

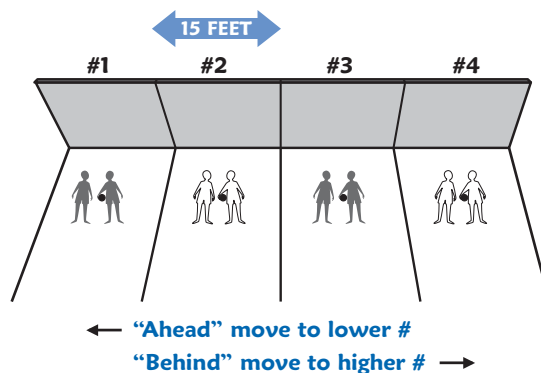


Prep

- Unobstructed wall space (1 wall ball court per 4 students)
- 1 tennis or racquetball per 2 or 4 students

Set

- Assign 2 or 4 students to each court, each group with a ball.



Teach

1. A *Royal Court Tournament* involves all students beginning to play at the same time. The object is to move up to the “Royal Court” by having a higher score than your opponent when the game time is over.
2. On signal, begin playing singles or doubles handball. On the stop signal, the player/group with the higher score moves up 1 court toward the “Royal Court” (highest # court). If you are already in the Royal Court, you stay there, as there is no higher place to go.
3. If your score was lower than your opponent’s at the signal, you move down a court. If you are already on the lowest court, you stay there, as there is no lower place to go.
4. If the score is tied, play Rock, Paper, Scissors to determine who moves up and who moves down.
5. On signal, begin a new game against new opponents at a new court.
6. (*Allow for 3-5 minutes per game.*)
7. **Cues**
 - Those ahead, move up and those behind, move down.
 - Congratulate opponents when they are ahead and encourage them when they are behind.
8. **Challenges**
 - How many hits in a row can you make your longest rally?
 - Can you serve an ace in each game?
9. **Think About...**
 - What is nice about Royal Court Tournaments?
 - How is this different from other types of tournaments?
 - Is it more challenging to play others who are similar to your skill level?

ROYAL COURT TOURNAMENT

EXTENSIONS

Pedometer Check

(Need 1 pedometer per student.) Wear a pedometer while playing. How many steps can you get during the lesson?

Heart Rate Check

(Need 1 heart rate monitor per student.) Wear a heart rate monitor while playing. What was your average heart rate during the lesson?



GLOBAL INTEGRATION

Across the globe a Royal Court is a place where a king, prince or duke lives. It's not just the palace or castle, but the entire property including all buildings, yards, and gardens. One of the most famous royal courts in the world is Himeji Castle, or White Heron Castle, in Japan. Himeji Castle is made up of 83 buildings, all made of wood painted brilliantly white. Not going to Japan any time soon? Check it out online!



STANDARDS ADDRESSED

NASPE

#1, 2 Serve, service return, stroke placement, basic handball rules, principles of rebound

#3, 4 Aerobic capacity

#5, 6 Cooperation, sportsmanship, accepting challenges

Your State (Write in here)



TEACHING TIPS

- Remember the 80-20 Rule. 80% "get it," 20% "don't." Start anyway to get students moving, then help those in need.
- Use music to increase enjoyment and motivation.

NOTES
