

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education
Course Title: Racket Sports
Course Number: 2830
Grade Level: 10-12
Length of Course: Year
Prerequisite: Successful Completion of P.E. 9

Course Description: This course may be taken multiple times for credit.

I. Goals

Racket sports is designed to provide students with the opportunity to extend their capacity for learning through:

- A. Improvement and mastery of movement skills used in racket sports
- B. Achieving and maintaining a health-enhancing level of physical fitness
- C. Application by creating a new racket sport
- D. Knowledge of rules, history and strategy of various racket sports
- E. Observation of amateur and professional play and implementation into one's own game

II. Outline of Content for Major Areas of Study

Semester 1

- A. Proper warm-up and conditioning for racket sports
 - 1. Benefits
 - 2. Correct Technique
- B. Badminton
 - 1. Skills
 - 2. Rules
 - 3. Offensive/Defensive strategies

4. Doubles and singles tournament play
- C. Pickleball
1. Skills
 2. Rules
 3. Offensive/Defensive strategies
 4. Doubles and singles tournament play

Semester 2

- A. Tennis
1. Skills
 2. Rules
 3. Offensive/Defensive strategies
 4. Doubles and singles tournament play
 5. Fieldtrip to Professional Tennis Tournament
- B. Racketball
1. Skills
 2. Rules
 3. Fieldtrip to racketball courts
- C. Table Tennis
1. Rules
 2. Doubles and singles tournament play
- D. Final Project: create a racket game
1. Components of a racket game
 2. Create new racket game
 3. Organize, teach and officiate new game
 4. Peer evaluation using a rubric

III. Accountability Determinants

- A. Teacher observation of daily classroom participation, effort, improvement, achievement, and behavior.
- B. Written tests on rules, terminology and history of racket sports
- C. Teacher and self evaluation of skill progression using rubrics, video analysis and play
- D. Peer evaluation of student teaching
- E. Final project
- F. Student evaluation of professional play

IV. Required Texts

None

V. Supplemental Materials

- A. Badminton rackets, shuttlecocks, nets, poles
- B. Pickleball paddles, whiffle balls, nets, poles
- C. Tennis rackets, balls, nets, ball hoppers
- D. Racketball rackets, balls

- E. Table tennis paddles, nets, tables, balls
- F. Digital video camera, tapes, tripods, editing software
- G. Racket sports videos