

RACQUETBALL

WEEK 19

INTRODUCTION

This Learning Packet has two parts: (1) an overview and (2) questions to answer.

The text illustrates a particular sport or physical activity and relates to history, rules, playing techniques, training, fitness and more.

The Required Frome questions and posters placed from understanding and appreciation of the sport and physical activity.

OVERVIEW

Racquetball is a relatively new game which continues to grow in popularity. It can be played competitively or simply for fun and relaxation.

HISTORY OF THE GAME

Racquetball is an offshoot of the game of tennis. It's competing for status comparable between the two sports has not been as far as it is now and is far growing! According to some game, racquetball is one of the fastest sports there and increasingly gain more top performance in sports.

Racquetball is a young sport, having originated in the United States in the 1930s. Although it is considered physically demanding, it does not need strong balls all over a court like tennis. It also requires both superior physical fitness as well as the ability to maneuver quickly and effectively.



Physical Education Racquetball Packet Key

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