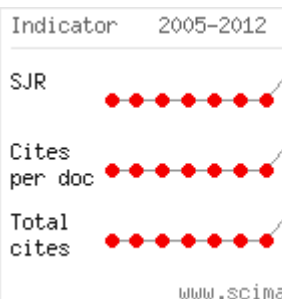


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## Learning tennis skill through game Play and Stay in elementary pupils

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### Abstract

This study aimed to examine the effect of Play and Stay tennis program on learning the service skill on Elementary School pupils and the development of their satisfaction. Sixty-two (62) 5th class Elementary pupils, aged 11 years (Mean Age=11.13, SD=0.33) took part. The pupils, from four classes of two national elementary schools (two classes from each school), were divided into two groups: the experimental group which followed the Play and Stay program, and the control group which followed the traditional teaching method. The

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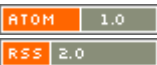
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four-week course was held during the Physical Education lessons, (20 min of 3 hours/week). A quantitative evaluation was made on 10 trials at the service by each pupil. The qualitative evaluation of the technique was made (video-taping, observation, and a 5-element skill assessment) for service learning, comprising of: an initial test at the beginning, a final test at the end, and a retention test one week after completing the program without any practice. At the end of the course, all participants completed a feedback questionnaire on the level of satisfaction with the program. ANOVA repeated measures revealed significant interaction between groups and measurements for technique evaluation ( $F(2.120)=30.82, p<0.01$ ), as well as the outcome of service skill ( $F(2.120)=10.44, p<0.01$ ). The t-test analysis for independent samples showed significant differences between the experimental and the control group in four of the six variables on the satisfaction questionnaire. These findings indicate that the Play and Stay tennis teaching program was effective in helping pupils to learn the service skill, while simultaneously having fun and enjoying the procedure. This suggests that students will be motivated to become more involved in tennis as a sport, since enjoyment and satisfaction stimulate interest in participation.

Key words: TENNIS; LEARNING; SKILLS; SERVICE; SATISFACTION; PLAY AND STAY

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