



## HELLO RACKET

### STUDENT TARGETS

- **Skill:** I will control the racket and ball using the correct grip.
- **Cognitive:** I will identify and discuss the skill-related fitness components developed through Street Racket practice.
- **Fitness:** I will actively participate, with a focus on developing my skill-related fitness.
- **Personal & Social Responsibility:** I will demonstrate safe behaviors and use equipment responsibly.

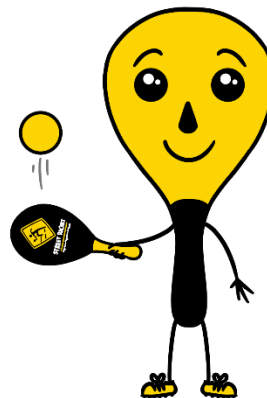
### EQUIPMENT & SET-UP

#### Equipment:

- 1 racket and 1 ball per student
- Cones for cue charts and task tents

#### Set-Up:

- Have rackets and balls spread out in hoops or baskets on perimeter of activity space.
- Each student should get a racket and a ball and spread out in activity space.
- Have cue charts for Paddle Grip, Forehand, and Backhand in task tents in activity space.



### ACTIVITY PROCEDURES

1. This activity is called Hello Racket! The purpose of this activity is to help you get familiar with the Street Racket paddle and ball. We will try a few different challenges, both on your own and with a partner, to practice gripping the racket as well as experiment with how much force to use when hitting the ball.
2. We are going to try three different challenges today. We will begin with Challenge 1 where you will work on your own, then move on to Challenges 2 and 3 where you will work with a partner. *Teacher Note: Provide a demonstration of all challenges before students begin.*
3. **Challenge 1: Toss Up/Bounce/Strike/Catch.** Begin with a soft underhand toss, then after one bounce hit the ball up about 12 inches above the racket before you catch it with your other hand (hand without the racket). See how many times in a row you can complete this pattern without losing control. Can you call out a letter each time you catch the ball to spell out your first and last name?
4. **Challenge 2: Toss/Bounce/Catch.** Partner 1 underhand tosses the ball to partner 2. Partner 2 will catch the ball after one bounce. Partner 2 will then underhand toss the ball back to partner 1 who will catch it. Continue this pattern until you and your partner have 8 catches in a row.
5. **Challenge 3: Toss/Hit/Catch.** Partner 1 underhand tosses the ball to partner 2. Partner 2 will hit the ball after one bounce back to partner 1 who will catch it. After 5 attempts at Toss/Hit/Catch, trade roles and try again. Remember to try and use both forehand and backhand shots as needed!

### GRADE LEVEL PROGRESSION

- **Grade 3:** Play as described above.
- **Grade 4:** Allow partners to take one step back after 5 successful tosses/catches during Challenge 2.
- **Grade 5:** Players can only use backhand strikes during Challenge 3.

### TEACHING CUES

- **Cue 1:** You want to shake hands with the paddle when gripping it.
- **Cue 2:** Lock your wrist and give the paddle a soft squeeze.
- **Cue 3:** Use positive and encouraging language with your partner.



## HELLO RACKET (continued...)

### UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Increase/decrease the activity space.
- **UDL 2:** Use modified equipment as needed. (e.g., students using their hands to strike the ball instead of a racket, using a balloon instead of a ball).
- **UDL 3:** Use verbal cues and visual aids along with demonstrations.
- **UDL 4:** Use peer partners as appropriate.

### ACADEMIC LANGUAGE

Racket, Grip, Force, Control

### PRIORITY OUTCOMES

#### Personal Responsibility and Safety:

- **(Grade 3)** Works independently and safely in physical activity settings.
- **(Grade 4)** Exhibits responsible behavior in independent group situations.
- **(Grade 5)** Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).

### DEBRIEF QUESTIONS

- **DOK 1:** Can you remember the cues for gripping the racket?
- **DOK 2:** How does the grip affect your ability to hit the ball with control?
- **DOK 3:** How would you adapt this activity to make it more challenging? Less challenging?