

ASD Academic Plan

Physical Education: Racquet Sports

Grade Level: 9-12 grade

Length: Semester

Prerequisites: None

Repeatable for additional credits: Unlimited

Course Description: The purpose of this course is to introduce students to the basic skills and knowledge associated with playing a variety of racquet sports such as tennis, badminton, table tennis, handball, pickle ball, etc. The ultimate goal of this class is to provide the students with the knowledge and skills necessary for them to pursue playing racquet sports as a life-long activity. This course will provide students with opportunities to develop a satisfactory individual level of physical fitness, acquire knowledge of fitness concepts and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance. This course will provide an environment for all students to practice positive personal and social skills.

Learning Outcomes At a Glance

QUARTERS 1 and 2

1-3 weeks each of Badminton, Pickle Ball, Table Tennis, Tennis and/or any variety of racquet sports.

There is no specific order. Available teaching space, equipment, and weather conditions will vary the choices.

Demonstrate basic skills associated with racquet sports, including serves, clear, drive, drop, smash, single/doubles and tactics.

Demonstrate the ability to perform both singles and doubles offensive and defensive strategies.

Utilize and apply the knowledge of racquet sport rules, terminology, and scoring procedures.

Demonstrate proper court etiquette and good sportsmanship.

Compare and contrast equipment, rules, strategies, and techniques used in the various racquets sports.

Identify opportunities for participation in racquet sports in the community.

Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, and stress management.

Assess current personal fitness levels.

Identify the major muscle groups and their application to racquet sports.

Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.

Assess each racquet sport in terms of fitness value.

Identify and apply injury prevention principles related to racquet sports.

Understand and correctly apply biomechanical and physiological principles related to exercise and training.

Demonstrate and understanding of health problems associated with inadequate fitness levels.

Demonstrate an understanding of sound nutritional practices as related to health and physical performance.