

School District of Springfield Township

Springfield Township High School Course Overview

Course Name: Racquet and Net Sports

Course Description

Racquet and Net Sports provides students the opportunity to focus on three main racquet sports and one net sport: tennis, badminton, pickleball, and volleyball. Students further their knowledge of each sport by studying rules and strategies. Their skills improve through drills and game play. They also participate in strength/fitness training to enhance their performance level in each sport.

Course Prerequisites

Physical Education 9/10

Unit Titles

Unit 1- Tennis

Unit 2- Badminton

Unit 3- Pickleball

Essential Questions

1. How can racquet sports help students develop personal skills and individual players?
2. How can racquet sports improve student's physical fitness level?
3. How can knowledge of the rules of each sport enhance student performance?
4. How can racquet sports be a part of a life-long fitness plan?

Big Ideas/Enduring Understandings

- Physical activity can provide opportunities for personal enjoyment, self expression, challenge and social interaction.
- Rules etiquette in racquet sports can make the experience both enjoyable and successful.
- Physical activity contributes to building and maintaining a fitness level to enable one to participate in activities of daily living for a lifetime.

Key Competencies/Skills/Procedures

Unit 1- Tennis

- Demonstrate the ability to strike a ball with ground strokes (forehand and backhand)
- Demonstrate the ability to serve a ball into the proper service box
- Demonstrate the ability to keep score during a tennis match
- Demonstrate the ability to make good strategic decisions when playing in a match
- Demonstrate a basic understanding of the rules through game play

Unit 2- Badminton

- Demonstrate the ability to serve a shuttlecock into the designated service area with a clearing and drop serve
- Demonstrate the ability to clear the shuttlecock with forehand and backhand strokes
- Demonstrate the ability to hit a drop shot to the front of the court
- Demonstrate the ability to hit an overhead smash
- Demonstrate a basic understanding of strategies through game play
- Demonstrate an understanding of scoring and rules through game play

Unit 3- Pickleball

- Demonstrate ability to hit a forehand drive
- Demonstrate ability to hit a backhand drive
- Demonstrate ability to hit a lob shot
- Demonstrate ability to serve the ball
- Demonstrate ability to volley the ball
- Demonstrate a basic understanding of strategies through game play
- Demonstrate an understanding of scoring and rules through game play

Core Vocabulary

Ground strokes, forehand, backhand, overhead, smash, lob, serve, points (deuce, advantage, no-ad), game, set, match, service box, baseline, single's and double's lines, net court, grips (continental, western, eastern), let, backspin, topspin, volley, drop shot, no-volley zone, sideline, etiquette.

Pennsylvania State Standards

- 10.3.9 D** Analyze the role of individual responsibility for safety during organized group activities.
- 10.4.9 A** Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 B** Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- 10.4.9 C** Analyze the factors that affect the responses of body systems during moderate to vigorous physical activities.
- 10.4.9 D** Analyze factors that affect physical activity preferences of adolescents.
- 10.4.9 E** Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
- 10.4.9 F** Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
- 10.5.9 B** Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C** Identify and apply strategies for skill improvement.
- 10.5.9 F** Describe and apply game strategies of complex games and physical activities.

Prepared October 2010—SC

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