

Physical Education Grade 7

Racquet Sports

Unit Overview

The Grade 7 Racket Sports unit introduces students to foundational skills, strategies, and sportsmanship in badminton and/or pickleball activities. Students will develop essential racket sports skills through focused practice on underhand serves, shot selection, and gameplay techniques. Emphasis on teamwork, communication, and conflict resolution fosters a collaborative environment, while lessons on etiquette and leadership highlight the importance of respect and responsibility. By engaging in various physical activities and discussions, students will explore how racket sports can promote lifelong health and well-being, develop fitness, and enhance interpersonal skills.

Significant concepts/content/skills

Key Concepts:

- Solves problems amongst teammates and opponents.
- Applies and respects the importance of etiquette in a physical activity setting.
- Explains how communication, feedback, cooperation, and etiquette relate to leadership roles.
- Participates in a variety of physical activities that can positively affect personal health.

Essential Questions

- How can proper serving techniques improve performance in racket sports?
- What factors influence the selection of an appropriate shot during gameplay?
- How do communication and teamwork contribute to success in racket sports?
- Why is it important to follow rules and demonstrate safe behaviors in physical activities?
- What strategies can be used to resolve conflicts effectively during games?
- How does sportsmanship and etiquette impact the overall experience in physical activities?
- What is the role of leadership in promoting cooperation and success in team settings?



- How can participation in racket sports contribute to personal health and fitness?

Reporting Categories with learner outcomes:

- Demonstrates a proper underhand using a long-handled implement in various practice tasks and modified small-sided games.
- Selects and applies the appropriate shot and technique in net and wall games.
- Uses communication skills to negotiate strategies and tactics in a physical activity setting.
- Demonstrates the ability to follow game rules in various physical activity situations.
- Recognizes and implements safe and appropriate behaviors during physical activity and with exercise equipment.

Assessments & Pacing

- Skill Development: Aligning assessments with the progression of skills taught, ensuring students are evaluated after adequate practice.
- Feedback is spread throughout the unit to gauge ongoing progress.
- Assessments will be conducted during the week of December 12th, including motor skills, concepts and strategies, and personal and social aspects of activity.

I will contact you if I have any questions or concerns about your child's progress during this unit. Should you have questions or concerns, please email me at aleblanc@acsamman.edu.jo. Or Brett Houghton at bhoughton@acsamman.edu.jo