### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Within the context of Racquet Sports students will:**

1.1 Perform a variety of racket strokes and shots in **badminton** (power serve, drop serve, overhead smash, deep clear, net drop shot, fore hand volley smash, backhand volley smash) for offensive and defensive rally play.

1.2 Utilize “pen hold” and the “handshake” grips of the **table tennis** paddle.

1.3 Execute the grip and stroke changes required in both **pickleball** and **soft indoor tennis**.

1.4 Play proper doubles **tennis** rallies with correct scoring of games, and tie-breaker play during actual match play.

### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Within the context of Racquet Sports students will:**

2.1 Know the rules of both play and scoring in the targeted racquet sports.

2.2 Utilize stroke proficiency drills to master eight required movements - power serve, drop serve, overhead smash, deep clear, net drop shot, fore hand volley smash, backhand volley smash - of both attack and defense tactics.

2.3 Respond to the consistent drill work of grip and stroke selection initiated by the instructor in all game situations to improve response for the correct movement.

2.4 Demonstrate proper footwork and initiation of strokes using ball machines to aid in learning the concepts of movement and timing.

2.5 Explain and demonstrate the playing strategy of the 80% backhand and 20% forehand tactic to improve table coverage.

### Standard 3: Participates regularly in physical activity.

**Students will:**

3.1 Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.

3.2 Respond to recommended participation in vigorous physical activity outside of physical education class during the week.
# High School Physical Education Curriculum: Racquet Sports

## Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

**Students will:**

4.1 Develop a personal fitness profile on the basis of fitness assessment results.

4.2 Meet the age- and gender-specific health-related fitness standards defined by Fitness gram.

## Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Students will:**

5.1 Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in cooperative and competitive games/activities.

5.2 Show leadership by peer-coaching others in class in small groups.

5.3 Show support and encouragement to all levels of skill and/or experience.

## Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Students will:**

6.1 Identify and reflect on reasons for choosing to participate in selected activities. (i.e. health enjoyment, challenge, self-expression, social interaction).

6.2 Develop positive and healthy relationships with other students in class.