# 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 relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and matches) check your understanding and appreciation of the sport or physical activity.

## INTRODUCTION

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 tempting to make comparisons between the two sports but, we have to be careful not to be misleading! According to many pros, travelling to one of the racquet sports does not necessarily guarantee hyperformance in another.

Racquetball is a young sport, having originated in the United States in the 1950s. Although it is strenuous and physically challenging, it does not entail chasing balls all over a court. But like tennis, it does require both superior physical dexterity as well as the ability to manipulate quickly and effectively.

# Physical Education Racquetball Packet Key

JA Banks

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