



# 7<sup>TH</sup> Grade

## PICKLEBALL

*I can concepts...*

<b>Describe how to serve a ball.</b>	<b>Describe how to perform either the forehand or backhand.</b>
Step with the opposite foot.	Ready position while you are waiting for the ball.
Hit a stationary ball.	Side to net when striking the ball.
The angle of your paddle should be facing your target.	Paddle goes from ear to ear.
Follow through in the direction you want the ball to go.	“Scoop and dump the ball.”

**List examples of game strategies.**

Apply different force to the ball.
Return to base after striking the ball.
See through the net and place ball away from opponent.
Play by the rules of the game.
Communicate with your teammate in doubles.

**Explain the importance of team communication with your partner. Communication allows you to ...**

- make sure all areas are covered on the court.
- call out open areas to hit the ball.
- keep track of the correct score.
- know if the ball is in or out of play.

**Identify a muscle group & draw/explain how to stretch it.**

Example: Deltoid – arm across the chest and pull towards you



**Explain how participation in physical activity helps you.**

- **Physical:** stronger, leaner, faster, reduces the risk of common diseases; reduces the risk of disease and injury.
- **Social:** builds relationships, meet new people
- **Mental:** improves self-esteem & self-confidence, more focus
- **Emotional:** an outlet for you during emotional times