



Elective course : Tennis



Physical activities play a major role in the present era and they affects human beings.

Aim & objective :Can do; basic tennis skills, exercise prog. for health, wellness and happiness

Teaching Strategies:

- motivation
- students centre
- active learning
- games, code
- face book, you tube



3 STEPS OF EXERCISE
1: WARM UP & STRETCHING
2: EXERCISE : TENNIS GAME
3: COOL DOWN



Invention: tennis shooter



Code: S I F
S: Swing
I: Impact
F: Follow through



Assessment: rally 20 strokes with partner, board, service, games & scoring, final examination

Out come: students developed the tennis skills and can play tennis games in class and lifestyle.

Reference: Brockbank, A. and McGill, I. (2006) Facilitating Reflective Learning through Mentoring and Coaching, London: Kogan Page.