

Racket Sports Bundle Preview:



**10 Weeks of Engaging
Racket Sports**

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



1.

2 to 3 Weeks Badminton Unit Preview:



Health Education Today

Full “Badminton Unit” is 42 pages!

Here is an Overview of the Program:

Name	
	01Badminton Unit.docx
	01Badminton Unit.pdf
> 	02Lead Up Games Badminton
	03Study Guide and Test.docx
	03Study Guide and Test.pdf
	04Great website for Badminton.pdf
> 	05Warm Ups and Stretching
	06Peer Grading Sheet.docx
	06Peer Grading Sheet.pdf
	07Play Score Sheet.pdf
> 	08Learning Targets and Standards
	09Physical Literacy Unit Check List.docx
> 	10BONUS Jump Rope Tests
> 	11BONUS Olympic Stations
	12Previews of Other Lessons.pdf
	13Troubleshooting Issues with Files.pdf

What is Included in this Program:

1

40 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

40 pages of Step-by- Step Teacher Directions

Day 1: Badminton Skills and Drills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Badminton Racquets	One for each student	
Birdies	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Care of equipment: This is discussed before any equipment has even been passed out. This is important because badminton equipment is delicate and could break easily. Have students get with their partner of choice, sitting one behind the other on one line.

3. Go over rules: This is optional, but if you have a way to show your students this website and its photos while you go over the rules and grip and shots, it would be great!
<https://www.wikihow.com/Play-Badminton>

-Badminton uses rally scoring, so every time you win a rally, you get a point. Games are to 21. You must win by 2 points. (Or, if you like the old fashioned scoring, you can have your P.E. students play where you must be serving to score...it's up to you!) Either way, the server always says his/her own score first.

-No touching any equipment when coming out into the gym to squad up (punishment = 25 push-ups)

-Walk under the nets at the string, don't touch nets when going under

-Be careful with racquets, no throwing in the air or spinning, or hitting with the racquets. I will be checking racquets very carefully. When you get a racquet, see if it has a piece of tape on the shaft. If it does not, this means this racquet is not broken in any way. Be sure to tell me if it is broken when you get it, because when you turn it in and it's broken, you will be responsible for any broken racquets. (this checking system makes students more responsible and careful)

-Birdies are delicate-hold with thumb and first finger, always start your rally with an underhand serve.

-Whenever I whistle, please sit down.

Program is standards-based:



National Standards

Day 3: Badminton Lead Up and Games

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Badminton Racquets	One for each student	
Birdies	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Rally warm-up

3. Call in together for a more in-depth serve talk and demonstrate:

The High Serve: High serve is mostly used in singles. A good high service must be high and lands in between the two baselines at the rear court. Malaysia's former legendary player Eddy Choong had one of the best high serve during his time. The shuttle would go up very high and very deep. When it came down, you had to stand at the edge of the rear court to retrieve it. If you smash, you would probably hit the feathers.



The high serve is **considered as a defensive serve** because it gives the player sufficient time while the shuttle is high up on the air. It will put you in a less vulnerable position. One of the advantages of this serve is that it forces your opponent back to the base line and open up his court.

The Low serve: The low serve are used **when a player wants to attack**. Most attacking players in singles uses the low serve because they have to keep their shots low so that it will open up an opportunity for the kill. The low serve is also used when your opponent's attack is strong because they will have less opportunity to attack when you keep the shuttle low.

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

#1: Move It Warm Up:

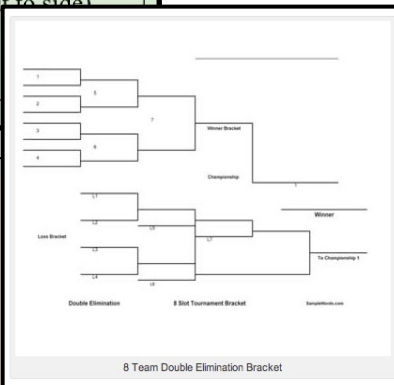
1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm



Jump Rope Speed Test:

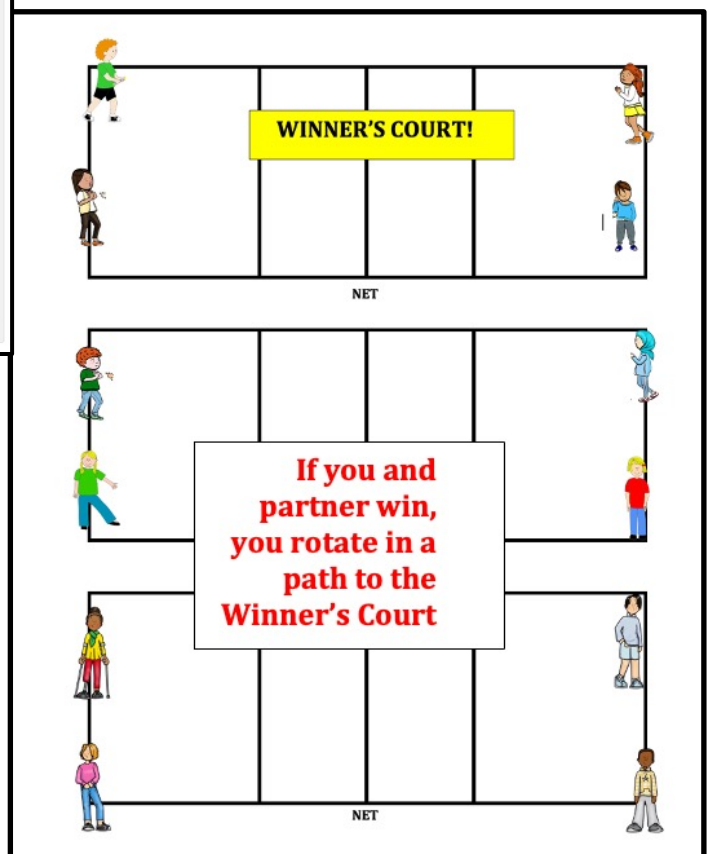
1 partner jumps while the partner counts jumps. (You choose if they miss they keep counting where the jumper left off (back to zero!), or start the count over with a miss-maybe if a unit don't go back to zero, and when students get better add a new rule that the count goes back to zero if they miss!) Have students record their score and set a new goal so they can improve throughout the year.

Grading for Jump Rope Speed Test:



6 Learn to slice your shots. The slice can help slow down the shuttle or change its direction. This is a more advanced skill that will make it hard for your opponent to know where you're going or to be able to return the shuttle. Here's what you can do:^[5]

- Slice your net shots. Start the forward motion as usual and then move the racket inward as you slice it perpendicular to the center of the birdie, thus slicing the shuttle and making it spin cross court instead of moving forward, as your opponent would expect it to do.
- If service of the shuttlecock from the server's racket causes the bird to touch the net and then go over, play must stop and the play is done over. However, if the shuttlecock happens to touch the net then go over further into the play, the stroke is good and the bird can remain playable.
- Slice your drop shots. Just slice the racket, moving it perpendicular to the center of the shuttle when it's in the air. This will slow down the shuttle, making it quickly fall on the opponent's side near the net.



3

Lead up games!

Wally Badminton:

Preview:

This could be used as a practice activity for accuracy, or included in a game. There are a couple variations depending on the location of the basketball hoop.

1. When the basketball hoop is at the back of the court: While playing a 1 vs. 1 or 2 vs. 2 game, or practicing the overhead or underhand clear, have students try to hit the backboard. If used during game



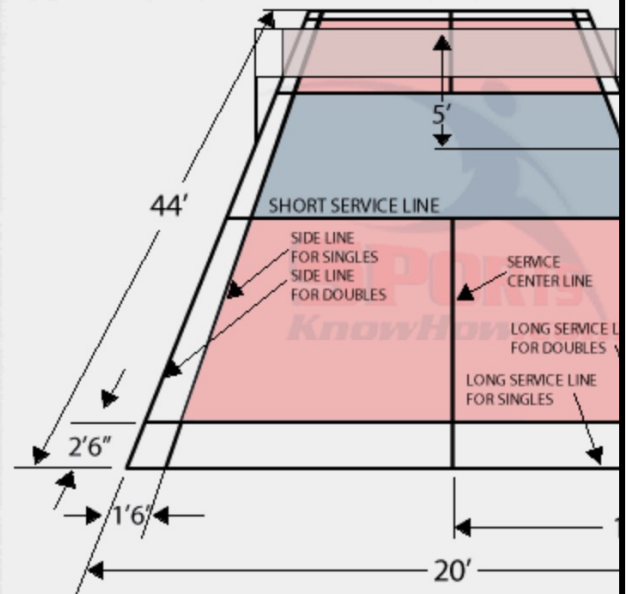
MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



BADMINTON COURT DIMENSIONS DIAGRAM



4

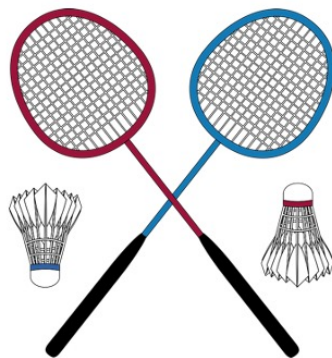
Unit Test and “Peer Assessment Sheet”

BADMINTON STUDY GUIDE:

<https://www.sportsknowhow.com>

GENERAL RULES:

- A shuttle landing on the line is good
- A shuttle hitting the net is good and play continues (including on the serve) if all other aspects of the play is legal
- All players must be **inside** the lines of their respective service courts at the point of contact during the serve
- A "let" is a situation requiring a replay (see reasons listed below)
- When the leading team's score reaches 11 points, players get a 60 second break
- A 2 minute interval is allowed after each game
- In the **third game**, players change ends when the leading team's score reaches 11 points



BEGINNING PLAY:

- Serve is decided by one of the following:
 1. coin flip
 2. volley
 3. spin of racket
 4. drop of the bird (direction pointing)

The Team that wins the game will serve first in the next
FAULTS:

- During the Serve
 1. shuttle
 2. head of
 3. shuttle
 4. shuttle
 5. server's
 6. receiver
 7. server's
 8. receiver

Badminton Test Key:

FILL-IN-THE-BLANKS:

1. In badminton, games consist of ____ 21 ____ points.
2. You must win by ____ 2 ____ points.
3. Doubles service court size is ____ short ____ and ____ wide ____.
4. A serve where the birdie hits the net but lands in the correct service court is called a ____ let ____.
5. If the team's score is odd when they get the serve back, the player in the ____ left ____ (right or left?) court should serve.

MATCHING: (Write the letter in the blank)

6. When serving, the birdie must be hit below the ____ waist ____.
A. shoulders B. waist C. knees
7. The first serve of the game is from the ____ right ____ side of the court.
D. left E. server's choice F. right
8. Touching the net with the body or racket is a ____ fault ____.
G. let H. fault I. legal move



Student Assessment Form:

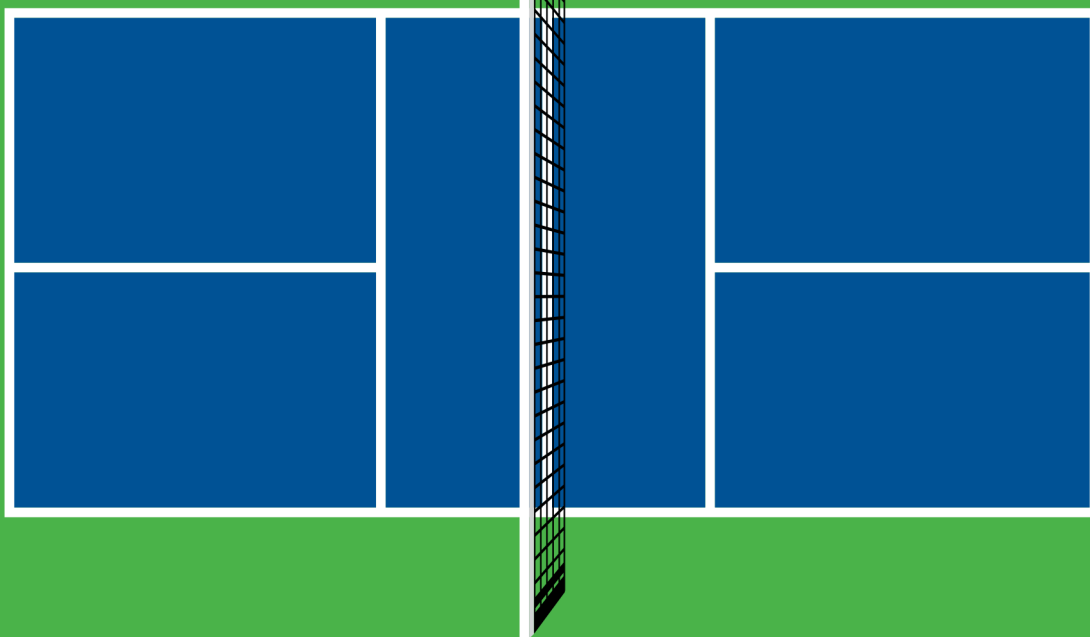
Student Name: _____
Period: _____ Date: _____
Class: _____
Skill Assessing: _____
Comments/Observations: _____



A-	B	C	D	F
9	8	7	6	5 or lower
Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement

2.

2 to 3 Weeks Pickleball Unit Preview:



Here is an Overview of the Program:

2 to 3-Week Suggested Overview:

WEEK #1

- Court lines
- Rules
- Skills Practice-forehand, backhand, volley, smash and drop shots
- King's Court
- Round Robin Tournament Play

WEEK #2 to #3

- Tournament game play-Continue with Round Robin with win/loss scores and then if you have time, run an elimination tournament in Week 3: Elimination Tournament with alternate choices.



1

20 pages of Step-by- Step Teacher Directions

Day 1: Pickleball Skills and Drills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 Equipment Needed:	 How Many:	 Directions:
Pickle ball Paddles	One for each student	
Pickleballs	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Go over Rules:

-Serve behind baseline for serve. Server cannot step on the line or jump with both feet off the ground while serving. **SHOW THE LINES** (use the badminton doubles court lines) here is a link to some good visuals for pickleball rules if you can show it in your gym to help your students visualize the court1: <https://www.wikihow.com/Play-Pickleball>

-Rally for serve (3 times over-winner choose serve or receive)

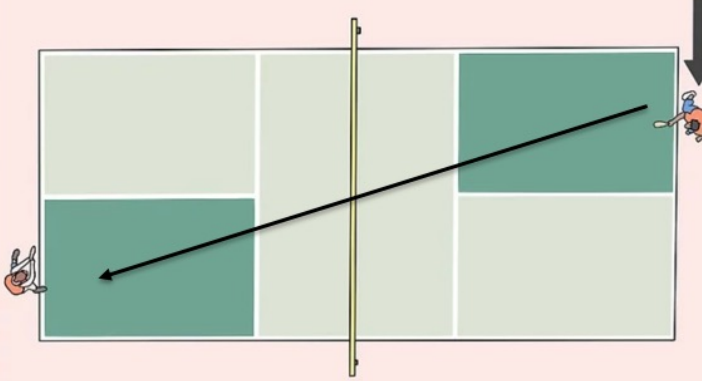
-Serve cross-court, same as badminton: A team can only score a point when serving, only one chance to get a good serve. The server always starts on the right side, serve underhand and contact below the waist with no bounce 1st!

-Serve diagonally, and it must land in the service court area (use doubles bad. lines). Team that serves 1st gets only 1 serve.

Method 2

Serving the Pickleball

Download Article



1 Stand behind the baseline of the right service court to start a game. A serve, which is the strike that starts a game or round of pickleball, is always performed from behind the baseline, which is the 20 ft (6.1 m) line at the end of each side of the court. When you're starting a game of pickleball, stand behind the baseline on the right side of the court.^[4]

- The 2 squares in front of the baseline are known as the right and left service courts.
- Once a game is in play, you'll alternate which service court you stand behind to serve.

Program is standards-based:



National Standards

Day 2: Pickleball Skills and Drills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Pickle ball Paddles	One for each student	
Pickleballs	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

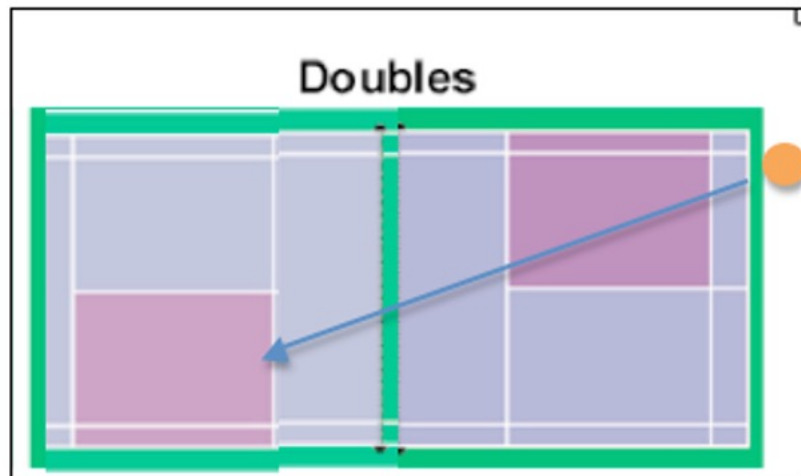
2. Review rules.

-Serve behind baseline for serve. Server cannot step on the line or jump with both feet off the ground while serving.

SHOW THE LINES (use the badminton doubles court lines)

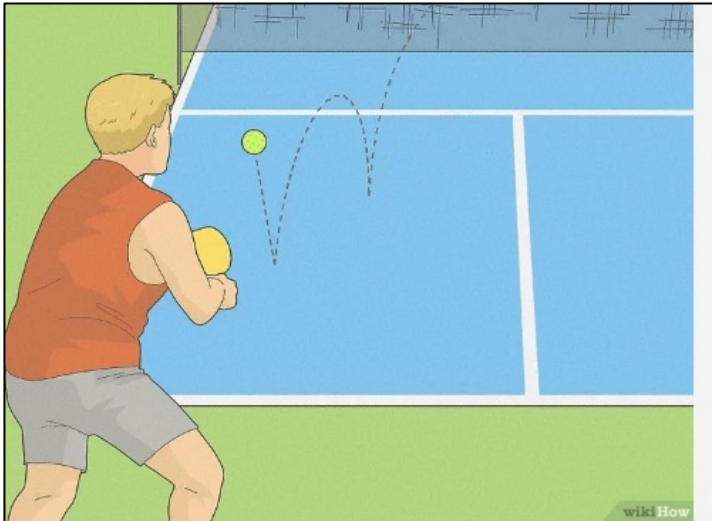
-Rally for serve (3 times over-winner choose serve or receive)

-Serve cross-court, same as badminton: A team can only score a point when serving, only one chance to get a good serve. The server always starts on the right side, serve underhand and contact below the waist with no bounce 1st!



2

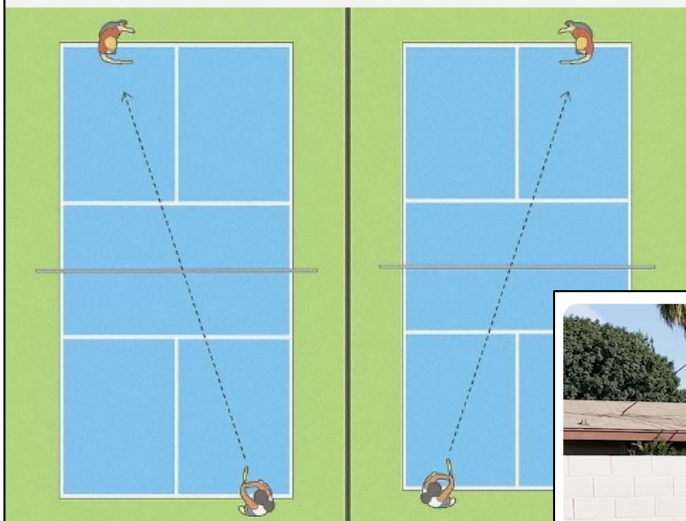
Skills, drills, instruction cues, technique, rules



5 Follow the 2-bounce rule at the start of each rally.

After you serve the ball, the receiving team must allow the ball to bounce on the ground once before they're allowed to hit it. Once they return the ball, your team also must let the ball hit the ground before you're able to hit it back. That way, the rally lasts longer and no team is given an advantage.^[5]

- After the 2-bounce rule, players may hit the ball before or after it bounces on the ground.



6 Alternate between the left and right sides of the court between

If your team scores a point after you serve the ball, you continue to serve. Whenever you have an odd number of points, serve the ball from the left side, also known as the "odd" side. When you have an even number of points, serve from the right side.^[6]

- If a serve hits a player on the opposite side of the court before it hits the ground, then it's considered a fault on the receiving team. The serving team gets the ball and continues the next serve.

Forehand: Like the serve, shoulder to net

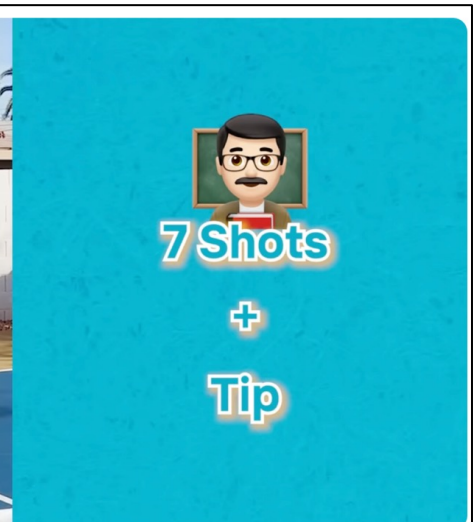
Backhand: Wrap arm around waist, shoulder to net, follow-through.

Volley: Remember non-volley area. Keep shoulder to net, follow-through.

Drop shot: Hit low over net by gentle touch

Smash:

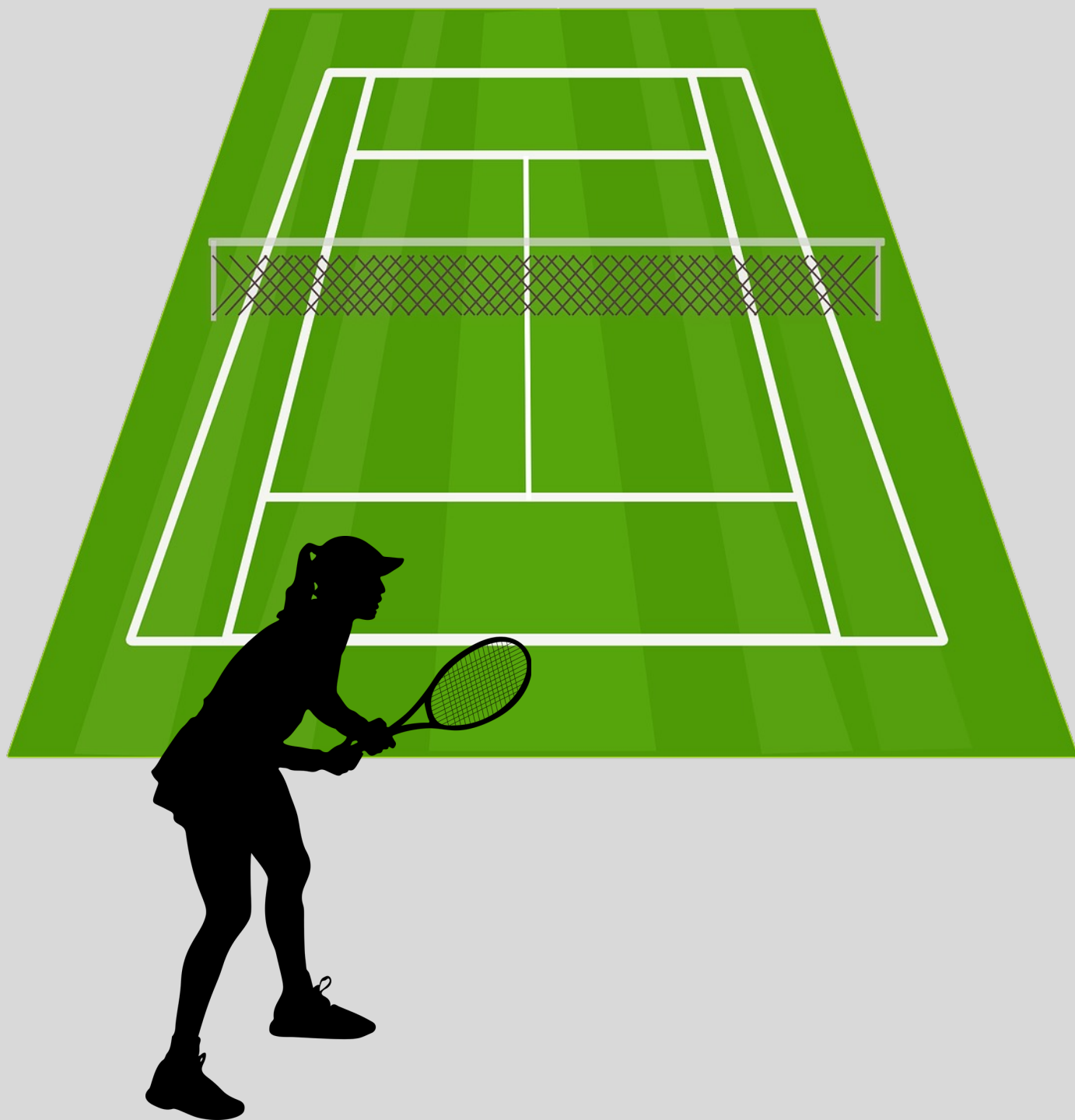
- Must be a high shot, follow-through
- Used to clear the ball back.
- If haven't already had badminton



7 Shots EVERY Pickleball Beginner MUST Know

3.

2 Weeks Tennis Unit Preview:



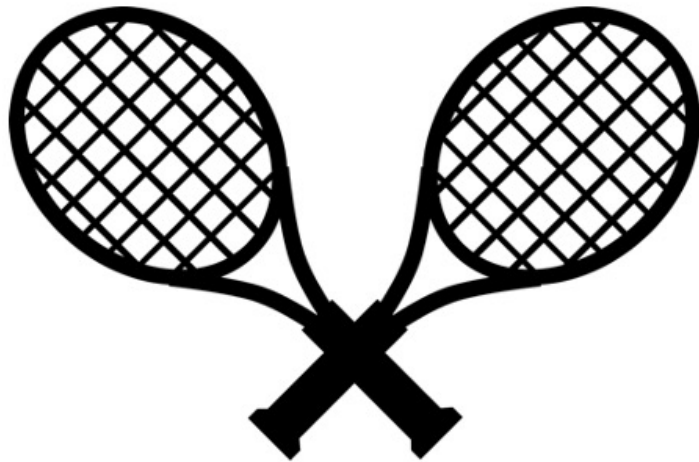
Here is an Overview of the Program:

2-Week Suggested Overview:

OVERVIEW OF UNIT

WEEK 1:

- Rules
- Forehand grip
- Forehand
- Forehand drill
- Backhand
- Backhand drill
- Rally
- Serving
- Scoring
- Games



Week 2:

- Tournament play
- Optional: add more skills-net play, lob, drive, volley, spins, additional drills, doubles strategy,
- Give a written scoring quiz, show videos

THIS UNIT COULD BE ADAPTED TO BE USED AT THE SAME TIME AS ANOTHER UNIT, SUCH AS SOFTBALL, THUS TEACHING A FEWER NUMBER OF STUDENTS AT A TIME, OR IT COULD BE A SEPARATE TENNIS UNIT WITH THE WHOLE CLASS.

What is Included in this Program:

1

33 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

33 pages of Step-by- Step Teacher Directions

Day 4: Tennis Scoring and Games

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Tennis balls	At least 1 for each pair	
Racquets	1 for each student	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Warm up rallying.

3. Call together for any questions in scoring, rules, etc. You may want to give the "Tennis Study Guide and Scoring Quiz" now and make students pass the quiz before they can play...

Also now, or at some point, over some strategies:

-Work on being consistent, let your opponent make the mistakes, play opponent's weaknesses

-Keep you opponents moving by hitting to open areas and use a variety of shots, (lob, volley, drop, spin, smash, drive) and use a variety of spin and speed on your shots

-In doubles, try moving together to the net. If your serve return is low and deep, rush net, if high and weak, go back.

-After the first game, and then whenever the serving score is 1) you switch sides. This way, no one team has the disadvantage.

- Know in tennis there are:

GAME/SET/MATCH

6 games to a set

Best 2 of 3 sets are a match

4. Game play (let students play who they choose/ or set up a time limit/ etc.

Method 2 Grasping Backhand Grips



1 Use the Eastern Backhand Grip. To achieve the Eastern Backhand Grip, use your left hand to hold your racket in front of you. Point the grip to the right and orient the string area perpendicular to the ground, facing you. Hold your right hand straight out directly above the grip. Bring it directly down so your base index knuckle rests completely on the top facet of the grip, and close your hand around it squarely. The Eastern Backhand Grip is:

- the most common backhand grip.
- a versatile, stable grip that can generate a little topspin or hit more directly.
- good for hitting low balls, not good for controlling high ones.

Program is standards-based:



National Standards

Four easy steps to mastering your tennis serve!

1. Starting Position Start with your feet shoulder-width apart, with your weight on your back foot. Your back foot is other to the side. The tennis ball is held in your right hand.

2. Coil Shift your weight towards the back foot. Bend your knees and raise your hands and shoulders high, with your arms extended upwards, releasing the ball.

3. Un-Coil Right before the ball reaches the peak of its toss, your right elbow is pointing to the sky. When the ball is released, your body begins to uncoil.

4. Follow-Through When you make contact with the ball, your racquet head is behind the ball. After contact you can follow through with your racquet.

Part 1

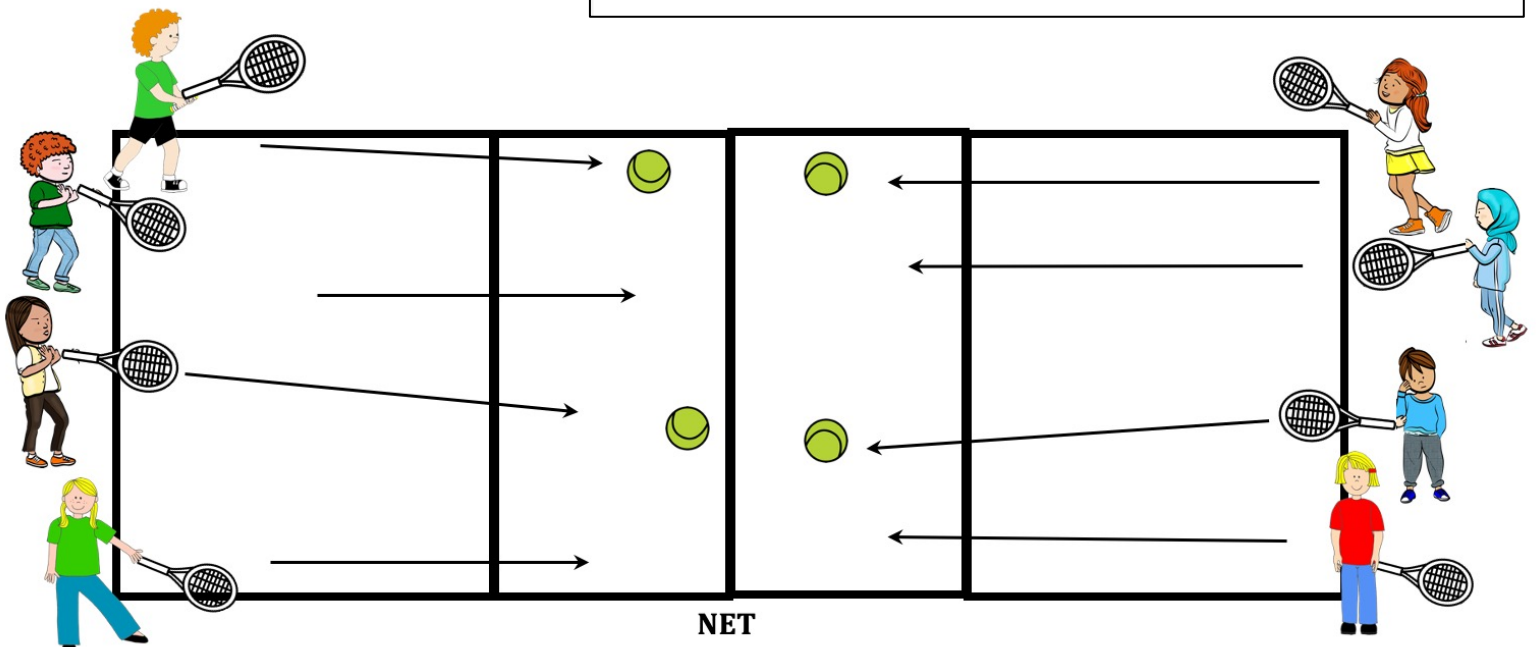
Mastering the Flat Serve

[PDF Download Article](#)



6 Hit the ball at its highest point. To optimize your shots, you should hit the ball at the highest point that you can reasonably hit it at after you toss it. The higher the ball, the more easily you'll be able to generate speed, and the more likely it will be to clear the net. Think of it like this: someone is tossing a ball up high over a fence right in front of you, and you have to hit the ball not just over the fence but over the fence so it bounces on the ground as quickly as possible; this snapping motion will allow you to hit the ball in an arc, instead of a straight line, giving it as much power as possible.

- Many beginners toss the ball far too low, just over their heads, and then strain their whole bodies to get the ball to fall into the other service box. Though this can be done, it's an unwieldy shot and won't give you the best results.



2

Skills, drills, instruction cues, technique, rules

Day 5: Tennis Games

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 Equipment Needed:	 How Many:	 Directions:
Tennis balls	At least 1 for each pair	
Racquets	1 for each student	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)
2. Review any rules or scoring if needed.
3. Game play: Choose if you want to just have a **round robin tournament** where all teams play each other and keep track of wins and losses, or you can have a **double elimination tournament** where you move one side down each time you lose.
4. I also included tournament brackets.

Name of Activity:

Doubles Tennis Baseball

Purpose of Activity:

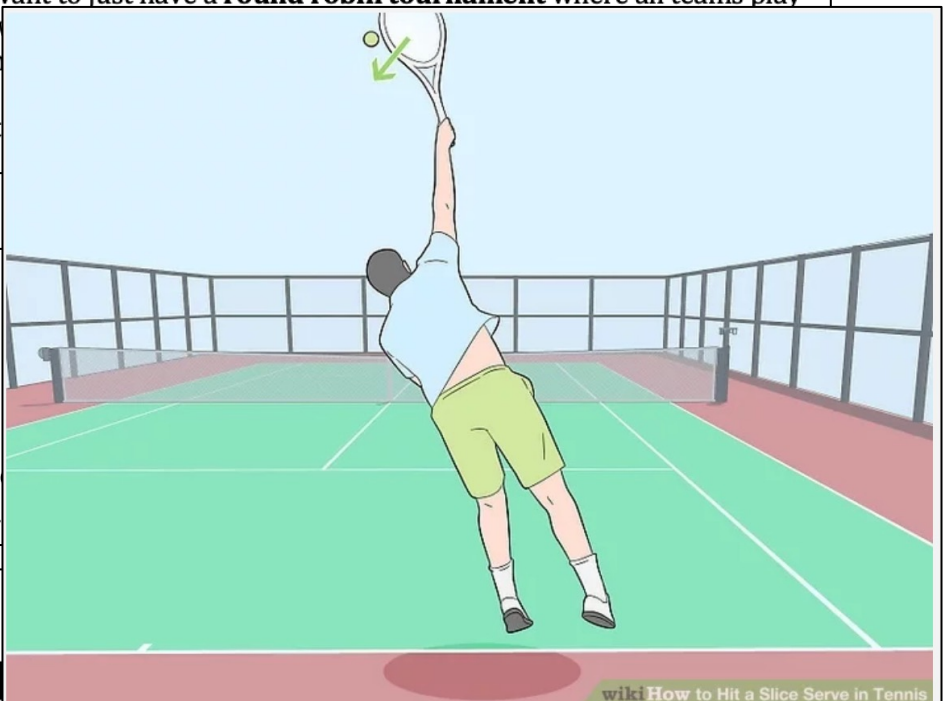
This is an alternative way for students to practice tennis skills away from your opponents, but within the lines.

Name of Activity:

Volleyball Tennis (Single)

Purpose of Activity:

The purpose of this activity is to allow students to learn and teach students how to move around to

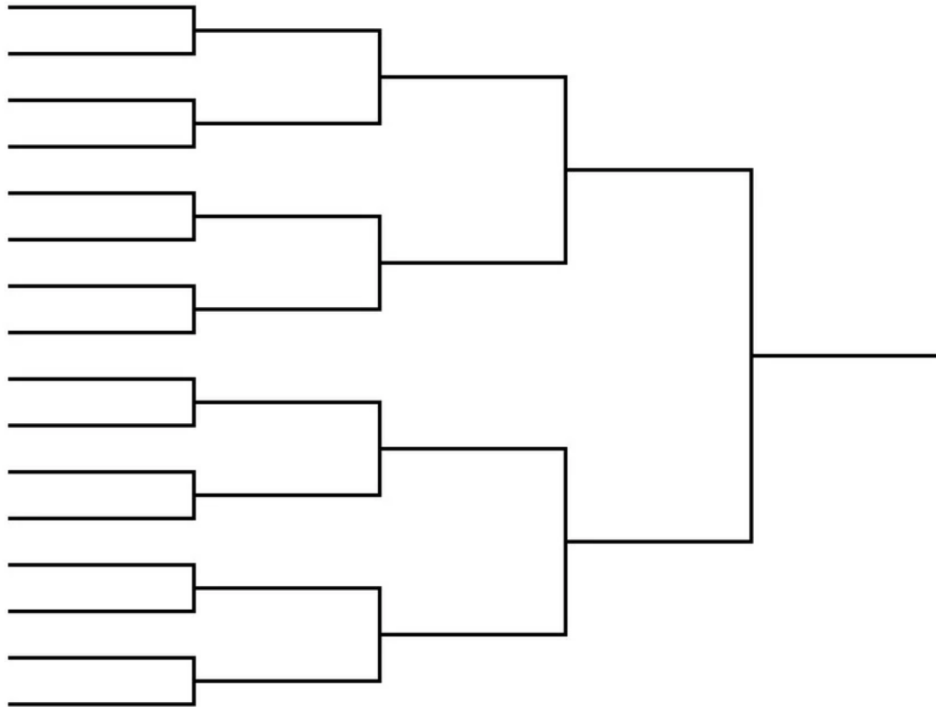


6 Hit the outside of the ball, slicing around and slightly under the ball. Keep the racket edge-first toward the ball as you straighten your elbow. As you pick up speed, turn your arm slightly so the racket angle faces the ball. Your arm should be almost fully extended when you make contact with the ball.^[6]

- Visualize your swing moving from high to low as you slice slightly under the ball.

3

Tournaments!



8 Team Round Robin

Team 1		Team 2		Team 3		Team 4	
W	L	W	L	W	L	W	L

Team 5		Team 6		Team 7		Team 8	
W	L	W	L	W	L	W	L

Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
2 vs 1	3 vs 4	6 vs 2	7 vs 5	1 vs 3	4 vs 5	7 vs 3
3 vs 8	1 vs 7	7 vs 8	8 vs 4	4 vs 2	8 vs 1	8 vs 2
4 vs 7	8 vs 6	4 vs 1	2 vs 3	5 vs 8	2 vs 7	1 vs 5
5 vs 6	2 vs 5	5 vs 3	6 vs 1	6 vs 7	3 vs 6	6 vs 4

Unit Test and “Extra Instruction”



3 Toss the ball and bring your racket behind you. You should toss the ball high up in the air, a little bit in front of you, so you have momentum when you serve the ball;

remember that you can "fall in" to the court after you make contact with the ball. To toss the ball in front of you. You can also practice your toss by yourself to find the optimal serving point; a great toss can be the key to an amazing serve more often than not.

- Before you toss the ball, bring the ball to the flat racket head.
- Drop your racket head downward while shifting your weight and bring your racket behind you in an arc-like motion.
- At the same time, begin to toss the ball slightly in front of you. The toss can be done slowly and deliberately. When tossing, release the ball; you should just let go of the ball when you're placing the ball up on a shelf.
- The ball should be just a bit higher than you can reach. This gives you the highest chance of hitting the ball you need to hit. Toss the ball slightly toward the net without spin.
- After you release the ball with your hand, you can keep your eyes on the ball for guidance and stability.

Name: _____ Per: _____ Date: _____

Josh and Dave are playing tennis against Juanita and Sue.



1. Josh serves first. What is the score he should say outloud on the next serve? _____

2. Josh wins the first point. What is the score he should say outloud on the next serve? _____

3. Josh serves again, but Dave misses a return. What is the score he should say outloud on the next serve? _____

4. Josh serves again and this time he misses getting both serves in. What is the score he should say outloud on the next serve? _____

5. Josh serves again and Juanita gets a great hit back but Dave is at the net and slams it in. Sue can't return it. What is the score he should say outloud on the next serve? _____

6. Josh serves it out twice in a row (too much pressure!) What is the score he should say outloud on the next serve?

_____ **30 - 40** (or add out) _____

7. Josh serves an ace. What is the score he should say outloud on the next serve? _____ **Deuce** (or 40 **Deuce**) _____

8. Josh serves an ace. What is the score he should say outloud on the next serve? _____ **Add in** _____

9. Josh serves another ace. Is the game over, yes or no? _____ **yes!** _____

4.

2 Weeks Ping Pong Unit Preview:



1

20 pages of Step-by- Step Teacher Directions

Day 2: Ping Pong Skills and Drills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Ping Pong Paddles	1 for each student	
Ping Pong Balls	1 for each table	
Ping Pong Tables with nets	1 for each 4 students	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Have students rally for warm up.

3. Go over Serving Rules:

-Server should serve so the ball **touches his side of the table first** and then crosses the net. (It must be hit from a toss or drop from his hand, it cannot bounce on the table first.)

-Serve must land in the **diagonal court**.

-**If the ball hits the net on a serve** and goes in the correct side (a "let") the server gets one more try. If it goes into the net and doesn't go over, it's side out and point for the other team.

-**Ball must always touch the table before it's returned**, you may not hit it in the air.

- If partner #1 returns the serve, the next time the ball comes to them, partner #2 must hit it, then #1 and so on.

4. **Partners must alternate hits**-Don't go over scoring yet. Let partners serve and rally back and forth. Have students rally play without keeping score for 5 min. then blow your whistle.

5. Ready Position: Demonstrate ready position and have all the players stand in the ready position.



Program is standards-based:



National Standards

Day 4:

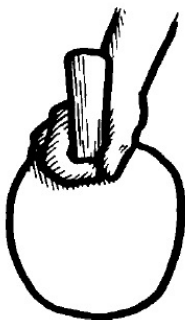
<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
"Ping Pong Paddles	1 for each student	
Ping Pong Balls	1 for each table	
Ping Pong Tables with nets	1 for each 4 students	

Today's Instructions:

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. REVIEW Scoring Rules:

- Each server serves 5 points from 1 side of the table. The partner who did not receive the serve is the next one to serve. You do not need to be serving to score points.



*Penhold Grip
Front View*



*Penhold Grip
Back View
Chinese Style*



*Penhold Grip
Back View
Korean/Japanese Style*

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

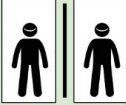
Before Workout Warm-Ups to Choose From:

#3: 1 Minute Warm-up:

Do any of these activities for 1:00. It works great if you make a music C.D. with upbeat music for 1:00 and then a 10 second pause.



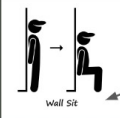
1. Crabwalk



2. Line jumps

3. Toe raisers

4. Slides around outside of gym



7. Wall sits

8. Wall jumps



9. Push ups

10. Jumping jacks

11. Squat thrusts



Mountain Climbers

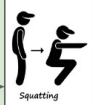
12. Mountain climbers (hands and feet on floor, 1 leg back, 1 leg forward and switch)



5. High knees



6. 6-inch leg hold



Squatting



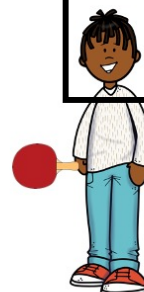
Thrust



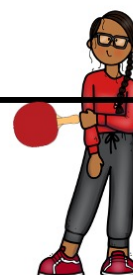
server # 1 - serves 5



server # 3 - serves 5



server # 2 - serves 5



server # 4 - serves 5

3

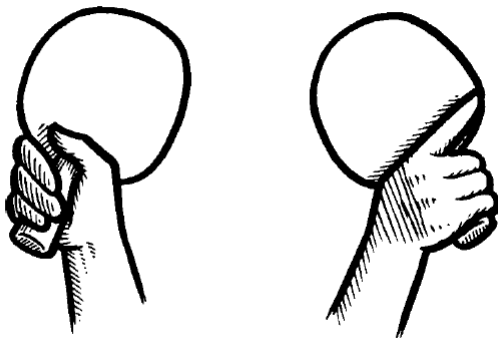
Tournaments!

8 Team Round Robin

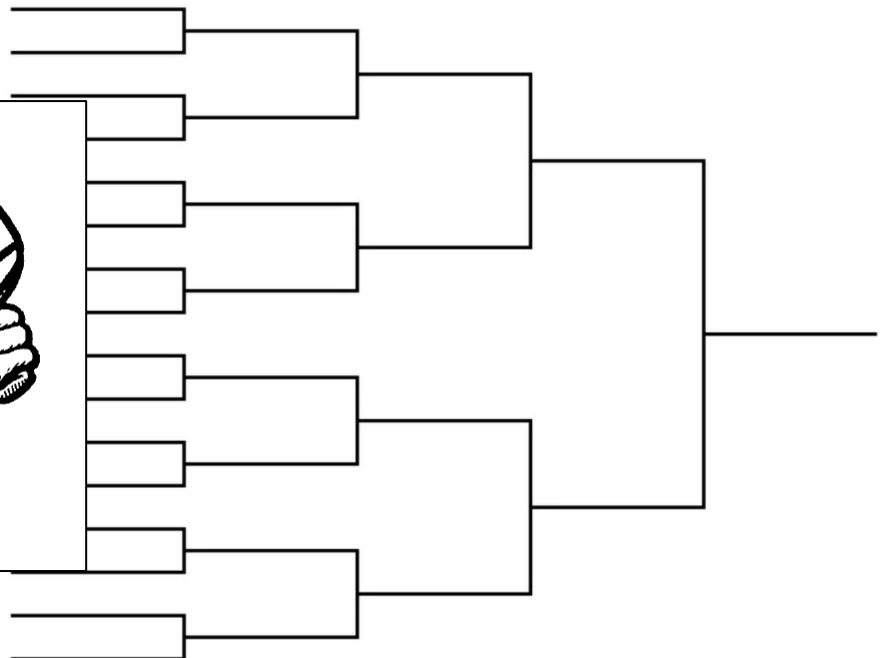
Team 1		Team 2		Team 3		Team 4	
W	L	W	L	W	L	W	L

Team 5		Team 6		Team 7		Team 8	
W	L	W	L	W	L	W	L

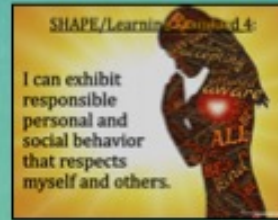
Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
2 vs 1	3 vs 4	6 vs 2	7 vs 5	1 vs 3	4 vs 5	7 vs 3
3 vs 8	1 vs 7	7 vs 8	8 vs 4	4 vs 2	8 vs 1	8 vs 2
4 vs 7	8 vs 6	4 vs 1	2 vs 3	5 vs 8	2 vs 7	1 vs 5
5 vs 6	2 vs 5	5 vs 3	6 vs 1	6 vs 7	3 vs 6	6 vs 4



Shakehand



Learning Target Posters Included:



**UNIT
LEARNING
TARGETS:**

b. I can demonstrate competency in activity-specific movement skills in two or more individual-performance activities.

Standard 1b

a. I can demonstrate competency in activity-specific movement skills in two or more games and sports.

Standard 1a

**LEARNING
TARGETS
FOR
TODAY:**

"I will bump and set the volleyball with a partner 10 times in a row."

Volleyball Day 4

If your board is a chalkboard, you can hand-write things like:

Dress warm, we are going outside!

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>