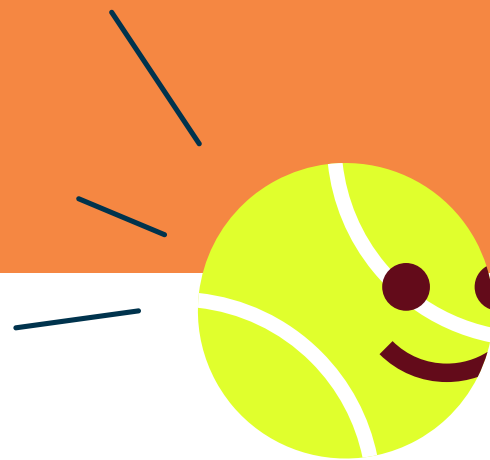
Time	Activity
5-10 minutes	Minds-On: Push It (page 22)
10-20 minutes	Action: Rally Up: Build Your Best Rally (page 28)
10-20 minutes	Consolidation: Floor Tennis (page 38)



GRADES 4-6

FIRST SET SESSION 2

BEGINNER



Tactical Theme:

Move the Opponent

Equipment Needed:

- Tennis Balls
- Tennis Racquets
- Cones
- Nets

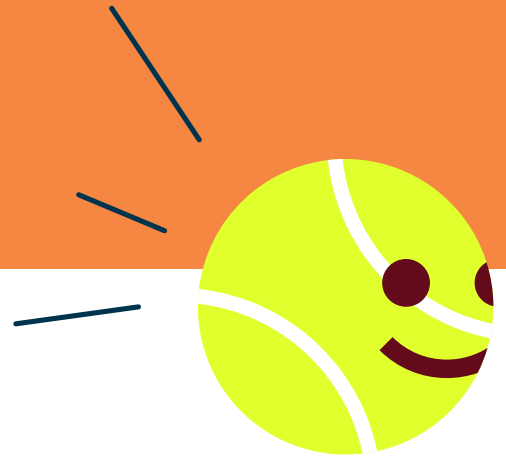
Time	Activity
5-10 minutes	Minds-On: Shuffle and Catch (page 8)
10-20 minutes	Action: Racquet Control Progressions (page 26)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 4-6

FIRST SET SESSION 3

BEGINNER



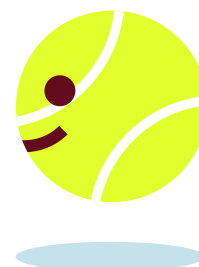
Tactical Theme:

Gain Time

Equipment Needed:

- Various objects as targets (e.g. hoops, buckets, baskets)
- Tennis Balls
- Cones
- Floor Markers
- Tennis Racquets
- Nets

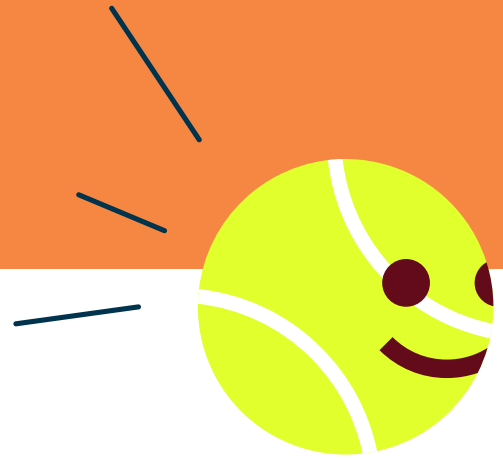
Time	Activity
5-10 minutes	Minds-On: Rob the Nest (page 12)
10-20 minutes	Action: Ground Control Rally (page 25)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 4-6

FIRST SET SESSION 4

BEGINNER



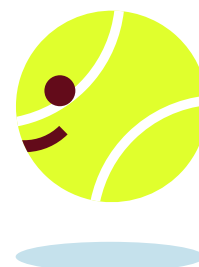
Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- Nets
- Tennis Balls
- Tennis Racquets

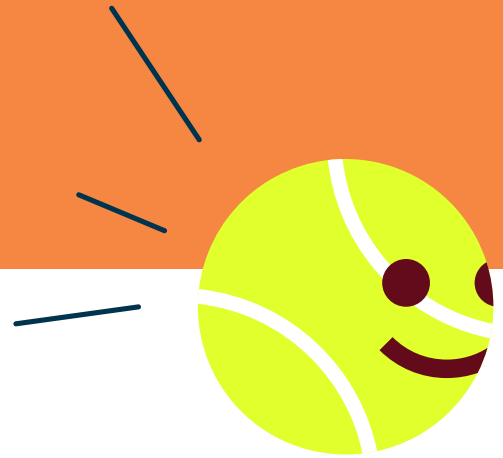
Time	Activity
5-10 minutes	Minds-On: Dodgems (page 15)
10-20 minutes	Action: Squeeze Challenge (page 30)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 4-6

FIRST SET SESSION 1

EMERGING



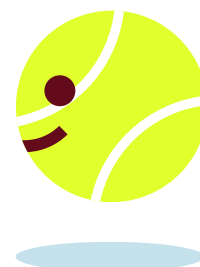
Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Various objects as targets (e.g. hoops, buckets, baskets)
- Tennis Balls
- Tennis Racquets
- Cones
- Nets

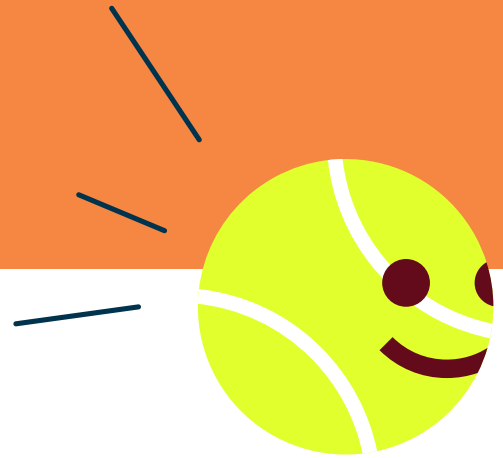
Time	Activity
5-10 minutes	Minds-On: Caterpillar (page 14)
10-20 minutes	Action: Rally Showdown- 3 Shot Challenge (page 27)
10-20 minutes	Consolidation: Throw Tennis (page 41)



GRADES 4-6

FIRST SET SESSION 2

EMERGING



Tactical Theme:

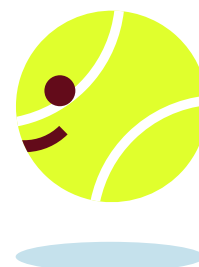
Move the Opponent

Equipment Needed:

- Tennis Balls
- Cones



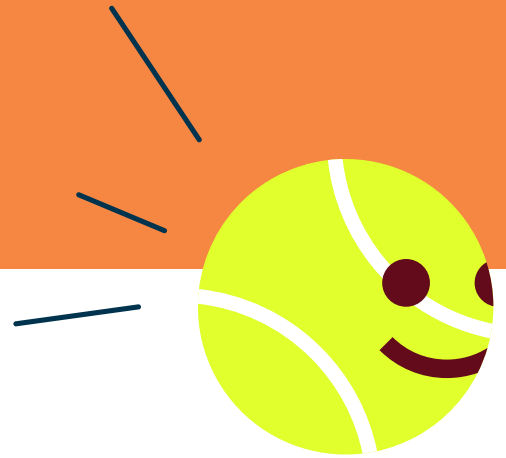
Time	Activity
5-10 minutes	Minds-On: Shuffle and Catch (page 8)
10-20 minutes	Action: Ground Control Rally (page 25)
10-20 minutes	Consolidation: Floor Tennis (page 38)



GRADES 4-6

FIRST SET SESSION 3

EMERGING



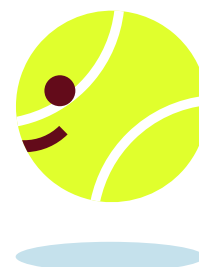
Tactical Theme:

Take Time Away

Equipment Needed:

- Tennis Balls
- Tennis Racquets
- Cones
- Nets

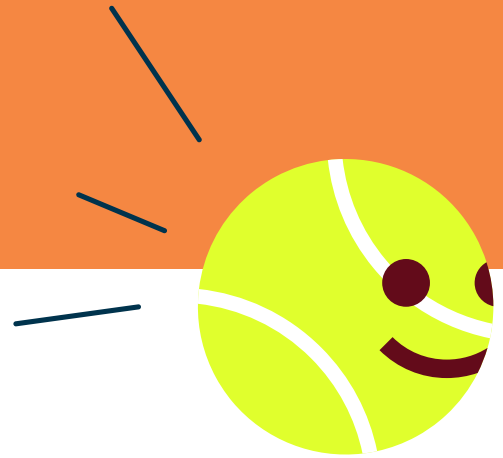
Time	Activity
5-10 minutes	Minds-On: Dodgems (page 15)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 4-6

FIRST SET SESSION 4

EMERGING



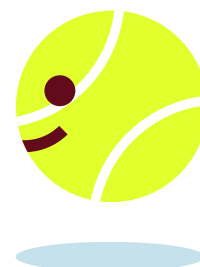
Tactical Theme:

Gain Time

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

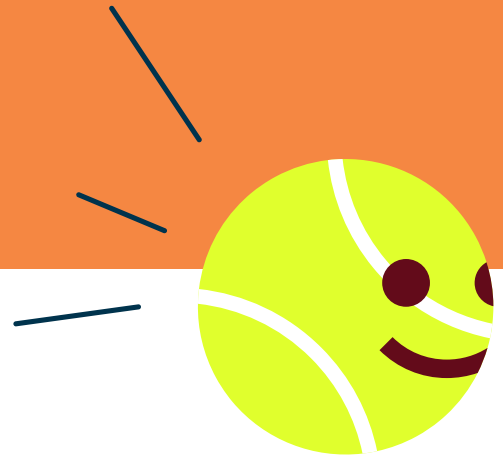
Time	Activity
5-10 minutes	Minds-On: Throw and Catch Progressions (page 19)
10-20 minutes	Action: Volley Self-Rally Challenge (page 35)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (Serve) (page 42)



GRADES 4-6

FIRST SET SESSION 1

COMPETENT



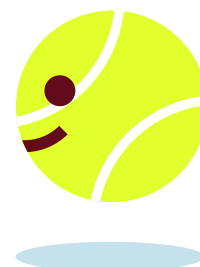
Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Various objects as targets (e.g. hoops, buckets, baskets)
- Tennis Balls
- Tennis Racquet
- Cones
- Nets

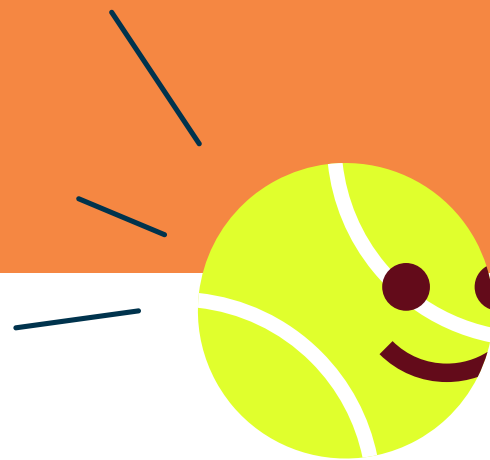
Time	Activity
5-10 minutes	Minds-On: Caterpillar (page 14)
10-20 minutes	Action: Rally Showdown- 3 Shot Challenge (page 27)
10-20 minutes	Consolidation: Throw Tennis (page 41)



GRADES 4-6

FIRST SET SESSION 2

COMPETENT



Tactical Theme:

Move the Opponent

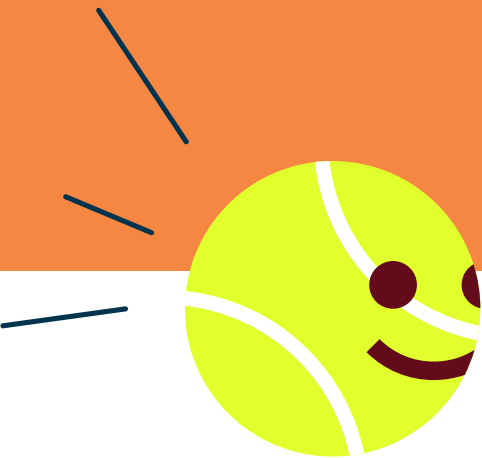
Equipment Needed:

- Two Colours of Tennis Balls
- Cones
- Nets
- Hula Hoops
- Tennis Racquets

Time	Activity
5-10 minutes	Minds-On: Basketball Tag (page 13)
10-20 minutes	Action: Toss and Target (page 33)
10-20 minutes	Consolidation: Floor Tennis (page 38)



GRADES 4-6
FIRST SET SESSION 3
COMPETENT



Tactical Theme:

Take Time Away

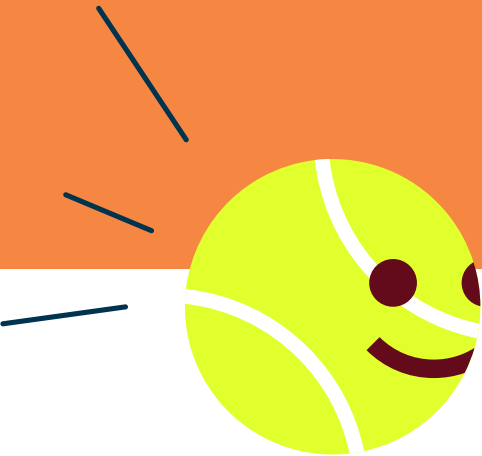
Equipment Needed:

- Cones
- Nets
- Tennis Racquets
- Various objects as targets (e.g. hoops, buckets, baskets)
- Tennis Balls

Time	Activity
5-10 minutes	Minds-On: Cone Call (page 9)
10-20 minutes	Action: Ace the Target (page 31)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 4-6
FIRST SET SESSION 4
COMPETENT



Tactical Theme:

Gain Time

Equipment Needed:

- Nets
- Tennis Balls
- Tennis Racquets
- Cones

Time	Activity
5-10 minutes	Minds-On: Clear the Bedroom (page 21)
10-20 minutes	Action: Catapult Serve-off (page 32)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (Serve) (page 42)



3

INTERMEDIATE DIVISION OVERVIEW (GRADE 7 – GRADE 8)

In this stage of learning, students are going through many changes as they grow into adult selves. They are learning how to cope with these changes, while learning how to apply critical-thinking skills to their physical, social, and mental health. It is important to recognize the students' developing abilities and skills to continue to differentiate instruction to meet the diverse needs.

There are 12 lessons that have been organized to support the scope and sequence for students in this division. Each lesson aligns with the Teaching Games for Understanding model, with a specific focus on the Net and Wall game category.

In these lessons, students apply tactical awareness. These lessons aim to strengthen technical ability while deepening understanding of strategies in Net and Wall games, while game appreciation and enjoyment are at the core.

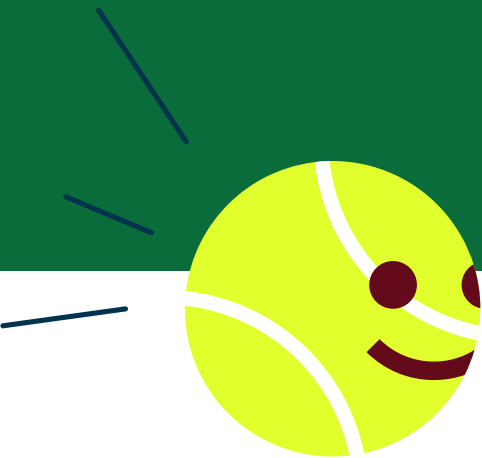
To foster the game of tennis, each lesson follows a structured format and introduces one of four tactical themes — Outlast the Opponent, Move the Opponent, Take Time Away, or Gain Time — through age-appropriate activities that support learning and engagement.



GRADES 7-8

FIRST SET SESSION 1

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

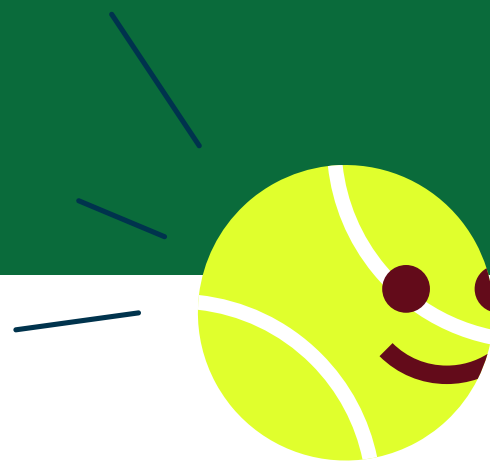
Time	Activity
5-10 minutes	Minds-On: Dodgems (page 15)
10-20 minutes	Action: Racquet Control Progressions (page 26)
10-20 minutes	Consolidation: Racquet Toss Tennis (page 39)



GRADES 7-8

FIRST SET SESSION 2

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets



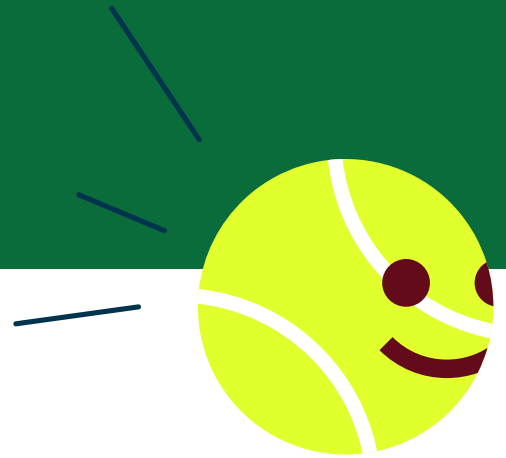
Time	Activity
5-10 minutes	Minds-On: Tennis Juggling (page 23)
10-20 minutes	Action: Self Rally (page 29)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 7-8

FIRST SET SESSION 3

BEGINNER



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

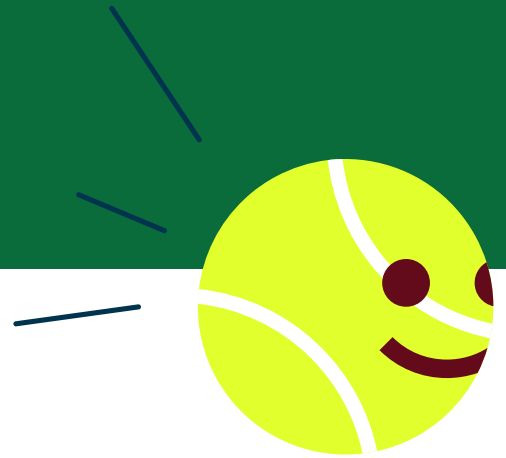
Time	Activity
5-10 minutes	Minds-On: Shuffle and Catch (page 9)
10-20 minutes	Action: Catapult Serve-off (page 32)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 7-8

FIRST SET SESSION 4

BEGINNER



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

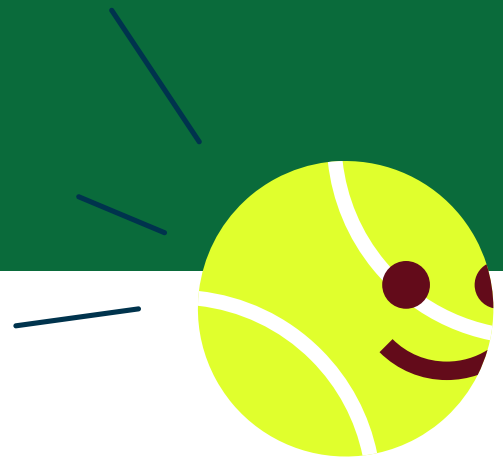
Time	Activity
5-10 minutes	Minds-On: Cone Flip (page 10)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 7-8

FIRST SET SESSION 1

EMERGING



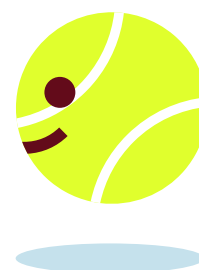
Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

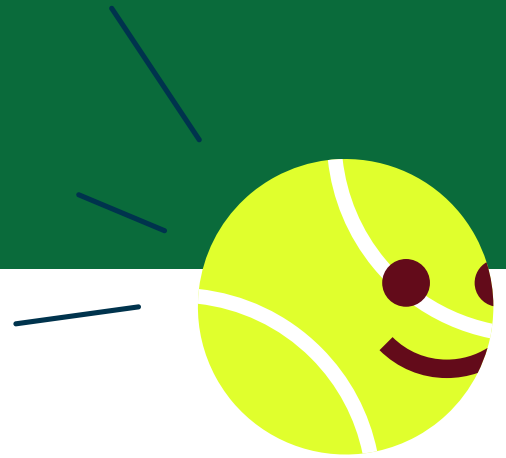
Time	Activity
5-10 minutes	Minds-On: Shuffle and Catch (page 8)
10-20 minutes	Action: Rally Up: Build Your Best Rally (page 28)
10-20 minutes	Consolidation: Tap Tennis (page 40)



GRADES 7-8

FIRST SET SESSION 2

EMERGING



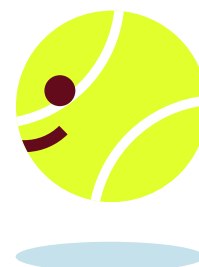
Tactical Theme:

Move the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)
- Various objects as targets (e.g. hoops, buckets, baskets)

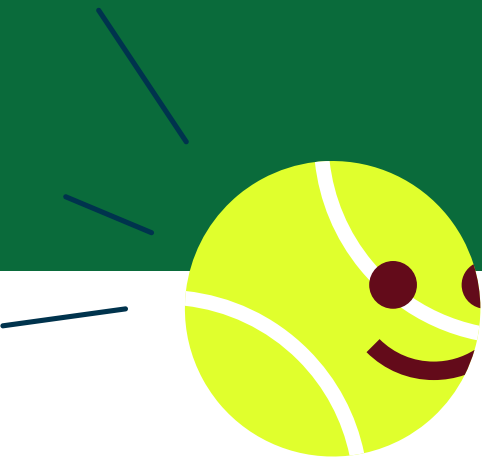
Time	Activity
5-10 minutes	Minds-On: Tennis Juggling (page 24)
10-20 minutes	Action: Ace the Target (page 31)
10-20 minutes	Consolidation: Ups and Downs (Volley) (page 42)



GRADES 7-8

FIRST SET SESSION 3

EMERGING



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

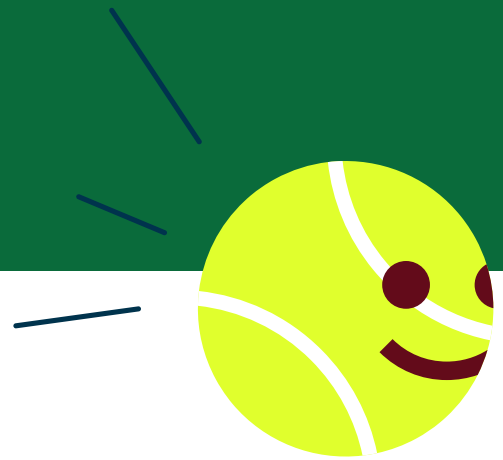
Time	Activity
5-10 minutes	Minds-On: Basketball Tag (page 13)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 7-8

FIRST SET SESSION 4

EMERGING



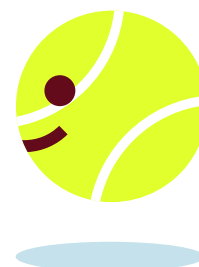
Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

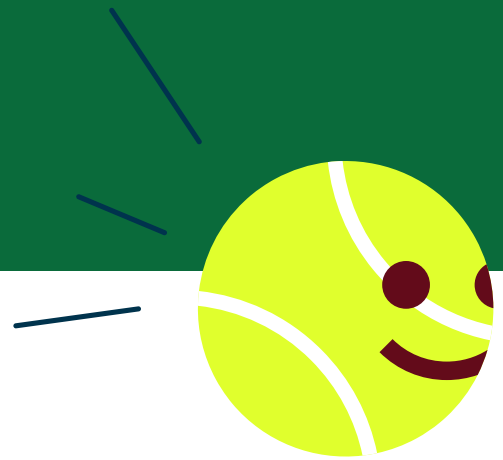
Time	Activity
5-10 minutes	Minds-On: Cone Flip (page 10)
10-20 minutes	Action: Squeeze Challenge (page 30)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 7-8

FIRST SET SESSION 1

COMPETENT



Tactical Theme:

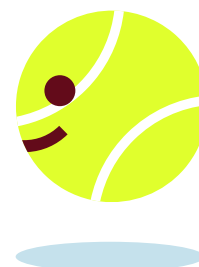
Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets



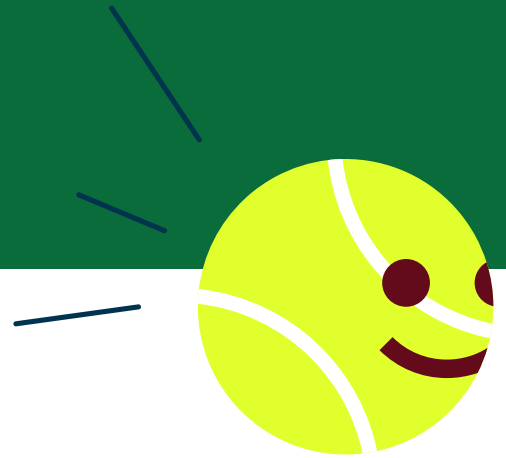
Time	Activity
5-10 minutes	Minds-On: Shuffle and Catch (page 8)
10-20 minutes	Action: Rally Up: Build Your Best Rally (page 28)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)



GRADES 7-8

FIRST SET SESSION 2

COMPETENT



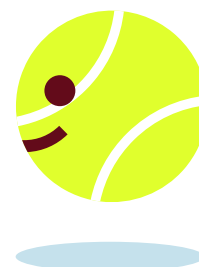
Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)
- Various objects as targets (e.g. hoops, buckets, baskets)

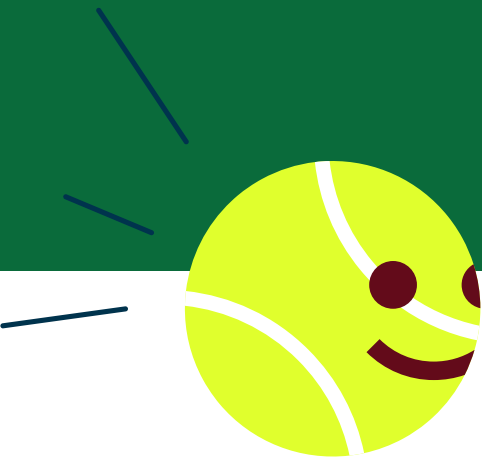
Time	Activity
5-10 minutes	Minds-On: Tennis Juggling (page 23)
10-20 minutes	Action: Ace the Target (page 31)
10-20 minutes	Consolidation: Ups and Downs (Volley) (page 42)



GRADES 7-8

FIRST SET SESSION 3

COMPETENT



Tactical Theme:

Take Time Away

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

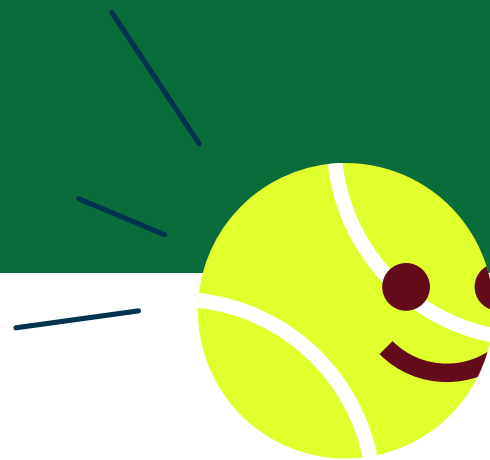
Time	Activity
5-10 minutes	Minds-On: Basketball Tag (page 13)
10-20 minutes	Action: Volley Goalkeeper Challenge (page 34)
10-20 minutes	Consolidation: Approach Singles (volleys) (page 37)



GRADES 7-8

FIRST SET SESSION 4

COMPETENT



Tactical Theme:

Outlast the Opponent

Equipment Needed:

- Cones
- Tennis Balls
- Tennis Racquets
- Nets

Time	Activity
5-10 minutes	Minds-On: Cone Flip (page 10)
10-20 minutes	Action: Rally Showdown- 3 Shot Challenge (page 27)
10-20 minutes	Consolidation: Ups and Downs (Volleys) (page 42)





Created and produced by the
Creative Studio of Tennis Canada