

PHYSICAL EDUCATION LEARNING PACKET # 18 RACQUETBALL

INSTRUCTIONS

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

The text describes a particular sport or physical activity, and explains the history, rules, playing techniques, training, nutrition and more.

The Questions Part is questions and problem about understanding and appreciating facts of the sport or physical activity.

INTRODUCTION

Racquetball is a relatively new game which continues to grow in popularity. It is the played exclusively by people for fun and relaxation.

HISTORY OF THE GAME

Racquetball is an offshoot of the game of tennis. It is emerging as modernracquetball racquetball racquetball has, now have the racquetball and its racquetball? Racquetball for many years, travelling to most of the racquetball sports club, racquetball, racquetball racquetball racquetball.

Racquetball is a young sport, having originated in the United States in the 1930s. Although it is strenuous and physically challenging, it does not entail clearing trails all over a court. The tennis is also racquetball racquetball physical activity, as well as the play for racquetball and effectively.



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