



PE/Health Virtual Learning

7th/8th PE

Forehand & Backhand

April 30, 2020



Grade/Course
Lesson: [April 30]

Objective/Learning Target:

Demonstrates the mature form of forehand and backhand strokes with a short- or long-handled implement with power and accuracy in net games such as pickleball, tennis, badminton or paddle ball.

NASPE Standard (S1.M14.8)

Lesson Objective/Essential Question

EQ: What is the correct way to perform the forehand and backhand shots in sports with a racquet (Badminton, tennis, pickleball, racketball)?

Objective: Students will be able to correctly perform a forehand and backhand shot, utilizing specific critical elements.

Warm-Up Activity

10 small arm circles forward

10 small arm circles backwards

10 big arm circles forward

10 big arm circles backwards

Practice

Forehand Shot:

1. Non-dominant shoulder facing target
2. Palm facing forward
3. Swing dominant arm horizontally; parallel to ground
4. Follow through

[Forehand Video](#)

Practice the forehand shot 10 times. Make sure you have enough room to practice safely. Make sure to utilize the 4 critical elements above. If you don't have a racquet you can use a stick to simulate a racquet.

Practice

Backhand Shot:

1. Dominant shoulder facing target
2. Back of hand facing forward
3. Swing dominant arm horizontally; parallel to ground
4. Follow through

[Backhand Video](#)

Practice the backhand shot 10 times. Make sure you have enough room to practice safely. Make sure to utilize the 4 critical elements above. If you don't have a racquet you can use a stick to simulate a racquet.

Practice

Combining the Forehand and Backhand shots

- Now practice switching back and forth between forehand and backhand shots.
- Choose one direction and pretend that is the direction of your opponent in a game of tennis.
- Alternate between hitting forehand shots and then turning your body to hit a backhand shot. Mix up your shots and have fun with it!
- Watch this video of professional tennis players switching between forehand and backhand shots [Tennis Rally](#)
- Practice switching between shots for 5 minutes

Self-Reflection

Did you do each of the critical elements for each shot?

Did you have the correct shoulder facing the target?

Critical Thinking:

1. What shoulder should a right handed player have facing forward during a backhand shot?
2. What side of your hand should be facing forward during a forehand?
3. What shoulder should a left handed player have facing forward during a backhand shot?

Additional Resources/Ideas

Answers to critical thinking questions:

1. Right
2. Palm
3. Left

[Pickleball Rally](#)

[Badminton Rally](#)

[Ping Pong Rally](#)