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Street Racket – learning
through movement
Climate Change in Kindergarten
and Primary School - How does
it work?
Farm experience
Exercise for a break at home

4/20 Summer fun!



With many articles that
are suitable for home
schooling

Street Racket for active schools

Text and pictures: Marcel Straub / st

The pupils...

- » can catch the ball (...) and play in small team games.
- » can identify the ball's flight path (...)
- » respect teammates and opponents equally and can play without a referee.



Articles suitable for
homeschooling



The game with a racket and ball helps ensure more activity in schools

*«Anyone, anytime, anywhere – Street Racket, rock the street!
The best game for sure – Street Racket, feel the beat! We've
done enough studying, we want to move,
Now we rock the streets, sun or rain!» Lyrics to the
Street Racket song (originally sung in German)*

The overall goal of Street Racket is to increase the percentage of the active population. The schools and especially the students act as ambassadors and transfer ideas from a school full of movement to the family, the neighbourhood or (sports)clubs. Street Racket just requires simple wooden rackets, a ball and a flat, hard surface. In a few seconds the lines for the playing fields are drawn with chalk and moving places of encounter are created. You can start immediately – without any time wasted on the installation, without any maintenance, without any tripping hazards. A very sustainable and versatile positive



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Course: Street Racket – anyone, anytime, anywhere

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effect is achieved with a minimal effort.

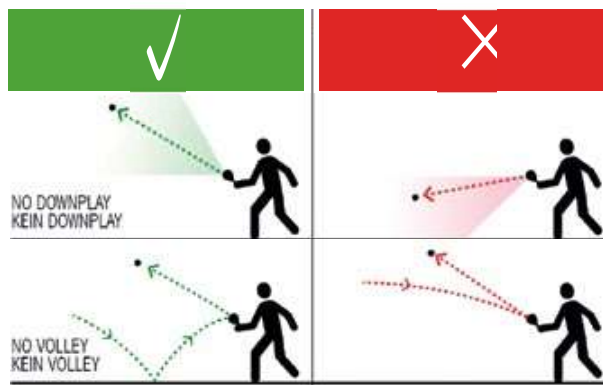
Use the time efficiently for exercise!

First and foremost, Street Racket was designed to incorporate the important, additional movement units into everyday school life. The game stands for motivation, fun and relaxation, for augmented oxygen levels in the bloodstream and thus also for successful learning processes, for cooperation and of course for the all-important motor skills development. Instruments for promoting movement must be simple, effective and safe in order to change the negative trend towards inactivity. In addition, several current social problems are combated in a playful way: due to the increase in exercise, Street Racket also helps to reduce accidents, diabetes, myopia and social isolation. It promotes creativity by letting the players invent new versions, supports education by using various possibilities in line with the learning through movement concept. It offers lots of fun during class, breaks and before or after school. The valuable time available for sports should be used efficiently and should not be wasted with setting up and dismantling, long explanations or games that are too difficult – all of the above essentially build up to a rather frustrating experience. Street Racket is therefore a very suitable instrument, with over two hundred variations of play: for all ages and levels, alone, in pairs or in groups.

Sports with a racket and ball are very popular all over the world, but the implementation in schools is often difficult. Street racket is very easy to learn and provides a platform for immediate movement and activity. Hand-eye coordination, motor skills development and individual movement skills are a main focus and thanks to the special rules of the game, long, fluid rallies are the result. Hard strokes and the use of strength are not the goal; the aim is to be in control, build a strategy and develop body awareness. At the heart of the Street Racket's effectiveness are the basic rules, which greatly enhance the flow of play: No balls may be played from top to bottom (smash) and no balls may be played directly (volley).

«Street Racket is so great that you can even play it with people you don't even like!»

Noemi, Primary pupil from Pfäffikon ZH (Switzerland)



How schools can benefit from Street Racket

The beauty of it is that anyone can take part from the beginning. The few steps that lead to success mean that people like «keeping at it» and it therefore promotes self-esteem. The game is played with specifically designed yet very simple wooden rackets and specially developed soft balls. Participants who still have difficulty with the movements in the beginning, can put the racket aside for the first few attempts and participate in the activities by catching and throwing the ball. For advanced players there is also a team racket, which two players can use at the same time using just one grip and thereby creating new and valuable experiences and developing communication skills. Rackets can also be made by the students thanks to the instructions (Street Racket Webshop) with the aim that every student receives his or her own individually designed racket, which can be used in their free time. Permanent playing fields with street paint or spray enrich the school area, are extremely cost effective, sustainable and offer new challenges. The brand new, free Street Racket App (available in Apple and Android stores) is designed to convey the fun of playing.

The authorship and founder of Street Racket Rahel and Marcel Straub have been dedicating a lot of their time to their «fifth» child, Street Racket, for the past three years. They share the care of their four children and live for their dream to move the world with their ideas.

Link: The teaching aid «Street Racket: Games, exercises, tips and tricks» describes more than 250 Street Racket games and variations in words and pictures. The Street Racket Team visits schools and conducts workshops for teachers or introductions with the classes. The team can carry out the painting of the court markings professionally for the Sports Promotion Prize. The game material is available in the webshop. There are simple sets for two as well as half and full school sets. The rackets from the «classic collection» are handmade by two sheltered workshops in Switzerland. Further information can be found on the official website: www.streetracket.com.

Street Racketfields

Street Racket can be played on three different types of courts: in the open space, on the Street Racket Courts on the floor or on the wall courts. Marked fields such as the single, cross and the XL playing fields as well as the wall fields consist of squares and can be combined and added as desired. The middle square replaces the net and is marked with an X. Balls are not allowed to land here. The standard size of the fields is two meters. But the field size can be adapted to the space available. Smaller fields mean more control over the ball and fine motor skills, while larger ones provide for a

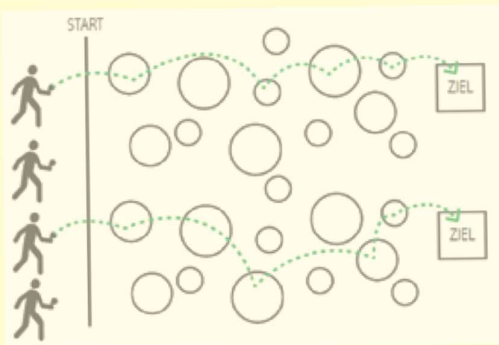
greater range of motion and intensity. For younger children, for beginners and for players with motor skills deficiencies, activities in an open space and playing without a racket, i.e. only catching and throwing, are recommended.

Note: The games for one and two persons are suitable for home schooling. If you are missing rackets, you can use a kitchen board or a flat book if necessary.

Open spaces

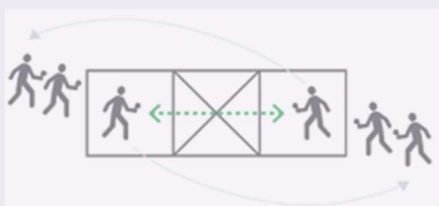
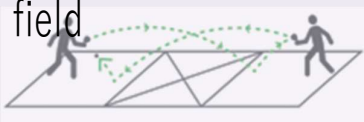
Games in open spaces help train the basics and also work very well in the meadow or the field and prepare the players for the cooperative and competitive final forms on the marked playing fields.

Darts: Two players form a team and face each other in a large circle. Several concentric circles with ascending point rings form a large dartboard. The players take turns trying to reach as many points as possible by hitting the center of the circle with a targeted shot.



Island game: Starting from a starting line, different sized circles, the islands, are drawn on the ground at irregular intervals. Who will manage to get to the finish line at the other end with the smallest amount of strokes? Whoever hits an island is allowed to stand on it and from there, take the next shot to the next island. A more difficult option is to play against the clock or in teams of two. The shapes and colours of the islands may also vary.

Single field



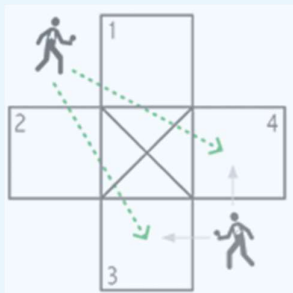
Three equally sized squares are drawn one after the other with chalk, paint, spray or tape. The ball has to be played over the middle square, which replaces the net, and land in the following square. From there the ball is played back in the same way. Single and double games as well as versions of around the world are possible.

Single game: Two players play against each other. Cooperative forms are highly recommended, especially in the beginning, for more flow and success. Two players can also take turns with a partner after each stroke, i.e. in doubles.

Round trip: After the game, the players run to the opposite side and line up at the back. Either one group tries to hit the most balls in the playing field as a cooperative form than the other group in a series or the individual players play in a competitive form for themselves and are eliminated after a mistake.

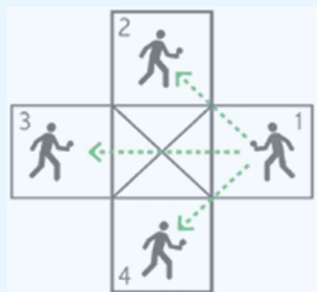
Cross field

Two individual fields are combined. The cross fields are suitable for interactions in small or large groups. They also offer additional possibilities in the range of the repertoire of hits as well as the walking routes.



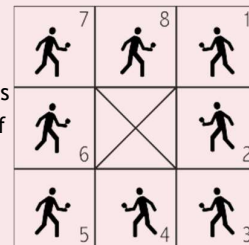
Cross duel: Two players play against each other, covering two adjacent fields. They start off in between their own two squares. Both squares of the opponent's game can be played at will. The intensity of this demanding form can be controlled by a given minimum ball flight height.

Quartette: Four players are distributed over the four squares of the playing field. Each player tries to defend his own square and play the ball into one of the other three squares. Which group can have the longest rally without making a mistake? Whoever cannot play the ball into one of the other three squares loses a life. The game ends when a person loses the last life or when the previously defined time period has expired.



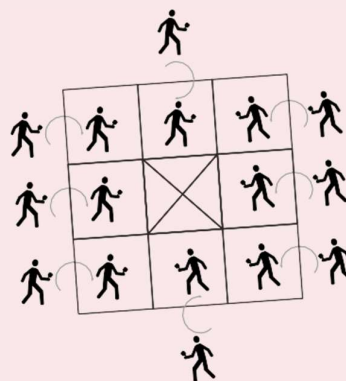
XL playing field

The four unused outer fields are also marked as playing fields. This increases the potential number of people involved, the game variations and also the striking distances due to the longer diagonals. Depending on the version of the game, the larger total area can be used to increase the intensity or to further enhance the cognitive component.



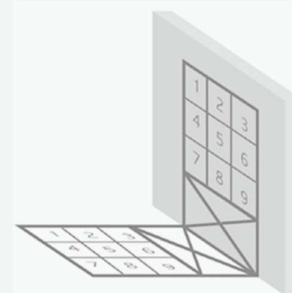
Ball relays: Eight players are necessary for this version. A ball is played over a whole eight-rounder, if possible without making any mistakes, according to the field numbers. This is also possible with two balls at the same time to increase the intensity or the ball is played freely among the players without a given target field.

Team duo: Sixteen players alternate with a partner after each shot; either each player owns one racket or one racket per team is used by exchanging rackets. Sixteen players can then easily maneuver on the small area at the same time.



Hitting the ball against the wall

The floor area is halved and the wall is integrated. If several wall fields are combined, the intensity of the exercise forms increases with the sideways movement and the strokes become more interesting due to the angles.



Learning in movement: The wall field is suitable for the free, individual play, for indoor use and especially for moving learning in the classroom. Here the game squares are provided with additional number fields or also with letters, in order to playfully solve tasks in subjects like mathematics or languages.

Individual play: Here you can practice and develop the most important skills independently indoors or outdoors. The ball must stay within the markings. The game can also be played with a partner or as a round in a group.