

Racquet Sports

Course description- this course will give students an opportunity to learn about tennis and badminton. Students will be able to understand and demonstrate the rules of tennis and badminton. Students will be able to demonstrate many new skills associated with both sports. Students will be able to identify not only their skill level but also their peers.

Goals

1. Improve levels of fitness.
2. Improve skills in badminton and tennis.
3. Improve and learn different strategies of both sports.
4. Use equipment safely and appropriately.
5. Learn the importance of maximum effort and a positive mindset.
6. Students will know the rules and correct terminology of both sports.

Uniform

Students will need to change for class. Students will furnish their own athletic wear.

Grading

1. Participation
2. Skill development/improvement.
3. Teamwork.
4. Written knowledge tests.
5. Strategy assessment.
6. Evaluation through observation.
7. Willingness to listen and learn.

Student Signature

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