

St. John's Senior School



Subject: P.E. (Tennis)

Form: 3rd& 4th form

Term: Spring

WEEK	TOPIC
20	Forehand practice
21	Backhand
22	Rally development
23	Approaching the net
24	Building a point and hitting into space
25	Serving
26	Returning serve
27	Positioning
28	Doubles play
29	Rules of singles and doubles
30	Net play
31	Topspin
32	Slice
33	Varying serves
34-35	Game play

St. John's Senior School



Subject: P.E. (Tennis)

Form: 1st & 2nd

Term: Summer

WEEK	TOPIC
25	Introduction to ball control
26	Forehand practice
27	Backhand
28	Positioning
29-30	Rallying
31	Approaching the net
32	Building a point and hitting into space
33	Serving
34	Returning serve
35	Game Play