



PE/Health Virtual Learning

6th Grade/ Serve (Pickleball)

April 27th, 2020



6th Grade/Physical Education
Lesson: [April 27th, 2020]

Objective/Learning Target:

Essential Question/ Objective: How can I improve my serving (pickleball) technique?

Learning Target: LT1- I can identify critical elements to improve performance in selected skills.

*Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short handled racket tennis. (S1.M14.6)



Warm-Ups

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of push-ups--[Push-Ups](#)
2. 10 second break
3. 20 seconds of sit-ups--[Sit-Ups](#)
4. 10 second break
5. 20 seconds of planks--[Planks](#)
6. 10 second break
7. 20 seconds of jumping jacks--[Jumping Jacks](#)



Warm-Ups Continued

Cardiorespiratory Endurance-

Jog around neighborhood/track/park or in place for 10 minutes.



Practice:

Students are to practice the serve in pickleball. Make sure to find a pickleball racket, ping pong paddle or a tennis racket to practice the cues of serving.

[Pickleball Serve Video](#) & Cues:

- Stand in the comfort position behind the baseline.
- Put the body weight on the back foot.
- Holding the ball, the player has to set the arm towards the net.
- Now, he needs to bend on the knees and take the paddle arm back.
- The player can drop the ball or toss the ball to hit it with the paddle towards the opponent over the net.
- Lastly, he will swing the paddle and hit the ball. The arm will swing all the way to the up and after hitting the ball the arm will point to the opponent position.



Guided Practice:

Underhand Serve to open area (backyard, park, gym, etc)--

Just as it sounds, practice serving underhand repeatedly. As you're doing so, keep the proper underhand serving technique in mind. Make sure to face your target. Make sure to hold the ball in medium space with your non-striking hand (imagine the ball sitting on a batting tee), and use a bowling motion (step with the opposite foot and bring your striking hand back). As your open hand comes forward, strike the ball with the heel of your hand. Do not toss the ball in the air during the striking motion, and follow through toward your target.

As you're serving, try to visualize serving the pickleball(wiffle ball) over a net. Once you feel comfortable serving, try to spot serve--meaning you're trying to hit the same location multiple times in a row. Continue to challenge yourself by successfully hitting the pickleball where you want to go. For example:Deep right corner, short middle, deep middle, etc. Also, try experimenting with the height of your serve. Count the number of serves you believed to go over the net and then try to beat your record!



Guided Practice:

Serve against the wall--

Serve against the wall.

Stand about 20 feet away from the wall. Start by picking a spot on the wall and aiming your serve at that spot. See how many times you can hit that target you've identified on the wall.

Experiment with different distances and heights. This is also a great way to challenge yourself to improving your serving skills.



Additional Practice:

Below is a link to practice serving drills:

[Pickle ball serving drills 1](#)

[Solo Pickle ball drills 2](#)

After you finish practicing, please review the rubric to see how you did!

Self assessment Rubric:

[Guided Rubric](#)