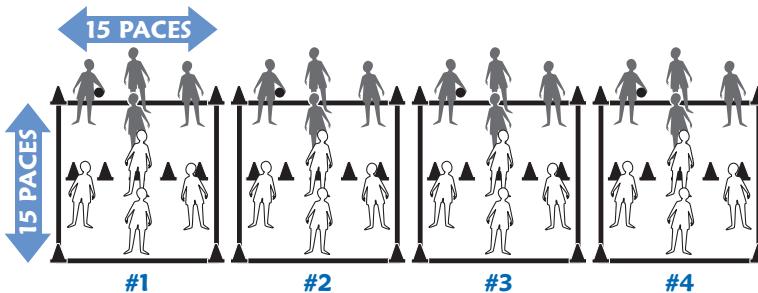




## Prep

- 1 cone per student (to create courts and midlines)
- 1 ball per 8 students



## Set

- Create medium court (15X15 paces) per group of 8; use cones to mark midlines.
- Form groups of 4. Assign 2 groups with 1 ball per court.

## Teach

1. Today you will play 4V4 *Volley Tennis* in a *Royal Court Tournament*.
2. The object of the tournament is to move to the Royal Court. You do that by playing until the signal. At the signal, whichever team is ahead moves up 1 court, toward the Royal Court. The team that is behind moves down 1 court, away from the Royal Court.
3. On signal, all courts begin playing *Volley Tennis* (See *Volley Tennis* for complete rules).
4. On stop signal, (allow 3-5 minutes) move in the appropriate direction to a new court.
5. If the score is tied, use Rock, Paper, Scissors to determine who moves up and who moves down.
6. If you're in the Royal Court and are ahead at the signal, remain in the Royal Court. If you're in the bottom court and are behind at the signal, remain in the bottom court.
7. On signal, begin playing the new group. (*Continue for as many rounds as time allows.*)
8. **Think About...**
  - What are good things about *Royal Court Tournaments*?
  - How is this different from a Round Robin tournament?
  - Is it more challenging to play others who are similar to your skill level?

# ROYAL COURT TOURNAMENT

## EXTENSIONS

### 7<sup>th</sup> Pedometer Check

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

### 8<sup>th</sup> 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



One of the world's most popular royal contests is the game of chess. However, most people don't know that modern chess evolved from a Persian game known as *Chatrang*, inspired by epic Persian stories. The game was carried throughout the Muslim world, eventually landing in Southern Europe with modern rules and strategies published in Spain in the 15<sup>th</sup> century.



## STANDARDS ADDRESSED

### National PE Standards

#### Movement/Skills:

Forearm pass, overhead set, underhand serve

#### Fitness:

Aerobic capacity

#### Personal/Social:

Cooperation, accepting challenges, introduction to rules

#### Your State

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## TEACHING TIPS

- Allow additional bounces per side to decrease the difficulty level.
- Use music to increase enjoyment and motivation.

## NOTES

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