**High School Course 1 Pacing Guide**

**Resources:**

[**www.sparkfamily.org**](http://www.sparkfamily.org) **- Middle School/Racquets and Paddles**

***RACQUETBALL***

***Focus Points:***

1. Identify important historical events that contributed to the evolution of racquetball.
2. Identify and put into practice the rules of racquetball.
3. Identify and develop the basic skills (forehand, backhand, serve, and side wall shots) necessary for racquetball play.
4. Employ the basic strategies for singles and doubles necessary to play the game.

***Skills:***

1. Introduction (origin and development, equipment, and safety)
2. Introduction to rules and procedures (playing area, scoring, serving, hinders)
3. Forehand shot (sidearm stroke)
4. Overhead stroke
5. Side wall shot
6. Backhand shot
7. Service (forehand, drive, lob, z)
8. Kill shot

***History:***

Racquetball can be attributed to Joe Sobek, a tennis player who wanted something to do in the winter, so he developed racquetball as an alternative activity. Since the early 1950s racquetball has become a popular sport and is played throughout the world. During the 1970s the sport experienced a boost in popularity with the development and building of many racquetball centers through out the United States. By the 1980s, racquetball had become one of the fastest growing sports in the United States.

Many colleges and universities offer racquetball as a physical education class. It is also popular as a good aerobic fitness activity. Because players are continually moving, racquetball contributes to cardiovascular fitness, muscular strength, endurance, and flexibility.

***Strategies:***

1. Analyze the opponent’s strengths and weaknesses.
2. Aim shots at opponent’s weaknesses while employing your strengths.
3. Vary the strategy to include fast balls alternated with lobs in sufficient frequency to get the opponent off balance.
4. Work for desirable position on court.
5. Place shots skillfully (drop shot, lobs, drives, service placement, kill shots)

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music.”