

# Pickle Ball

## I. Philosophy

The Physical Education program should provide a wide variety of activities to meet the mental, physical, social and emotional needs, as well as the interests and abilities of all students.

The activities are designed to develop positive attitudes, a desire to participate, physical fitness and an appreciation of lifetime sports.

## II. Program Goals

1. Students will learn game rules and class procedure.
2. Students will practice and learn pickle ball skills that are necessary for competitive game play.
3. Students will participate in organized game play during assigned class time.
4. Students will learn care and safety in the use of equipment.

## III. Course description

Pickle ball is an individual or partner activity. In this game one team attempts to kill play by hitting the pickleball over net and in to opponents court in such a way that it cannot be returned. By doing this an individual or partners score a point or win the serve.

## IV. Content

### 1.1 Use of Equipment

A. Students will use pickle ball paddles only for purpose of hitting pickleballs.

B. Students will return paddles and pickleballs to designated area with care at end of class time.

### 1.2 Explanation of game rules and class procedure

A. Students will learn procedure for taking role and class dismissal.

B. Students will learn court lines for serving in singles and doubles and out of bounds lines for singles and doubles. Please note that the lines and boundaries are the same in singles and doubles play. Students will learn the double bounce rule and apply it to game play. Students will learn the correct way to serve the pickleball.

C. Students will learn to hit the pickleball downward with speed into opponent's court for a smash.

D. Students will learn to rotate wrist and forearm rapidly as the pickleball is hit hard in a downward motion.

E. Forehand/backhand lob shots

1. Students will contact the ball with the paddle face pointed slightly upward.

2. Student will learn proper forearm and wrist movement to push the ball over net with little power.

3. Students will effectively drop the ball in to opponent's court, close to the net for a kill.

4. Students will learn to use the drop shot both with forehand and backhand play.

F. Drives - at opponent

1. Students will learn to contact the ball early, in front of body and swing hard to send ball fast and low towards opponent.

2. Students will learn to follow - through straight ahead to send ball directly towards opponent.

G. Strategy in formations for double play

1. Up and back formation

2. Side by side formation advantages and disadvantages of each formation.

1.3 Students participate in a singles and doubles round robin tournament.

1.4 Time allotment

a. Lessons 1 and 2 cover class procedure, use and care of equipment, game rules, underhand serve, grips and scoring.