

CARLISLE AREA SCHOOL DISTRICT

Carlisle, PA 17013

**RACKET SPORTS**

**GRADE 8**

Date of Board Approval: September 1, 2016

# CARLISLE AREA SCHOOL DISTRICT

## PLANNED INSTRUCTION COVER PAGE

<b>TITLE OF COURSE:</b>	Racket Sports	<b>SUBJECT:</b>	Phys Ed	<b>GRADE LEVEL:</b>	8
<b>COURSE LENGTH:</b>	1 Semester	<b>DURATION:</b>	46 Min	<b>FREQUENCY:</b>	3/cycle
<b>PREREQUISITES:</b>	N/A	<b>CREDIT:</b>	N/A	<b>LEVEL:</b>	8

**Course Description/Objectives:**

This course is designed for students to continue to develop and improve the skills and knowledge necessary to successfully participate in a variety of racket sports. Participation will result in a better understanding of activities for lifelong fitness. Students are expected to learn more advanced skills and strategies and demonstrate them in game situations. Racket sports will consist of tennis, badminton, pickleball, table tennis and may include additional racket sports not common to the United States.

**Text:** NA

**Curriculum Writing Committee:**

Joan Chizmar  
Brett Livingston

Bonnie Kirk  
Michael Woodward

## COURSE TIME LINE

### **Unit 1: Tennis**

4 Cycles

- Skills
- Rules
- Game Strategies
- Assessment

### **Unit 2: Pickleball**

4 Cycles

- Skills
- Rules
- Game Strategies
- Assessment

### **Unit 3: Table Tennis**

4 Cycles

- Skills
- Rules
- Game Strategies
- Assessment

### **Unit 4: Badminton**

3 Cycles

- Skills
- Rules
- Game Strategies
- Assessment

**TOTAL: 15 Cycles**

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Tennis

**GRADE:** 8

## **STANDARDS: PA Academic Standards in Health, Safety and Physical Education**

- 10.3.9 A
  - Analyze the role of individual responsibility for safe practices.
- 10.3.9 C
  - Analyze and apply strategies to avoid or manage conflict during adolescence.
- 10.3.9 D
  - Analyze the role of individual responsibility for safety during physical activity.
- 10.4.9 A
  - Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 D
  - Analyze the factors affecting physical activity preferences of adolescence.
- 10.4.9 E
  - Analyze factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.4.9 F
  - Analyze and describe positive and negative interactions of group members in physical activities.
- 10.5.9 A
  - Describe and apply the components of skill related fitness.
- 10.5.9 B
  - Describe and apply the concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C
  - Identify and apply practices strategies for skill improvement.
- 10.5.9 E
  - Analyze and apply scientific and biomechanical principles to complex movements.
- 10.5.9 F
  - Describe and apply game strategies to complex games and physical activities.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Tennis

**GRADE:** 8

## UNDERSTANDINGS

Life time sports provide numerous opportunities to improve your physical, social, emotional and intellectual health.  
Identifying sports that you enjoy and will pursue throughout your life will help improve your overall fitness.

## COMMON ASSESSMENTS/CULMINATING ACTIVITY

### KNOW

- Understand the mechanics of an overhand serve and ground strokes.
- Approach shots with proper footwork.
- Incorporate a serve and volley sequence.
- Keep score using proper vocabulary and scoring structure.
- Identify the court markings and how they apply to game play.

### DO

- Utilize proper mechanics to serve and return a ball over the net.
- Apply the rules for the game.
- Practice the proper skill set for a game situation.
- Strategically place shots for your advantage.
- Utilize court markings and rules to manage the game.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Pickleball

**GRADE:** 8

## **STANDARDS: PA Academic Standards in Health, Safety and Physical Education**

- 10.3.9 A
  - Analyze the role of individual responsibility for safe practices.
- 10.3.9 C
  - Analyze and apply strategies to avoid or manage conflict during adolescence.
- 10.3.9 D
  - Analyze the role of individual responsibility for safety during physical activity.
- 10.4.9 A
  - Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 D
  - Analyze the factors affecting physical activity preferences of adolescence.
- 10.4.9 E
  - Analyze factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.4.9 F
  - Analyze and describe positive and negative interactions of group members in physical activities.
- 10.5.9 A
  - Describe and apply the components of skill related fitness.
- 10.5.9 B
  - Describe and apply the concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C
  - Identify and apply practices strategies for skill improvement.
- 10.5.9 E
  - Analyze and apply scientific and biomechanical principles to complex movements.
- 10.5.9 F
  - Describe and apply game strategies to complex games and physical activities.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Pickleball

**GRADE:** 8

## UNDERSTANDINGS

Life time sports provide numerous opportunities to improve your physical, social, emotional and intellectual health.  
Identifying sports that you enjoy and will pursue throughout your life will help improve your overall fitness.

## COMMON ASSESSMENTS/CULMINATING ACTIVITY

### KNOW

- Understand the mechanics of a serve and ground strokes.
- Approach shots with proper footwork.
- Incorporate a serve and volley sequence.
- Keep score using proper vocabulary and scoring structure.
- Identify the court markings and how they apply to game play.

### DO

- Utilize proper mechanics to serve and return a ball over the net.
- Apply the rules for the game.
- Practice the proper skill set for a game situation.
- Strategically place shots for your advantage.
- Utilize court markings and rules to manage the game.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Table Tennis

**GRADE:** 8

## **STANDARDS: PA Academic Standards in Health, Safety and Physical Education**

- 10.3.9 A
  - Analyze the role of individual responsibility for safe practices.
- 10.3.9 C
  - Analyze and apply strategies to avoid or manage conflict during adolescence.
- 10.3.9 D
  - Analyze the role of individual responsibility for safety during physical activity.
- 10.4.9 A
  - Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 D
  - Analyze the factors affecting physical activity preferences of adolescence.
- 10.4.9 E
  - Analyze factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.4.9 F
  - Analyze and describe positive and negative interactions of group members in physical activities.
- 10.5.9 A
  - Describe and apply the components of skill related fitness.
- 10.5.9 B
  - Describe and apply the concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C
  - Identify and apply practices strategies for skill improvement.
- 10.5.9 E
  - Analyze and apply scientific and biomechanical principles to complex movements.
- 10.5.9 F
  - Describe and apply game strategies to complex games and physical activities.



# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 4 Cycles

**UNIT # 1:** Table Tennis

**GRADE:** 8

## UNDERSTANDINGS

Life time sports provide numerous opportunities to improve your physical, social, emotional and intellectual health. Identifying sports that you enjoy and will pursue throughout your life will help improve your overall fitness.

## COMMON ASSESSMENTS/CULMINATING ACTIVITY

### KNOW

- Understand the mechanics of a serve.
- Discover how paddle angle influences trajectory of the ball.
- Incorporate a serve and volley sequence.
- Keep score using proper vocabulary and scoring structure.
- Utilize the table markings and apply them to game play.

### DO

- Utilize proper mechanics to serve and return a ball over the net.
- Strike the ball with an angle which will send the ball where you want it to go.
- Apply the rules for the game.
- Practice the proper skill set for a game situation.
- Strategically place shots for your advantage.
- Utilize table markings and rules to manage the game.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 3 Cycles

**UNIT # 3:** Badminton

**GRADE:** 8

## **STANDARDS: PA Academic Standards in Health, Safety and Physical Education**

- 10.3.9 A
  - Analyze the role of individual responsibility for safe practices.
- 10.3.9 C
  - Analyze and apply strategies to avoid or manage conflict during adolescence.
- 10.3.9 D
  - Analyze the role of individual responsibility for safety during physical activity.
- 10.4.9 A
  - Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.
- 10.4.9 D
  - Analyze the factors affecting physical activity preferences of adolescence.
- 10.4.9 E
  - Analyze factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
- 10.4.9 F
  - Analyze and describe positive and negative interactions of group members in physical activities.
- 10.5.9 A
  - Describe and apply the components of skill related fitness.
- 10.5.9 B
  - Describe and apply the concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9 C
  - Identify and apply practices strategies for skill improvement.
- 10.5.9 E
  - Analyze and apply scientific and biomechanical principles to complex movements.
- 10.5.9 F
  - Describe and apply game strategies to complex games and physical activities.

# KNOW, UNDERSTAND, DO

**COURSE:** Racket Sports

**TIME FRAME:** 3 Cycles

**UNIT # 3:** Badminton

**GRADE:** 8

## UNDERSTANDINGS

Life time sports provide numerous opportunities to improve your physical, social, emotional and intellectual health. Identifying sports that you enjoy and will pursue throughout your life will help improve your overall fitness.

## COMMON ASSESSMENTS/CULMINATING ACTIVITY

### KNOW

- Understand the mechanics of a serve.
- Discover how paddle angle influences trajectory of the shuttle.
- Incorporate a serve and volley sequence.
- Keep score using proper vocabulary and scoring structure.
- Utilize the court markings and apply them to game play.

### DO

- Utilize proper mechanics to serve and return a shuttle over the net.
- Strike the shuttle with an angle which will send it where you want it to go.
- Apply the rules for the game.
- Practice the proper skill set for a game situation.
- Strategically place shots for your advantage.
- Utilize court markings and rules to manage the game.

## **Adaptations/Modifications for Students with I.E.P.s**

Adaptations or modifications to this planned course will allow exceptional students to earn credits toward graduation or develop skills necessary to make a transition from the school environment to community life and employment. The I.E.P. team has determined that modifications to this planned course will meet the student's I.E.P. needs.

Adaptations/Modifications may include but are not limited to:

### **INSTRUCTION CONTENT**

- Modification of instructional content and/or instructional approaches
- Modification or deletion of some of the essential elements

### **SETTING**

- Preferential seating

### **METHODS**

- Additional clarification of content
- Occasional need for one to one instruction
- Minor adjustments or pacing according to the student's rate of mastery
- Written work is difficult, use verbal/oral approaches
- Modifications of assignments/testing
- Reasonable extensions of time for task/project completion
- Assignment sheet/notebook
- Modified/adjusted mastery rates
- Modified/adjusted grading criteria
- Retesting opportunities

### **MATERIALS**

- Supplemental texts and materials
- Large print materials for visually impaired students
- Outlines and/or study sheets
- Carbonless notebook paper
- Manipulative learning materials
- Alternatives to writing (tape recorder/calculator)