

CONTENTS

Note to Teachers		iii
Answers		v
Chapter 1	<i>Badminton</i>	1
	Rules Test	7
	Skills Test	9
	Assessment	12
Chapter 2	<i>Cricket</i>	15
	Test	17
	Bowling & Fielding Practice	19
Chapter 3	<i>Hockey</i>	21
	Rules Test	25
	Skills Practice & Assessment	29
	Assignment	32
	Team Sheet	33
Chapter 4	<i>Softball</i>	35
	Rules Test	38
	Skills Practice	40
	Assignment	42
Chapter 5	<i>Squash</i>	43
	Advanced Squash Test	50
	Skills Test	53
Chapter 6	<i>Racquetball</i>	55
	Racquetball & Squash Test	57
Chapter 7	<i>Table Tennis</i>	59
	Rules Test	62
Chapter 8	<i>Tennis</i>	65
	Rules Test	71
	Skills Test	73

Note to Teachers

The following racket and bat games have been selected as a variety of common games taught in schools. The information has been compiled from the notes of practising physical education teachers.

Team games need to be very carefully taught in regards to skills, rules and team co-operation. This booklet provides reproducible reference sheets to enable greater understanding of the rules of each activity as well as tests to determine whether students have comprehended the basic rules.

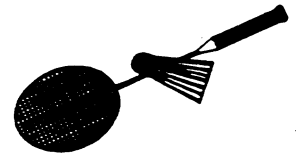
Some chapters incorporate more details in regards to positional play, whilst others have assignments which students can complete for homework.

Skills tests may be varied according to the situation or age of the student. They give a basis to indicate improvements with pre and post testing, or overall standard throughout the activity.

You will find these worksheets most useful as an aid to complement the practical teaching of these games.

HAWKER BROWNLOW EDUCATION

Chapter 1 BADMINTON



What is Badminton?

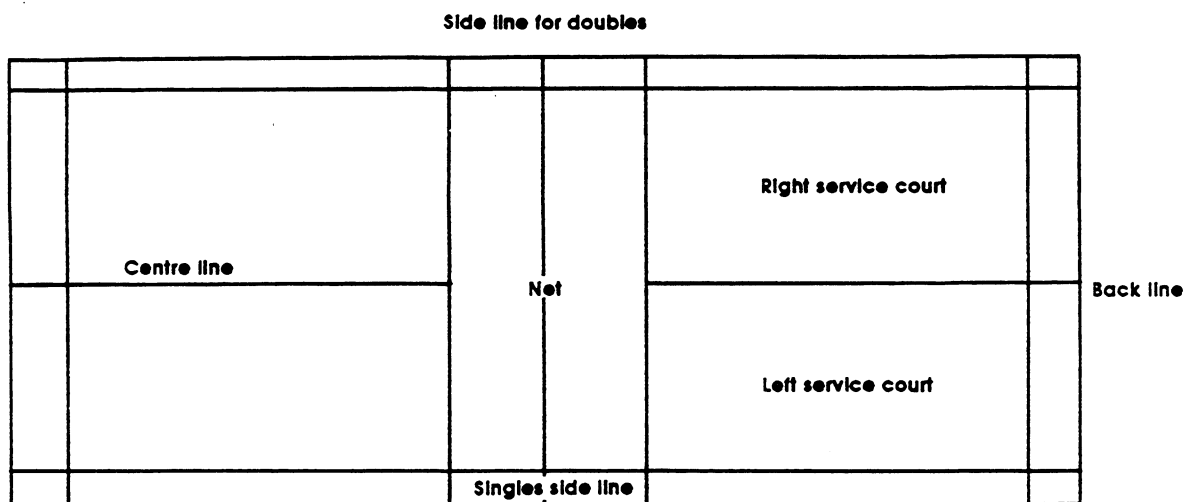
A game played with a shuttlecock and rackets over a high net. It is usually played indoors on a court.

What Do I Need to Play?

A **racket** which is similar to a tennis racket although has a longer shaft, smaller string area and is much lighter.

A **shuttlecock** which is either cork and feathers or plastic.

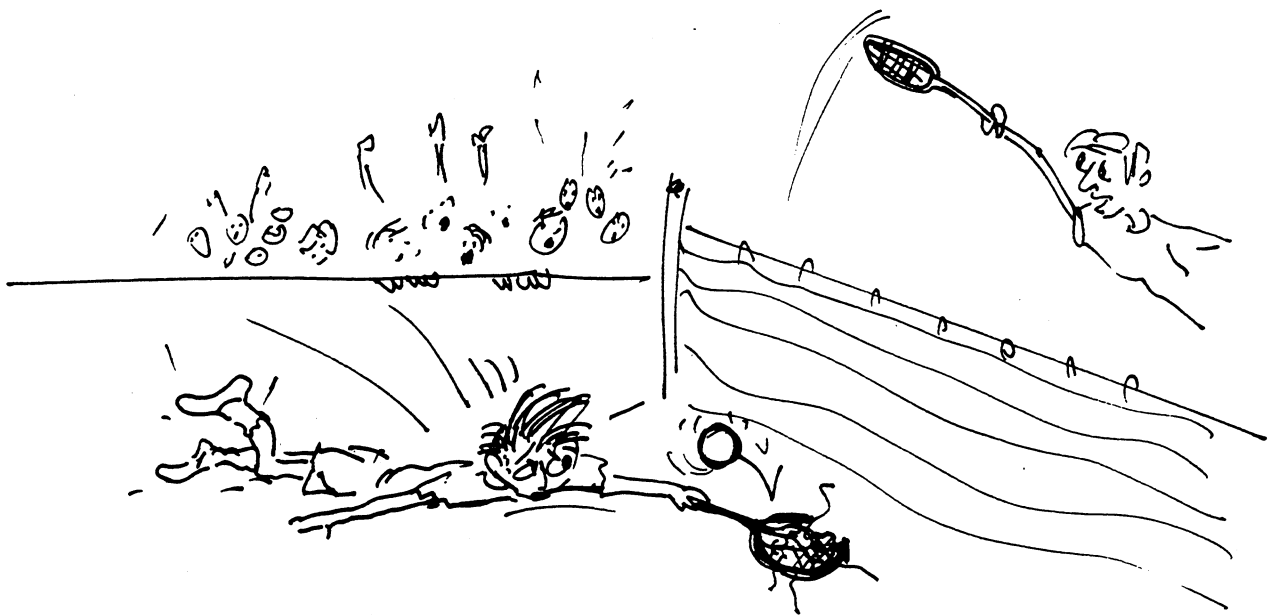
A **court** (refer to the diagram below).



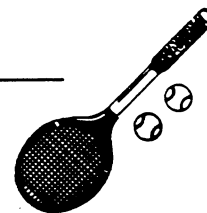
How Do I Score?

- You only score on the service
- Each team has two chances at winning a point before being the receiving side.
- A game is the first to 21 with a two point advantage. Some games go up to 15 points. Single women's games go up to 11 points.
- If the game reaches 19 all, the team that reached 19 first has the option of **setting** the game or continuing through to 21. When the game is 'set' scoring recommences from "love all" and the winner is the first to 5. If the score reaches 20 all, the options are the same with the winners being the first to reach 3.
- A match is the best of three games.

- Let** - Ball hits the net on the service and falls into the service area, or when the receiver of the serve is not ready.
- Pass** - A stroke that drives the ball past the player at the net, inside the court but out of reach.
- Smash** - A ball hit forward and down, from an extended arm and racket position.
- Spin** - A twist of the ball when it is cut in making the stroke.
- Volley** - A stroke made by hitting the ball before it has touched the ground.



NAME _____ YEAR LEVEL _____



Tennis Skills Test

- 1. Racket Face Bounce**
How many times can you bounce the ball with your racket from hip height in thirty seconds?
- 2. Racket Edge Bounce**
How many times can you bounce the ball with the edge of your racket in thirty seconds?
- 3. Racket Face Hit**
How many times can you bounce the ball off your racket (at least 30 centimetres into the air) in thirty seconds.
- 4. Alternate Face Hit**
How many times can you bounce the ball off your racket alternating between forehand and backhand in thirty seconds?
- 5. Forehand Rebound Test**
Using a rebound wall from a fixed distance, count the maximum number of consecutive hits **or** count the number in a set time limit.
- 6. Backhand Rebound Test**
As for forehand rebound test.
- 7. Alternate Rebound Test**
Rebound test using both forehand and backhand strokes alternately.
- 8. Volley Rebound Test**
The fixed distance should be less than that for forehand and backhand rebounds.
- 9. Rally Test**
With a partner count the number of successful hits over the net.
- 10. Accuracy Test - Forehand**
Drop the ball in front of you and hit it into a designated area of the court. Count the number of accurate placements.
- 11. Accuracy Test - Backhand**
As for forehand accuracy test.
- 12. Serve Test - Accuracy**
How many times can you serve the ball into the right and left forecourt. Serve twenty times; ten from either side of the centre court. Record your score.