



K-12 PE COVID Curriculum Adjustments

The USTA Schools team wants you to understand that although school may look different this upcoming school year, we are still here to help! We know how important physical activity is for students so we wanted to make adjustments to the PE K-12 curriculum, so students can enjoy the game, stay active, healthy, and safe! Please use this as a guide to help you during your physical education classes. Ultimately you know your school safety precautions, but we are happy to contribute to the health and wellbeing of students in any way we can.

Activity	Page	Change
Kindergarten		
My House	9	No Hula Hoop- use helicopter arms
Discovery Path	9	All students go the same direction
Toe-to-Toe	12, 15	Discontinue activity
Simon Says	19	Students use their own racquet
Peaks & Valleys	21	Discontinue activity
Balance Challenge	25	Use bean bags
Eagles	31	Don't lay or kneel on the floor
Grades 1-2		
Mirror Twist Clap	12	Students physically distant and "air" clap
Simon Says	12	Students use their own racquet
Bullseye Relay	17	Use racquet instead of hands
Bullseye Relay Triples	18	Use racquet instead of hands
Meet my Racquet	23	Don't kneel or sit on the floor
Catch Tennis	26	Discontinue Part 2
Eagles	29	Don't lay or kneel on the floor
Peaks & Valleys	35	Discontinue activity
Jacks with Partner	39	Each student has their own ball
Grades 3-4		
Rock, Paper, Scissors Tag	14	Can play without tagging



Racquet Quickness	17	Change -Students with their own racquet release, step back, and back forward to catch the racquet before it falls. Next, student steps left or right and back to the racquet before it falls
Catch Tennis With a Partner	18, 21	Change -Student underhand tosses the ball to a wall so it hits the wall eye level, then catches the ball off the bounce.
Ball Drop	19	Discontinue activity
Toss-Catch Tag	20	Discontinue activity
Flag Tag	24	Discontinue activity
Ice Cream Cones	24	Change -Student underhand tosses the ball to a wall so it hits the wall eye level, catching the ball off the bounce in their cone.
Sending the Mail	25	Each Student has their own racquet, cone and ball. Rotate roles
Lobster Trap	26	Change to Half-Pound Lobster so only one racquet, would need to rebound off the wall or discontinue activity
Rock, Paper, Scissors Fan Club	28	Fan's need to maintain physical distance
Hoopla	28	Each student has their own racquet. Receiver stops the ball with their racquet or hits it back. Each student rallies their own ball
Handiwork	31	Change - 1. Underhand toss to a wall, hit the ball off the bounce, bounce & catch. 2. Bounce/Hit the ball to a wall, bounce & catch. 3. partner rally over a line as written.
Handball	32	Discontinue activity
Happy Feet	34	Discontinue activity
Racquet Work	34	Change - 1. Underhand toss to a wall, hit the ball off the bounce, bounce & catch. 2. Bounce/Hit the ball to a wall, bounce & catch. 3. Partner rally over a line as written. 4. Step back Forehand as written
Triangle Tag	36	Discontinue activity.
Double Tossing	38	Do activity with racquets, choking up if necessary
Double Trouble	38	Do activity with racquets, choking up if necessary
Grades 5-6		
Rally Over the Line Catching	11	Start with "drop, hit, catch", off a wall; then transition to partner rally
Four Square With a Racquet	12	All students have their own racquets. Students on deck either lock it in or ground their racquet until it's their turn.
Backhanders	14	Change - Underhand toss to a wall, bounce, hit, and trap with the backhand



Racquet Swap	16	Each student has their own racquet. Possibly each student has their own racquet if unable to share a tennis ball.
Flag Tag	18	Discontinue activity
Sending the Mail Serving	19	Change- Student overhand tosses the ball to a wall, bounce, hits, bounce, and trap
Happy Feet	27	Discontinue activity
Catch Tennis	27	If unable to share tennis balls, may have to skip the first 3 bullets
Numbers, Numbers	30	Maintain physical distance
Catch the Ball Crosscourt	20	Students rally with a racquet
Pinpoint Serves	31	If can't share tennis balls, student 2 returns with a racquet
Toss, Catch, Tag	33	Discontinue activity
Toss, Volley, Catch	33	Stand close to wall; toss volley, bounce, and catch
Triangle Tag	36	Discontinue activity
Partner Challenges	41	Discontinue first 3 bullets
Grades 7-12		
Lobster Trap	12	Change to half-pound lobster, rebounding off a wall
Ice Cream Cones with Partner	13	Students toss the ball against the wall, bounce hit, bounce, and trap/catch
Twist and Catch	16	Discontinue activity
Volley Progression	20	If can't share ball, discontinue first 3 steps
Ice Cream Cone with Partner-Alt	25	Toss to a wall, bounce, hit forehand, repeat and hit with backhand