

***What is the Tennis Pathways - Tennis For Schools program?  
Why should schools consider offering it?***

- The Tennis for Schools program is created by Tennis Canada, endorsed by Physical and Health Education Canada and promoted by the Ontario Tennis Association (OTA).
- Tennis is a healthy, fun activity which, among other benefits, develops agility, speed, strength, coordination, concentration and co-operation. The opportunity to learn the sport of tennis is not typically offered at the elementary school level but would give students another choice for recreation and active living in the school and community.
- The program is designed to run in a school gymnasium but could also expand to make use of the Almonte Tennis Club courts in Gemmill Park.
- The aim of the program is to provide the opportunity for students, grades 1-8, to develop fundamental movement skills as well as knowledge and appreciation for the sport of tennis.
- Tennis for Schools is a systematic, progressive program, involving 6-lesson blocks designed for implementation with 3 elementary school age divisions. It uses specialized equipment (mini nets, smaller racquets, lighter balls) and activities appropriate for various physical and cognitive developmental stages.
- Progressive tennis allows children to learn skills at their level quickly and experience the success needed to maintain interest in the sport.
- There is a detailed 90-page resource entitled “Tennis For Schools” available which provides lesson components, goals, equipment information, lesson plans (including game and activity descriptions), unit outcomes and assessment tools. This excellent resource is available and printable online and the ATC Youth Coordinator has a hard copy.
- The program could very easily be offered during Physical Education time within the school day.