

## LESSON 3: FOREHAND

### Grade-Level Outcomes

#### Primary Outcome

**Lifetime activities:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

#### Embedded Outcome

**Movement concepts, principles & knowledge:** Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)

### Lesson Objectives

The learner will:

- perform the eastern forehand grip.
- successfully perform the forehand shot three times in a row with a partner.

### Equipment and Materials

- Tennis rackets: 1 per student
- Tennis balls (various densities): at least 3 per student pair

### Introduction

*Today, you will be learning the forehand shot. This is one of the most common and fundamental shots in tennis. It is used most often during baseline rallies.*

## Instructional Task: Eastern Forehand Grip

### ■ PRACTICE TASK

Demonstrate the eastern forehand grip. Students shadow along.

#### Extension

Have students place their rackets on the ground, and when you say go, students pick up their rackets with the eastern forehand grip.

#### Refinement

Students refine skill by reviewing pictures of the grip; also, you can post instructional videos of the grip to the school's physical education website.

#### Student Choices/Differentiation

Students choose their rackets.

#### What to Look For

Base knuckle (index finger) is on the third bevel of the handle.

## Instructional Task: Forehand Strike Movement Pattern

### ■ PRACTICE TASK

Demonstrate the forehand strike. Students shadow along.

#### Refinement

Common errors are dropping the racket head or using a flat swing path. Refine skill by having students practice making a U-shaped swing path and keeping the wrist firm throughout the entire stroke. Students may shadow movement with a partner.

#### Extension

Students peer-assess a partner's striking movement pattern using the critical features. Students use a device to record the movement, if available. Provide a checklist to guide assessment.

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**EMBEDDED OUTCOME: S2.H2.I.1.** Students provide feedback based on the assessment to improve partners' striking pattern.

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#### Student Choices/Differentiation

- Students choose their rackets.
- Students may review a video clip of the forehand strike (slow motion).

#### What to Look For

- Racket is back during preparation.
- Students turn sideways to the net.
- Wrist is firm at contact.
- Swing path is low to high.
- Racket finishes over opposite shoulder.
- Students return to ready position.

## Instructional Task: Forehand Strike With Partner

### ■ PRACTICE TASK

Students pair up and stand across from each other on the service line on one side of the T (four students per court). One partner drop-hits three forehands across the net while the partner uses footwork from the last class to catch the balls. Partners trade roles.

#### Extensions

- Students perform the same task except they move back to the baseline.
- Students perform the same task except they attempt to keep a rally going while striking with rackets (no catching).
- Students perform the same task except they set a goal for consecutive forehands in a row.

#### Refinements

- A concern with this task when students are at the service line is that they abbreviate the movement pattern in order to reduce force on the ball. If this is the case, encourage them to use a lower-density ball.
- Another concern is ball control when two rallies are going on at the same time. Encourage students to follow through, pointing their rackets at the target (partner).

**Student Choices/Differentiation**

- Students may choose to start with lower-density balls.
- Students choose their rackets.
- Students may choke up if having difficulty controlling the racket.
- Students may use a backboard or ball machine, if available.

**What to Look For**

- Students are swinging through the ball.
- Racket is finishing over the shoulder.
- Wrist is firm at contact.
- Weight transfer is effective.

**Instructional Task: Forehand Games****■ PRACTICE TASK**

Each group of four students play modified games. The server drop-hits a forehand to the other side, and another player returns the ball using a forehand. Once the ball has been successfully returned, the point is played out and scored like a real game. Server changes after each game. Students must try to use only forehands.

**Refinements**

- If students are having trouble with placement, remind them to finish the follow-through, with the racket pointing at their intended target.
- Refine student scoring and footwork, if needed.

**Student Choices/Differentiation**

- Students may choose to change partners.
- Students may decide what type of ball they want to play with.

**What to Look For**

- Students are correctly keeping score.
- Students are returning to the ready position.
- Students are swinging through on the forehand.

**Formal and Informal Assessments**

- Peer assessments: striking checklist

**Closure**

- What grip did you learn today? Can someone demonstrate it for me?
- Can you name three critical features of the forehand?
- How do you create topspin on the ball?
- Can you give some examples of cooperation in today's class?
- Keep practicing the skills at home if you can, and the next lesson you will be learning the one-hand backhand.

## Reflection

- Were students hitting the ball with topspin?
- Were students hitting the ball too high or into the net?
- Did students get enough practice with the forehand?
- How well did students remember how to score correctly?
- How well did students demonstrate proper footwork?

## Homework

- Practice the forehand striking pattern at home, focusing on the feedback from the peer assessment. You can do that with a racket or another type of long-handled implement.
- Provide students with a handout that shows pictures of the eastern forehand grip.

## Resources

Internet keyword search: “tennis grip,” “tennis forehand,” “tennis forehand grip,” “tennis forehand mechanics”