

Course Name : RACQUET SPORTS

Course Overview : Racquet sports will expose students to a variety of racquet sports to help students understand the line between physical activity and good health. The sports included in this course will be badminton, pickleball, eclipse ball, and table tennis.

Course Materials/Resources/Technology

UNIT: PICKLEBALL

Duration of Unit: 5 Weeks

Description of Unit: This pickleball unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.

Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of pickleball? Can you maintain/improve a health-enhancing fitness level by playing the game of pickleball?

ESSENTIAL Standards	Learning Targets
STANDARD 1=The student will demonstrate competency in a variety of motor skills and movement patterns.	Students will demonstrate drop shots, drive shots, smash shots, forehand skills, backhand skills, and serving.
STANDARD 2=The student will apply	Students will recall pickleball vocabulary and rules from the study guide, lecture, drills, and game play.

<p>knowledge of concepts, principles, strategies and tactics in a variety of assessments.</p>	
<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.</p>
<p>STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in pickleball.</p>
<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>NA</p>	

Common Summative Assessments



UNIT: BADMINTON

Duration of Unit: 5 Weeks

Description of Unit: This badminton unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.

Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of badminton? Can you maintain/improve a health-enhancing fitness level by playing the game of badminton?

ESSENTIAL Standards	Learning Targets
STANDARD 1=The student will demonstrate competency in a variety of motor skills and movement patterns.	Students will demonstrate drop shots, drive shots, smash shots, forehand skills, backhand skills, and serving.
STANDARD 2=The student will apply knowledge of concepts, principles, strategies and tactics in a variety of assessments.	Students will recall badminton vocabulary and rules from the study guide, lecture, drills, and game play.

<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.</p>
<p>STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in badminton.</p>
<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>NA</p>	

Common Summative Assessments



UNIT: TABLE TENNIS

Duration of Unit: 5 Weeks

Description of Unit: This table tennis unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.

Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of table tennis? Can you maintain/improve a health-enhancing fitness level by playing the game of table tennis?

ESSENTIAL Standards

Learning Targets

STANDARD 1=The student will demonstrate competency in a variety of motor skills and movement patterns.

Students will demonstrate forehand skills, backhand skills, and serving.

STANDARD 2=The student will apply knowledge of concepts, principles, strategies and tactics in a variety of assessments.

Students will recall table tennis vocabulary and rules from the study guide, lecture, drills, and game play.

<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.</p>
<p>STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in table tennis.</p>
<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>NA</p>	
<p>Common Summative Assessments</p>	

UNIT: ECLIPSE BALL

Duration of Unit: 3 Weeks

Description of Unit: This eclipse ball unit will cover the rules, strategies, skill development, team work, and sportsmanship through drills and game play.

Essential Questions and/or Enduring Understandings: Can you exhibit responsible social behavior by playing the game of eclipse ball? Can you maintain/improve a health-enhancing fitness level by playing the game of eclipse ball?

ESSENTIAL Standards	Learning Targets
STANDARD 1=The student will demonstrate competency in a variety of motor skills and movement patterns.	Students will demonstrate passing, setting, blocking, smashing, forehand, backhand, and serving skills.
STANDARD 2=The student will apply knowledge of concepts, principles, strategies and tactics in a variety of assessments.	Students will recall eclipse ball vocabulary and rules from the study guide, lecture, drills, and game play.
STANDARD 5=The student will recognize the value of activity for	Students will demonstrate communication skills, personal management strategies, and inclusive behaviors that promote a positive culture.

<p>health, enjoyment, challenge, self-expression, and social interaction.</p>	
<p>STANDARD 4=The student will exhibit responsible classroom, personal and social behavior that respects self and others.</p>	<p>Students will model safe participation, respect for others, proper etiquette, and teamwork while engaging in eclipse ball.</p>
<p>STANDARD 5=The student will recognize the value of activity for health, enjoyment, challenge, self-expression, and social interaction.</p>	<p>Students will demonstrate problem solving, integrity, and intrinsic motivation.</p>
<p>NICE TO KNOW Standards</p>	<p>Learning Targets</p>
<p>Common Summative Assessments</p>	



UNIT: PERSONAL FITNESS

Duration of Unit: ONGOING

Description of Unit: This unit will introduce the student to basic fitness concepts, provide an overview of being safe in the weight room and continue to develop lifelong fitness habits to better enhance personal health.

Essential Questions and/or Enduring Understandings: Do I understand what the 5 components of fitness are and how they can impact my daily exercise habits? Do I understand the importance of developing and maintaining lifelong fitness habits and goals?

ESSENTIAL Standards	Learning Targets
STANDARD 6-The student will create, assess, and analyze the progress toward a SMART goal.	The students will perform pre and post SMASH(Speed-Mobility-Agility-Strength-Health(Cardiac) Assessments to better identify their overall health.
STANDARD 3=The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	The students will be able to list and give examples of the 5 components of fitness.
	The students will create and work to achieve 1 fitness SMART

	(Specific-Measurable-Attainable-Realistic-Timely)Goal.
NICE TO KNOW Standards	Learning Targets
Common Summative Assessments	
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