



HANTIS

FREE SAMPLE

P.E. LESSON PLANS · GRADES 6-12

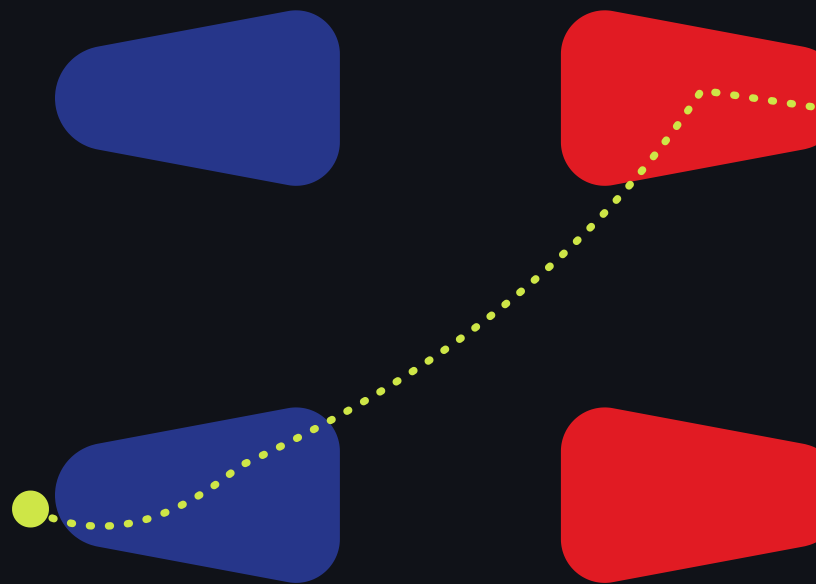
10 HANTILATING LESSONS FOR SECONDARY P.E.

A ready-to-teach Hantis unit for middle and high school: 10-11 days, 30-50 minute classes. Aligned to the SHAPE America National Physical Education Standards (2024).

INTEGRATED ENGLISH, SCIENCE & WRITING ASSIGNMENTS

WRITTEN ASSESSMENTS & EXIT SLIPS INCLUDED

HIGHLY ENTERTAINING!



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WELCOME

WELCOME TO HANTIS!

Are you ready to have your world turned upside down?

Hantis is the latest and greatest sport going around! It is specifically designed to work your muscles, reflexes, mind, hand-eye coordination, teamwork, sportsmanship and more! Not only that, but it is the most fun you can possibly have with a ball! Get your students jumping to come to school, because they know Hantis is about to go down.

SO WHAT IS HANTIS?

Hantis is a cross between four square and table tennis, but souped up to unheard-of new levels. It is a 2v2 game that uses 4 tables and 1 ball. Each team works together to get the other team 'out' by using skills, creative tricks and by outsmarting them strategically. It is an all-inclusive game and doesn't take long to learn the basics. Read on through this P.E. lesson book to learn all the rules and teach them to all of your students, friends and everyone you know!

WHAT IS IN THIS P.E. LESSON BOOK?

This book is designed to make your life easy! It's got all the rules you'll need to learn and teach Hantis with confidence. It includes step-by-step diagrams of how to play and lead-up games to master Hantis skills. Your classes are already planned and ready to go: a 10-11 day unit for grades 6-12, built for 30-50 minute classes. Flip through to the lesson plans and you're well on your way.

Help your students learn even more about how Hantis works by completing Hantis quizzes and worksheets. This book also includes more advanced lessons featuring different player styles, and how to run a Competitive Hantis tournament.

FREE RESOURCES TO GO WITH THIS BOOK

INSTRUCTIONAL VIDEOS

Short skill videos for each lesson on the Hantis Craters YouTube channel: [youtube.com/@HantisCraters](https://www.youtube.com/@HantisCraters)

HANTIS BEATZ

A free YouTube playlist to turn the hype up to 11: [youtube.com/watch?v=IPLt-P2u43w&list=PLGw2trS6h9EaPsy6-vO9CLwagjXIQ9wj1](https://www.youtube.com/watch?v=IPLt-P2u43w&list=PLGw2trS6h9EaPsy6-vO9CLwagjXIQ9wj1)

QUICK START GUIDE & RULEBOOK

Get playing right away, and look up the finer details in the Official Hantis Rulebook. Both free at hantis.net

BUILD YOUR OWN TABLES

Any four same-size tables work. Want a dedicated set? Table build plans are available at hantis.net

A NEW VIDEO SERIES IS ON THE WAY

We are filming a new instructional series to match these lessons. Until a video is posted, demonstrate the skill live using the diagrams in this book.

LET'S GET STARTED!

Please enjoy this P.E. lesson plan book and playing Hantis. We truly believe it is the perfect sport for schools right across the world, and it has already reached many countries! Follow us on YouTube, Facebook and Instagram for more videos and content. Alright, it's time to Hantilate! Let's goooooo!



HOW TO PLAY

HISTORY OF HANTIS & HOW TO PLAY

Hantis was created in 2005 by a group of students in a media class at Scott County High School in Georgetown, Kentucky. A student found a tennis ball in their backpack and several began playing a version of table tennis without paddles, using two tables. When the game took off in multiple classrooms, there was no stopping the craze. It was then decided to play on four tables to include more players.

Hantis spread through school demos, P.E. programs and university intramurals, including at Northern Kentucky University and Ball State University. In 2011 it won the Playworks Best New Game contest by public vote, and it is part of the Playworks game library.

Many lead-up activities can be practiced on one table with a softer ball, or with a hula hoop on the floor.

EQUIPMENT & SPACE

- 4+ players and 4 same-size tables per set
- Tennis balls for games, plus softer training balls (foam or low-compression) for fundamentals and lead-up games
- A gym floor or flat area, about 8 m × 8 m (26 ft × 26 ft) per set
- Instructional videos at [youtube.com/@HantisCraters](https://www.youtube.com/@HantisCraters) and hantis.net

COMPETITIVE PLAY

Teams of two keep the same teammate and score points instead of getting people out. A set is first to 21 points, win by 2. A match is the best of 1, 3, 5 or 7 sets, chosen by the organizer (6.0.1). Short on time? Play to 15 or 11, still winning by 2 (6.0.2). Use paper, scissors, rock to decide who serves first (6.0.3).

The first server serves 5 times. The serve then passes to the other team and rotates through all 4 players, 5 serves each; a Double scores 2 points but counts as 1 serve (6.0.4). Each server picks one table and makes all 5 serves from it (6.0.5). Teams change ends every 10 points (6.0.6).

FREESTYLE PLAY

Freestyle Hantis can involve any number of players. Four tables are set up in a 2×2 square. A player enters the game at Table 1. As players get out, the others rotate around to fill the empty table ahead of them, with the goal of reaching Table 4, the serving table. An out player goes to the back of the line. Your teammate is always the player at the table beside you on your side (Tables 1 and 2 are one team, 3 and 4 the other), so teammates change quickly as players rotate (rule 1.2.0).

If you've ever played four square, it's the same rotation. See the diagram on page 6.

OPTIONAL CLASS VARIATION: X-FACTORY

Not an official rule. Players waiting in line may use one hit each to pass the ball back into play, as long as it hasn't touched the ground.

At set point or match point, the team that is losing serves until the score is level. Once it is level, the team that reached that score first serves. A team should never serve for a set or match, and the serving team may choose its server (6.0.7).

Missed serves are a point for the other team, except at set or match point: then the trailing team gets 1 fault, so it can go for a fast serve without risking the whole set on one serve. A double fault loses the point, and with it the set or match (2.2.1).

BASIC RULES

1 TABLES 1.1.1

Set up 4 same-size tables in a 2x2 square, spaced equally in all directions: 3 ft for Beginner, 4 ft for Intermediate and 5 ft for Advanced play.

2 THE SERVE 2.0.0-2.2.0

Strike the ball (never throw it) onto your own table, then onto either opponent's table. You may not hit your opponent's table directly or serve to your teammate. In Freestyle the serve always comes from Table 4, and you get 1 fault per turn: 2 faults and you're out.

3 SERVING TEAM 2.1.0

Stand anywhere behind the back edge of your tables until the ball is served.

4 RECEIVING TEAM 2.1.0

Stand anywhere up to the front edge of your tables until the ball is served. This keeps defenders from crowding the servers before the ball is live.

5 2 HITS, 1 BOUNCE 3.0.0

Each player may hit the ball twice per possession, and the ball may bounce once on each of your team's tables. A team can hit the ball up to 4 times (twice each) and bounce it twice (once on each table).

6 HIT, DON'T HOLD 4.0.4

Contact is a hit, strike or slap. The ball may not be cupped, grabbed, held, caught or carried.

7 TWO HANDS 3.0.4

Two hands hitting the ball at the same time count as two hits.

8 ANY BODY PART 3.0.0

Use any part of your body to strike the ball. A hit off your clothing counts as one of your hits.

CHANGE OF POSSESSION 3.0.2

Possession changes when the ball touches an opposing player or their table. This resets your hit and bounce count.

DRIBBLING 3.0.3

Any time the ball is hit onto a player or table, possession changes, so the ball can be hit again to bounce it out of the opponents' reach. The ball can be dribbled indefinitely on the other team's tables. Players being dribbled on can try to intercept the dribble at any time.

OUTS & POINTS

In **Freestyle** the player is out and joins the back of the line. In **Competitive** the other team wins the point.

TRIPLE TOUCH (Player x3) 4.0.0

A player touches the ball 3 times in one possession, including a third hit after a teammate passes it back.

TABLE-TABLE (Table x2) 4.0.1

The ball hits your table twice in one possession, one bounce right after the other or with hits in between.

TABLE-GROUND 4.0.2

The ball hits your tabletop and then the ground.

BODY-GROUND (Player-ground) 4.0.3

The ball hits your body and then the ground. If you were the last to touch it, you're out.

GRAB · CARRY · HOLD · CATCH · CUP 4.0.4

Contact must be a hit, strike or slap. Cupping, grabbing, holding, catching or carrying the ball is out.

TRAP 4.0.5

You trap the ball so it stops between your hand (or any body part) and your opponent's table.

OUT OF BOUNDS 4.0.6

When you play with a boundary, the last person to touch the ball is out, even if it hit an opponent's table first.

THE DOUBLE (Double-Out / Double-Point) 4.0.7

One strike bounces on both opponents' tables without interruption, then hits the ground: both opponents are out (Freestyle) or you win 2 points (Competitive).

X-FACTORS 1.1.4

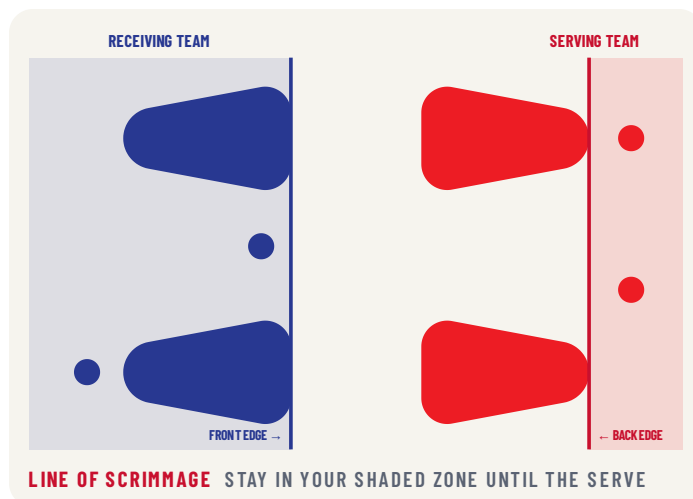
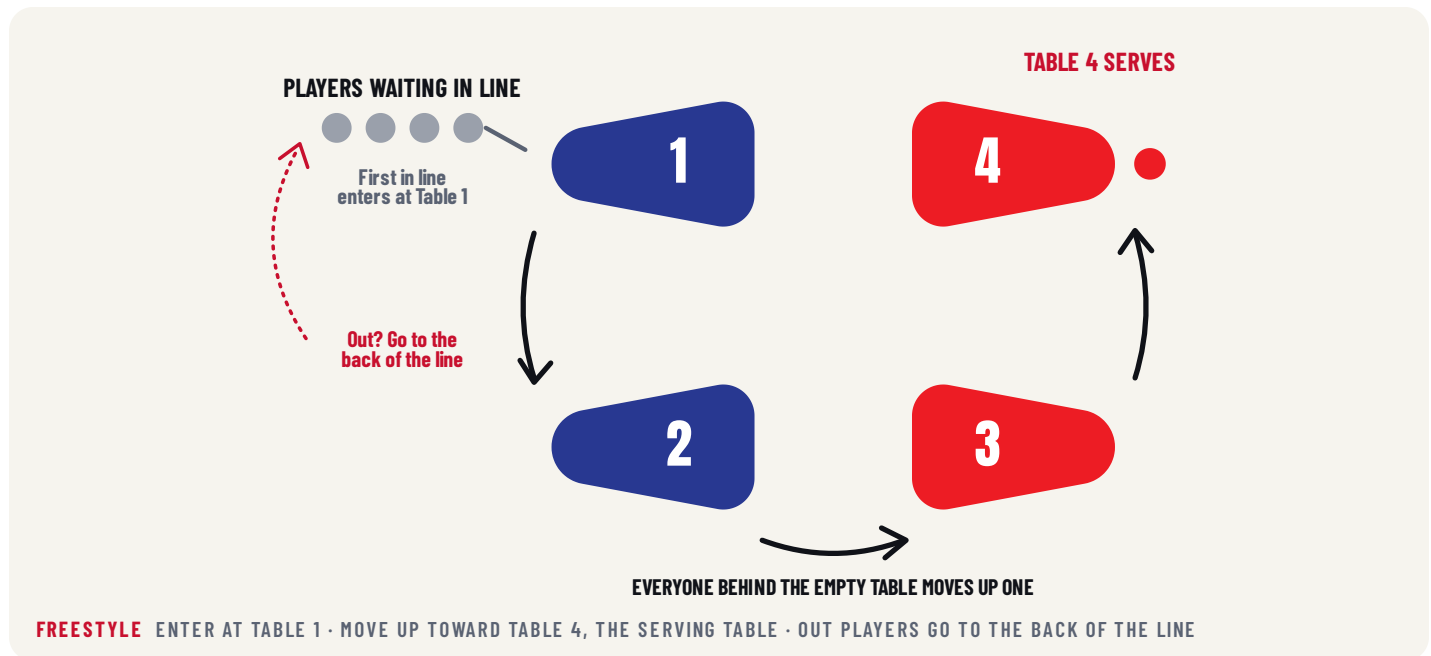
Any surface besides the players, the four tabletops and the ground is an X-Factor and is completely neutral: walls, ceilings, table legs and anything else around the playing area. The ball may bounce off them during the serve and the rally with no penalty, but X-Factors do **not** reset your hit count. If it gets stuck or stops moving on an X-Factor, it is dead: whoever touched it last (the player who struck it, or the player whose table it last bounced off) is at fault (1.1.4).

FREESTYLE ROTATION 1.2.0

Tables 1 and 2 are one team, Tables 3 and 4 the other. A player moving from Table 2 to Table 3 changes teams. Table 4 always serves.

LINE OF SCRIMMAGE 2.1.0

Before the serve, the serving team stays behind the back edge of its tables and the receiving team stays behind the front edge of theirs. Once the ball is served, everyone moves freely.

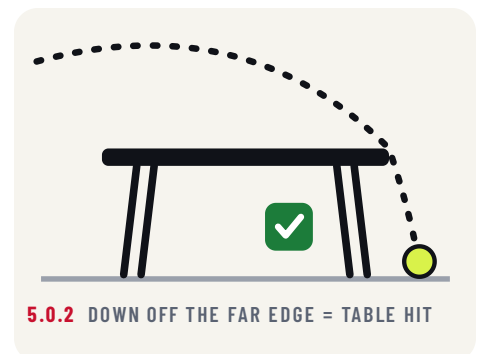
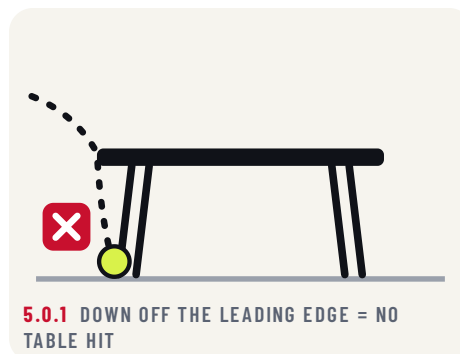
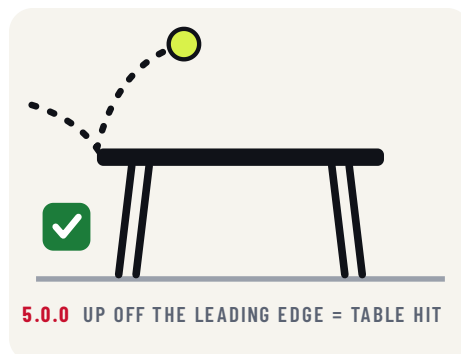


EDGE RULE SECTION 5

If the ball passes over the tabletop and then hits an edge, it counts as a table hit. If it hits the edge directly without passing over the top, it only counts as a table hit if it bounces up. If it goes down off the leading edge, the player who hit it is out.

THE FINAL WORD

The Official Hantis Rulebook (free at hantis.net) is the final authority on every rule in this book. Rule numbers like **3.0.2** point to it.



LESSON OVERVIEW

LESSON OVERVIEW

PURPOSE OF THE UNIT / UNIT OBJECTIVES	In this unit, students will use the game of Hantis to: • Improve hand-eye coordination. • Improve cross connections within the brain by using both the right and left hands in basic movements. • Improve reaction time, agility and speed. • Grow their knowledge of the game until it becomes a cardiovascular activity. • Learn a new lifelong activity that promotes a physically active lifestyle. • Have fun, enjoy themselves and create new social interactions with other students.
GRADE LEVEL	Secondary Physical Education: grades 6–12 (middle school and high school). Every lesson has essential questions for grades 6–8 and grades 9–12.
NATIONAL P.E. STANDARDS SHAPE AMERICA NATIONAL PHYSICAL EDUCATION STANDARDS (2024)	1 Standard 1: Develops a variety of motor skills. 2 Standard 2: Applies knowledge related to movement and fitness concepts. 3 Standard 3: Develops social skills through movement. 4 Standard 4: Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. Each lesson lists its grade-level indicators. See the Standards Alignment Map (page 8) and the indicator key (page 9).
COMMON CORE STANDARDS *CAN BE MET IF THE WRITING ASSIGNMENTS ARE USED.	LANGUAGE STANDARDS (GRADES 6–12) • Demonstrate command of the conventions of standard English grammar and usage when writing or speaking. • Demonstrate command of the conventions of standard English capitalization, punctuation and spelling when writing. • Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression. READING STANDARDS FOR LITERACY IN SCIENCE AND TECHNICAL SUBJECTS (GRADES 6–12) Key ideas and details • Cite specific textual evidence to support analysis of science and technical texts. • Determine the central ideas or conclusions of a text. • Follow precisely a multistep procedure when performing a technical task. Craft and structure • Determine the meaning of symbols, key terms and other domain-specific words and phrases as they are used in a specific context.
TIME NEEDED TO TEACH THE UNIT	• Approximately 10–11 days (30–50 minute classes): 10 lessons plus a quiz or unit test day. • The lessons could be shortened by skipping the instructional videos. • The lessons could be lengthened by allowing time for the videos and providing more practice time for students. • The unit could be lengthened by teaching students the Competitive rules and hosting a school-wide Hantis tournament.

ABOUT THE INSTRUCTIONAL VIDEOS

Each lesson calls for short instructional videos from the Hantis Craters YouTube channel, [youtube.com/@HantisCraters](https://www.youtube.com/@HantisCraters). A new instructional series is being filmed; until a video is posted, demonstrate the skill live using the diagrams in this book.

SHAPE AMERICA 2024

STANDARDS ALIGNMENT MAP

Every lesson mapped to the four SHAPE America National Physical Education Standards (2024), with grade-level indicators for grades 6–8 and 9–12.

■ GRADES 6–8 INDICATOR (X.8.X) ■ GRADES 9–12 INDICATOR (X.12.X)

LESSON	STANDARD 1 Develops a variety of motor skills.	STANDARD 2 Applies knowledge related to movement and fitness concepts.	STANDARD 3 Develops social skills through movement.	STANDARD 4 Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.
SERVING STRAIGHT UP AND USING TWO HITS LESSON 1	1.8.10 1.12.2	2.8.9	3.8.6 3.8.7 3.8.8 3.12.2 3.12.6	4.12.3
PASS IT ON! LESSON 2	1.8.14 1.12.2	2.8.4 2.8.12 2.12.2	3.8.2 3.8.3 3.12.1 3.12.2	.
POSSESSION OBSESSION! LESSON 3	.	2.8.18 2.12.13 2.12.14	3.8.5 3.8.6 3.8.8 3.12.6 3.12.7	.
STRIKOLOGY! LESSON 4	1.8.19 1.12.2	2.8.4 2.8.18 2.12.2 2.12.13	3.8.9 3.12.2	.
MOVIN' AND GROOVIN' LESSON 5	1.8.18 1.8.19 1.12.2	2.8.1 2.12.2 2.12.5	.	4.8.3 4.12.3
HANTISTRATEGY LESSON 6	.	2.8.4 2.8.7 2.8.15 2.12.2 2.12.10	3.8.3 3.12.7	.
DRIBBLING JUKE LESSON 7	1.8.15 1.12.2	2.8.18 2.12.13	3.8.4 3.8.7 3.12.4	.
TEAM TRICKERY LESSON 8	1.12.2	2.8.12 2.8.18 2.12.2	3.8.2	4.8.1 4.12.1
HANTILATION! LESSON 9	1.8.10 1.12.2	2.8.4 2.8.9 2.12.2	3.12.2	4.8.1 4.12.3
BRINGIN' YOUR GAME! LESSON 10	.	.	3.8.1 3.8.6 3.8.8 3.12.1 3.12.2	4.8.4 4.8.9 4.12.5 4.12.9
HANTIS TOURNAMENT ADDITIONAL DAYS	1.12.2	.	3.8.6 3.8.9 3.8.10 3.12.2 3.12.8	4.8.2 4.12.2

Codes follow SHAPE America's format: standard.grade-band.indicator (8 = grades 6–8, 12 = grades 9–12). Full indicator wording is on the next page. The exit slips, worksheets and quizzes support Standard 2 (fitness and movement concepts) and the Common Core literacy standards.

SHAPE AMERICA 2024

INDICATOR KEY

Exact wording of every indicator used in this unit (SHAPE America National Physical Education Standards, 2024). Standard names: page 7.

STANDARD 1 • GRADES 6-8

- 1.8.10** Demonstrates a proper underhand and overhand serve using the hand in a variety of practice tasks and modified small-sided games.
- 1.8.14** Demonstrates sending and receiving in combination with locomotor skills in a variety of small-sided games.
- 1.8.15** Demonstrates a dribbling skill in a variety of practice tasks and small-sided games.
- 1.8.18** Demonstrates multiple techniques to create open space during a variety of practice tasks and small-sided games (offense).
- 1.8.19** Demonstrates a defensive ready position in a variety of practice tasks and small-sided games.

STANDARD 1 • GRADES 9-12

- 1.12.2** Demonstrates activity-specific movement skills in a variety of recreational and backyard games.

STANDARD 2 • GRADES 6-8

- 2.8.1** Identifies the effective use of movement concepts within multiple dynamic environments.
- 2.8.4** Selects and applies the appropriate shot and technique in net and wall games.
- 2.8.7** Demonstrates problem-solving skills in a variety of games and activities.
- 2.8.9** Identifies and compares the components of health and skill-related fitness.
- 2.8.12** Applies knowledge of skill-related fitness to different types of physical activity.
- 2.8.15** Demonstrates knowledge of heart rate and describes its relationship to aerobic fitness.
- 2.8.18** Analyzes skill performance by identifying critical elements.

STANDARD 2 • GRADES 9-12

- 2.12.2** Demonstrates knowledge of tactics and strategies within recreational & backyard games.
- 2.12.5** Analyzes how health and fitness will impact quality of life after high school.
- 2.12.10** Applies heart rate concepts to ensure safety and maximize health-related fitness outcomes.
- 2.12.13** Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g., overhand throw, back squat, archery).
- 2.12.14** Identifies and discusses the historical and cultural roles of games, sports and dance in a society.

STANDARD 3 • GRADES 6-8

- 3.8.1** Understands and accepts others' differences during a variety of physical activities.
- 3.8.2** Demonstrates consideration for others and contributes positively to the group or team.
- 3.8.3** Uses communication skills to negotiate strategies and tactics in a physical activity setting.

- 3.8.4** Implements and provides constructive feedback to and from others when prompted and supported by the teacher.
- 3.8.5** Explains the value of a specific physical activity in culture.
- 3.8.6** Demonstrates the ability to follow game rules in a variety of physical activity situations.
- 3.8.7** Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment.
- 3.8.8** Solves problems amongst teammates and opponents.
- 3.8.9** Applies and respects the importance of etiquette in a physical activity setting.
- 3.8.10** Explains how communication, feedback, cooperation, and etiquette relate to leadership roles.

STANDARD 3 • GRADES 9-12

- 3.12.1** Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.
- 3.12.2** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.
- 3.12.4** Implements and provides feedback to improve performance without prompting from teacher.
- 3.12.6** Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).
- 3.12.7** Thinks critically and solves problems in physical activity settings, both as an individual and in groups.
- 3.12.8** Evaluates the effectiveness of leadership skills when participating in a variety of physical activity settings.

STANDARD 4 • GRADES 6-8

- 4.8.1** Describes how self-expression impacts individual engagement in physical activity.
- 4.8.2** Describes how social interaction impacts individual engagement in physical activity.
- 4.8.3** Participates in a variety of physical activities that can positively affect personal health.
- 4.8.4** Connects how choice and personal interests impact individual engagement in physical activity.
- 4.8.9** Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.

STANDARD 4 • GRADES 9-12

- 4.12.1** Selects and participates in physical activities (e.g., dance, yoga, aerobics) that meet the need for self-expression.
- 4.12.2** Selects and participates in physical activities that meet the need for social interaction.
- 4.12.3** Identifies and participates in physical activity that positively affects health.
- 4.12.5** Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging.
- 4.12.9** Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.



01

LESSON 1 • DAY 1

SERVING STRAIGHT UP AND USING TWO HITS

SERVING PROCEDURE AND THE 2 HIT RULE

SHAPE AMERICA
2024 ALIGNMENTINDICATOR TEXT: PAGE
9

GRADES 6-8

- 1.8.10** Hand serve, underhand and overhand
- 2.8.9** Health- and skill-related fitness
- 3.8.6** Follows game rules
- 3.8.7** Safe behaviors
- 3.8.8** Solves problems with teammates and opponents

GRADES 9-12

- 1.12.2** Skills in recreational and backyard games
- 3.12.2** Etiquette, respect, teamwork
- 3.12.6** Safe participation
- 4.12.3** Activity that affects health

LESSON TITLE	SERVING STRAIGHT UP AND USING TWO HITS	
TOPIC	Serving procedure and the 2 hit rule	
LEARNING TARGETS	The learner will: - understand and apply basic safety and rotation in Physical Education. (terminology) - understand and apply the eight ways of “getting out” in Hantis. (terminology) - explain how rules, safety and sportsmanship are important in using appropriate conflict resolution skills in a physical activity setting. - show personal etiquette, respect and safety skills during physical activities. - demonstrate the serve correctly and effectively using a softer training ball or a tennis ball. - correctly demonstrate the 2 hit rule using a softer training ball or a tennis ball. - identify and/or analyze skill- and health-related fitness concepts associated with participating in Hantis, and use these concepts to determine health benefits.	
INTRODUCTORY ACTIVITY FOCUS ACTIVITY / ANTICIPATORY SET	Videos: Introduction, Safety and Sportsmanship, Serving, 2 Hit Rule, Outs, Rotation in Physical Education Classes	LEAD-UP GAMES 1 2 3
LESSON DESCRIPTION	In this lesson the learner will be introduced to the basics of Hantis. Hantis is a great activity because everyone is new to it, which creates an equal playing field. Since virtually everyone is new, everyone is a beginner. Some may progress faster than others, but it ultimately depends on practice! Safety is paramount. Encourage students to move around the tables safely, strike the ball appropriately and settle disagreements the official way (rule 7.0.2): replay the point, or play paper, scissors, rock. Players waiting in line can also help make the call. The learner will observe correct serving technique: the ball is struck, never thrown, onto the server’s own table first and then onto either opponent’s table (rules 2.0.0–2.0.1). The learner will observe correct 2 hit technique and practice passing the ball to themselves, either to set themselves up to pass to their partner or to return the ball to their opponents. Discuss the eight ways to get out, including the Double (see the ‘Outs’ Visuals, page 14). Rotation in Physical Education works like four square: students rotate in at Table 1, and if they get out they go to the back of the line. As players get out, learners move up toward Table 4, the serving table, and get to serve to the opposing players. Encourage students to participate to build muscular strength and muscular endurance (health-related fitness) as well as agility, coordination, reaction time and speed (skill-related fitness).	



01 SERVING STRAIGHT UP AND USING TWO HITS

LESSON 1 • CONTINUED

MATERIALS NEEDED	- Tennis balls (preferably fresh out of a pressurized can) for games, plus a softer training ball (foam or low-compression) for fundamentals and lead-up games. - Any four tables of the same size (one set of four per game). - A screen to show instructional videos from youtube.com/@HantisCraters. - Exit Slip A (optional).	
ASSESSMENT PARTICIPATION RUBRIC	5 points Puts forth the effort and can serve the ball onto an opponent's table and perform the 2 hit rule effectively almost always (8 out of 10 times). 4 points Puts forth effort and can serve and perform the 2 hit rule effectively most of the time (6–7 out of 10 times). 3 points Puts forth effort and can serve and perform the 2 hit rule effectively half the time (5 out of 10 times). 2 points Puts forth some effort but struggles to serve, and performs the 2 hit rule some of the time (4 out of 10 times or less). 1 point Puts forth some effort but does not perform the serve or the 2 hit rule effectively. 0 points Does not put forth any effort.	
DIFFERENTIATED INSTRUCTION MODIFICATIONS / EXTENSIONS	- Use the same skills with a softer training ball (foam or low-compression) and the tables. - Use the same skills with a softer training ball and no tables, using hula hoops, floor tape and/or cones as markers. - Use a softer training ball to pass back and forth with a partner using the 2 hit rule, alternating hands to increase ambidexterity.	
ESSENTIAL SKILLS EXAM QUESTIONS	GRADES 6–8 - Identify the health-related fitness components that Hantis will improve. - Identify the skill-related fitness components that Hantis will improve. - Explain how rules, safety and sportsmanship are important concepts in Hantis. - What two strategies can be used to solve a conflict during a Hantis game? - Identify terminology, list the rules and safety principles appropriate for the game of Hantis. - Explain the history of Hantis.	GRADES 9–12 - Determine the health- and skill-related fitness components used in Hantis and justify the benefits each offers to the development of total lifetime fitness. - When considering people from diverse backgrounds, abilities or skill levels, explain how Hantis becomes a game for all different abilities.

LESSON 1 LEAD-UP GAMES

THROW DOWN • BOUNCE • CATCH AT CHEST

#1 THROW, BOUNCE, CATCH
Bounce pass, catch, repeat • page 12

STRIKE THE SERVE • BOUNCE • CATCH

#2 SERVE, BOUNCE, CATCH
Serve, catch, repeat • page 12

SERVE • SET UP • CATCH

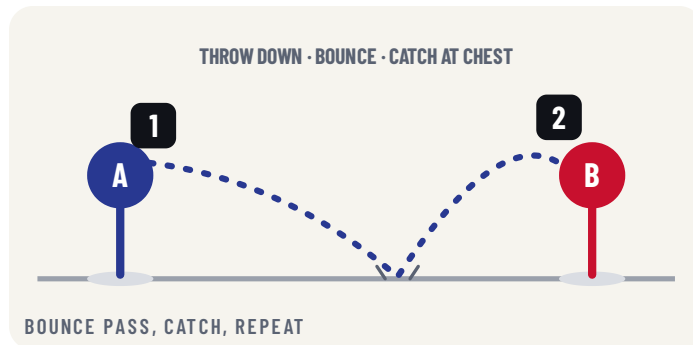
#3 SERVE, BOUNCE, SET, CATCH
Serve, set, catch, repeat • page 12

LEAD-UP GAMES

HANTIS LEAD-UP GAMES

Ten games that build every Hantis skill, from a simple bounce pass to a fully loaded team possession. Use a softer training ball (foam or low-compression) for fundamentals, then switch to tennis balls.

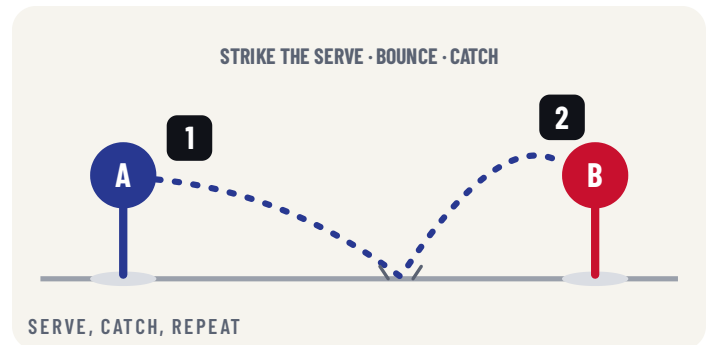
● A / Blue player ● B / Red player ■ Numbered squares show the order of each moment ● Players waiting in line



#1 THROW, BOUNCE, CATCH

Facing each other, partners stand 6–10 feet apart. Begin by throwing the ball with one hand down toward the ground in front of your partner so that it bounces up for your partner to catch. Focus on throwing it lightly so the ball bounces to your partner's chest level and they can catch it. Encourage alternating hands.

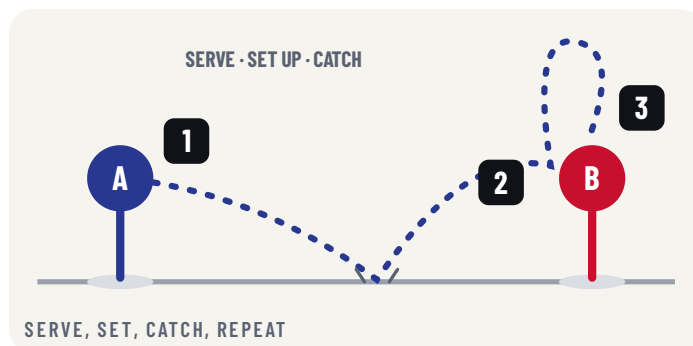
MASTERY GAME Throw, Bounce, X-Factor, Catch.



#2 SERVE, BOUNCE, CATCH

Facing each other, partners stand 6–10 feet apart. Begin by serving the ball. To serve, hold the ball in one hand and strike or slap it down toward the ground so that it bounces to your partner's chest. Make sure participants are not throwing the ball, but striking it as they release it from their opposite hand. Encourage alternating hands and one-hand catches.

MASTERY GAME Serve, Bounce, X-Factor, Catch.



#3 SERVE, BOUNCE, SET, CATCH

Facing each other, partners stand 6–10 feet apart. Serve the ball so that it bounces off the ground for your partner to pop and catch. Serve lightly so the ball bounces to your partner's chest and they can pop it up by raising their palm. The ball should pop a few feet above their head. Then they must catch it before it hits the ground. Encourage alternating hands and one-hand catches.

MASTERY GAME Set with a kick, set with a Trampoline, set with one knee down. Be creative!

IN THE FULL UNIT

7 MORE LEAD-UP GAMES

2-Hit Return, Keep Up 2-Hit, Trampoline & Headers, Serve Completion, Bounce Pass Teamwork, Air Pass Teamwork and Dribble Drills, each with a diagram, mastery game and modifications.

GET IT hantis.net/teachers

EXIT SLIP A

PHYSICAL EDUCATION · HANTIS

NAME _____ TEACHER _____ CLASS _____

What important skill(s) did you learn today by playing Hantis? What skill did you improve most?

✂ CUT HERE

EXIT SLIP A

PHYSICAL EDUCATION · HANTIS

NAME _____ TEACHER _____ CLASS _____

What important skill(s) did you learn today by playing Hantis? What skill did you improve most?

✂ CUT HERE

EXIT SLIP A

PHYSICAL EDUCATION · HANTIS

NAME _____ TEACHER _____ CLASS _____

What important skill(s) did you learn today by playing Hantis? What skill did you improve most?

PRINT & POST

'OUTS' VISUALS

The eight ways a rally ends. Every one works the same in both modes; only the result changes.

FREESTYLE

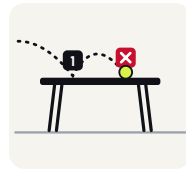
The player is **out** and joins the back of the line.

COMPETITIVE

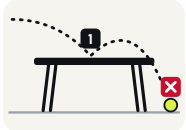
The other team wins the **point**.

**4.0.0 • Player ×3
TRIPLE TOUCH**

A player touches the ball 3 times in one possession, including a third hit after a teammate passes it back.

**4.0.1 • Table ×2
TABLE-TABLE**

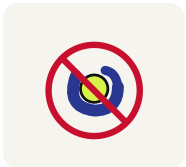
The ball hits your table twice in one possession, one bounce right after the other or with hits in between.

**4.0.2
TABLE-GROUND**

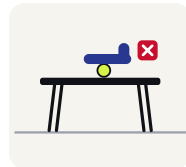
The ball hits your tabletop and then the ground.

**4.0.3 • Player-ground
BODY-GROUND**

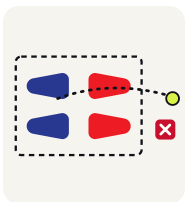
The ball hits your body and then the ground. If you were the last to touch it, you're out.

**4.0.4
GRAB • CARRY • HOLD • CATCH • CUP**

Contact must be a hit, strike or slap. Cupping, grabbing, holding, catching or carrying the ball is out.

**4.0.5
TRAP**

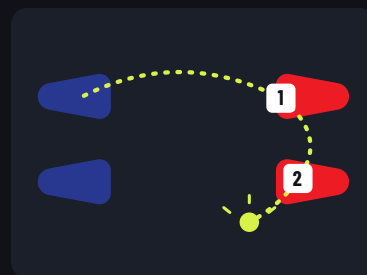
You trap the ball so it stops between your hand (or any body part) and your opponent's table.

**4.0.6
OUT OF BOUNDS**

When you play with a boundary, the last person to touch the ball is out, even if it hit an opponent's table first.

**Remember
WHO'S IN POSSESSION?**

Possession changes the instant the ball touches the other team or their table (3.0.2), and that resets every hit and bounce count. X-Factors (walls, ceilings, table legs) are neutral but **don't** reset your count (1.1.4).

**4.0.7 • The most sought-after move in Hantis
THE DOUBLE**

One strike bounces on both opponents' tables without interruption, then hits the ground: both opponents are out (Freestyle) or you win 2 points (Competitive). If anyone touches the ball after the strike, it can't be a Double. If it hits one table, clips the other and comes back to the first, that's two bounces on the first table (4.0.1), not a Double.

FREESTYLE • BOTH OPPONENTS OUT

COMPETITIVE • 2 POINTS

YOU'VE REACHED THE END OF THE FREE SAMPLE

GET THE FULL UNIT

\$99

Hantis P.E. Lesson Plans · instant PDF download

A 72-page, ready-to-teach unit for grades 6–12: 10–11 days of 30–50 minute classes, aligned to the SHAPE America National Physical Education Standards (2024).

[HANTIS.NET/TEACHERS](https://hantis.net/teachers)

EVERYTHING IN THE FULL BOOK

- 10 complete lessons, each a 2-page plan
- SHAPE America 2024 alignment for every lesson, grades 6–8 and 9–12
- 10 lead-up games with diagrams and mastery games
- Ball control tips poster
- 'Outs' visuals poster
- The Brain and Body Basics of Hantis handout
- Player Styles handout, counter-strategies and match-ups
- Training drills
- Participation rubric and Teacher Skill Evaluation Sheet
- Round Robin, Double Elimination and Elimination brackets (10 teams)
- Day-by-day lesson planning chart (Days 1–11 + tournament days)
- Standards Alignment Map and indicator key
- Table set-up and gym layout guide
- Exit Slips A–F with answer keys
- Hantis Basics Worksheet with answer key
- Enrichment (Common Core writing) Worksheet with answer key
- Player Styles Quiz with answers
- Scoring guide built on the 4 SHAPE 2024 standards
- How to run a Competitive tournament

PRINT FOR YOUR STUDENTS

Purchasers may print the worksheets, exit slips and handouts for their own students.

FREE WITH EVERY UNIT

Instructional videos at youtube.com/@HantisCraters, the Hantis Beatz playlist, and the Official Rulebook and Quick Start at hantis.net.

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