



Funded by the  
Erasmus+ Programme  
of the European Union



Names students:

- 1 Mids Heuts.....
- 2 Jill Dirks.....
- 3 Dimphy Arets.....
- 4 Nikki Bekkers.....

## RESEARCHING – ANALYSING – RELATING - REFLECTING- QUESTIONING – COMPARING – INFERRING

### PADDLE TENNIS

***You must do a research in order to answer the following questions!!***

#### **A. ORIGIN**

1. What country is this sport from?

*Answer: this sport comes from America. The history of paddle goes back to 1890. In this year, English ships were adapted to entertain passengers with a related sport of tennis. In 1924 the American Frank Beal introduced the sport to the parks of New York and gave it the name "Paddle Tennis" because of the paddles with which this sport was played.*

2. What countries has it spread?

*Answer: Near Dubai and even in Egypt.*

3. What are the reasons why it has reached over there and not over other places?

*Answer: The game is gaining reputation and has spread out in Dubai and even in Egypt, because local leagues and tournaments are organized frequently.*

4. How and why was it born? It might be due to different reasons: i.e. because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

*Answer: The sport was found in lower Manhattan. When Frank Peer Beal (An episcopal minister) wanted to create recreational activities for neighbourhood children.*

5. What kind of people used to practise it (concerning their professions, social status...)?

*Answer: Murray Geller wanted to make the game more appealing to adults, we think the people who play the game have a high social status because you need to have a court with walls of fences. You also need to have a paddle and a ball. It looks like tennis.*

6. When was it introduced in your country?

*Answer: The sport was introduced in our country in 2010.*

7. How was it introduced?

*Answer: It was introduced as Padel tennis. The first courts in the Netherlands were built in Vijfhuizen in Spijkernisse.*

8. Who was it introduced by?

*Answer: It was introduced by Peter Bruijsten / Berend Boers & Marcel Bogaart / Coen Beltman. It was in 2013 when the Netherlands first participate for the Worldchampionships in Spain, Bilbao.*

## **B. EVOLUTION AND IMPACT**

1. How many people practise it nowadays in your country?

*Answer: to estimate 10.000 people In our country played it at least once.*

2. How much do you know about: A) This sport. B) Its rules?

*Answer: A) We know about this sport that you can play it with a ball and a paddle, and we know you need to play this game at a court with walls or fences. We also know that this sport looks like tennis and it too looks like Padel. B) We know about the rules that the court measures 50 feet baseline to baseline and 20 feet across, with the service line 3 feet in from the baseline. This creates a service box of 10'x22'. The net is placed at 31 inches. A restraint line is drawn 12' back parallel to the net. When in use, all players must keep both feet behind the restraint line. All paddle rules are similar to tennis. The paddle is made of solid material such as wood or composite of a rubberized or titanium core covered with graphite, and contains no strings. It is usually textured or perforated and may have a metal rim around the head. Its dimensions are limited to 18" in length and 9.5" in width.*

3. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).

*Answer: Yes, there has been a competition held nearby, every month at least once. The competitions are important for the paddle tennis clubs.*

4. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?

*Answer: We know Peter Bruijsten/ Berend Boers and Marcel Boogaart/ Coen Beltman. The purpose to practise it is for competitions, social relationships and you can also practise this sport to stay healthy.*

5. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

*Answer: Yes, we know Carlos Daniel Gutérrez. He has earned 13820 points on his name and is at number one ranking (for men)*

6. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?

*Answer: A) For athletes and their clubs it's important to practice the sport, because they have a better chance of winning a competition if they practice and they like playing it. The club will get name recognition if the club has good players and much points on their names. B) The impact of the sport on the place where it was held, is that people will go to the city where competitions were held to watch or to play.*

## **C. RESOURCES: FACILITIES / SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**

1. How does living in a rural area or in a bigger city affect your sports practice?

*Answer: In a rural area you have more space to build a court to play the game on. In a bigger city you can also build a court to play on, but because of the chance more people play the game in a bigger city, There is less space for everyone and in a rural area you always have some more space.*

2. Is it possible to practise it with respect to:
  - The access to the place where people can practise it.
  - The economic cost it implies.
  - The equipment required.

*Answer: Yes, because you need to have a court to play on first, and the place where you build the court. Other people will need access to the place.*

*The costs aren't cheap. You need to build a court, buy a paddle and a ball. People with less money will not have enough money for this sport.*

*You need some equipment. You need to have a court, a paddle and a ball. The court needs to have some walls or fences near it.*

3. What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

*Answer: You can change the court, for example: change the walls/fences. Change the access, so everyone can practice the sport.*

#### **D. SOCIAL / ECONOMICAL / CULTURAL FRAME / LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT**

1. Can it be practised at any age: from childhood to elderly people?

*Answer: Yes, but we think it's difficult for older people to play this game. It's an intensive sport: you need to smash the ball, run to the ball and make sure you have the ball under control. For younger people it is easier to play, because they are (most of the time) quick. We think this game is really interesting for adults.*

2. Explain the most suitable age to be practised and the least one.

*Answer: The most suitable age to practice the sport is if you are an adult, because you have the speed to move to the ball, you have the stamina, you have the concentration.*

*The least suitable age is an elderly person, because most of the time they just don't have the stamina and don't have the speed to move to the ball in time.*

3. Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

*Answer: We think you can practice the sport at school, if you have the paddles. For example: you can practice the sport in the gym local. The walls are the lines and you can use tennis balls to smash. You only need the right net and the right paddles to play.*

4. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?

*Answer: We can put a child in a team with an adult and an elderly person in a team with an adult. We think everyone can play it, but not at competition level. The teams will be mixed, and female can be in a team with male.*

5. Analyse and explain what the practice of this sport needs to be done:

- A- Certain level of **social, economic and cultural status** (low – medium – high), how can this affect?

*Answer: high. Paddle tennis is like Tennis an elite sport. You need to have the right equipment to practice the sport, and if you don't have the right equipment economic status will be important.*

- B- Can **genre** (female / male) affect and if so, which way?

*Answer: Yes, because if you are female you need to be at a team with a female and if you are male you need to be at a team with a male.*

- C- Can good physical condition affect and which way?  
*Answer: Yes, if you can't run you can't get the ball. If you can't smash, you can't hit the ball. If you have a good condition you are faster with smashing the ball to your opponent.*
- D- Can different level of motor skill development affect the practice and if so, which way?  
*Answer: Yes, we think it can, because if you practiced a lot, and you know how to do the service, that will be handy in the game. If you know how to smash the ball, so the opponent will not get it, that will be handy in the game.*

## E. RULES AND CONTEXT

1. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?  
*Answer: The rules aren't that difficult. Most of the people know the rules already, because they look like tennis. The only things you can change is the service, and that you can move out of the court too, but with one foot, not with two.*
2. Think about different situations we can find and how we can manage them.
- a. (different abilities both physical or psychological, different family environment)  
 PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY  
 GENRE  
 SOCIO-ECONOMIC SITUATION  
 SOCIO-CULTURAL SITUATION  
*Answer: Perhaps someone has a physical disability and cannot play the game at all. And then it's possibly very hard to play.*
- b. Analyze the individual characteristics of the people in your group and how these ones can affect the game.

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

*Answer: Jill is really good in smashing the ball, in a way so the opponent can't get it anymore. Mids is large and can take long balls (the balls who came in the back). Nikki is a ball safer. She can save the balls who almost hit the ground. Dimphy is quick and can run fast to the ball, if the others can't get it.*

=====



Funded by the  
 Erasmus+ Programme  
 of the European Union

Names students:

- 1 Charlotte Jaminon
- 2 Dulce Douven
- 3 Demi Brandt
- 4 Isa Vinken

## **RESEARCHING – ANALYSING – RELATING - REFLECTING- QUESTIONING – COMPARING – INFERRING**

### **PADDLE TENNIS**

***You must do a research in order to answer the following questions!!***

#### **D. ORIGIN**

9. What country is this sport from?

*Answer: paddle was initially only played by the Mexican elite, but door Alfonso De Hohenlohe, a Spanish friend of Corcuera, paddle also ended up in Spain. The Hohenlohe introduced the sport in Marbella, where the first European paddle club was founded in 1974.*

10. What countries has it spread?

*Answer: It has spread widely through wealthier areas of south America, Mexico, Argentina, Brazil, Spain and France. The us paddle association claims the game is played in Brazil, Paraguay, Uruguay, Venezuela, Chile, France, Italy, Germany, Belgium, England, Australia and Canada.*

11. What are the reasons why it has reached over there and not over other places?

*Answer:*

12. How and why was it born? It might be due to different reasons: i.e. because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

*Answer: paddle was founded in 1969 in the Mexican city of Acapulco. Enrique Corcuera a well-to-do Mexican businessman ran out of space for a tennis court near his house with an area of 200 m<sup>2</sup> he devised a 20x10 meter construction surrounded by walls 3 and 4 meters high and with the net in the middle. Since the field was smaller, the game was played with a short wooden racket and with this he introduces a new sport.*

13. What kind of people used to practise it (concerning their professions, social status...)?

*Answer: people who love a sport where you use a racket and a ball on a somewhat smaller field and in a shorter time than tennis for example, but it looks like it*

14. When was it introduced in your country?

*Answer: The first jobs in the Netherlands were built in Vijfhuizen and Spijkenisse. In 2010, the first clubs with multiple jobs in Den Bosch joined TPC Maaspoort and Tennis Club Enschede Zuid. In 2013, two couples from the Dutch Padel Team participated in the Padel World Championship in Bilbao (Spain). Peter Bruijsten / Berend Boers & Marcel Bogaart / Coen Beltman. In 2014, the Netherlands qualified for the World Cup teams in Mallorca. They eventually achieved 14th place out of the 16 participating countries. In 2018, Rosalie van der Hoek and Sabine Schuttelaar participated in the World Championship in Paraguay.*

15. How was it introduced?

*Answer: Padel was introduced to the Netherlands in 2006 by Guus Hiddink.*

16. Who was it introduced by?

Answer: Guus Hiddink

## E. EVOLUTION AND IMPACT

7. How many people practise it nowadays in your country?

Answer: An estimated 10,000 people have ever played the game. This mainly concerns tennis players who go on an outing. Dozens of tennis teachers have now also been trained as paddle coaches.

8. How much do you know about: A) This sport. B) Its rules?

Answer: Padel is usually played without a referee. This is how they want to emphasize fair play. As with tennis and badminton, the line is part of the field. If the ball hits the line, then it is good. The storage is always done privately after the ball is bounced once behind the service line. The ball must always be hit lower than hip height. The ball must always be given diagonally, as with squash, tennis and badminton. The server must remain standing on the floor with 1 foot. This foot may not exceed or touch the service line. The ball must land directly in the service area of the opponent (s) and may not touch the screen afterwards, but the glass or wall must. Just like with tennis, you get 2 attempts. If the ball hits the net at a service and then lands in the service box of the opponent (s), this is not considered an attempt, but the service is taken again. The server first starts on the right and subsequently changes sides. The storage rotates per game. With double it is alternately someone from one team and someone from the other team. This always remains the same order. The receiver may choose whether to play the ball back before or after it possibly touches the side or back wall. The return may not be played overhand. After storage, the lines are no longer important. The ball may only bounce on the ground once. The ball may be played before or after the stop, possibly after contact with the wall. The ball must not touch the wall or the fence of the opponent (s) directly. You can play against your own wall to get the ball over the net. Playing against your own screening is wrong. If the ball is thrown over the walls via the playing field, it is the point for the attacking team. However, players are allowed to leave the playing field to get the ball and hit the ball back over the walls on the field of their opponent (s). However, this is rarely shown. After an odd number of games the players change sides.

9. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).

Answer: In 2014, the Netherlands qualified for the World Cup teams in Mallorca. They eventually achieved 14th place out of the 16 participating countries. In 2018, Rosalie van der Hoek and Sabine Schuttler participated in the World Championship in Paraguay. Nothing has been heard about their performance.

10. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?

Answer: The manns team Berend BoersBerend is determined and hard to beat in the rally. He is a padel teacher and has a strong forehand. Very strong on both left and right. With kick smash. Bram MeijerRising star of the team. Only 22 years young, but defensive in the right corner at its strongest. Due to its length a lot of reach and difficult to pass through the net. In possession of a huge flat smash. Charlie KoperCharlie is a relatively inexperienced but inquisitive padel player. Will undergo enormous development in 2017. Joost SnellinkJoost is one of the most experienced padel players in the Netherlands. The very rapid acceleration of his right arm makes his bandeja's almost untenable. Kees Jan SchuilenburgConnected since 2016. Fast player, has no mercy. Also not for the window. Peter BruijstenPeter is a balanced defensive player with a strong

*low volley. Plays padel in the classical way, with many slow balls to build the point. Piet Koetsier Fanatic The womens team is athlete in both tennis and padel. Since Piet has discovered padel he can no longer be beaten. Talented and eager to learn. Uriel Maarsen Athletic player on the left. Plays new style padel, with lots of hard fast balls. Short points please! Cynthia Dekker She comes from the tennis world and gives tennis lessons. Very agile and disciplined with strategic thinking. Jolien Hak Jolien is a steady player and can handle the walls as one of the best in the team. Kim van Ginkel Kim has a professional tennis background, among other things, she has played college tennis in America. She is one of the newest additions to the national team. Marcella Koek She is a well-known tennis professional both in the Netherlands and in Germany. Her top sport mindset is a positive asset to the team. Milou Ettekoven She made a commitment to Padel in 2016. She was a promising young tennis player. Milou is changing into an all-round, but compelling, padel player. Sabine Schuttelaar Sabine is a clear right-wing yet offensive player. She has a very strong offensive acceleration in her game. Tess van Dinteren Tess is a young player with a strong tennis past. She made her debut in the national team during the European Championship of 2015. Since then she has made the transition to Padel as an agile player with a compelling attitude. Yvonne Peeters With her offensive game, Yvonne puts pressure on the opponents from the first ball, so that she can often look up the net and thus win the points.*

11. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

*Answer: we haven't hurt that and we don't know someone who did it.*

12. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?

*Answer: I think that if your paddle were to play in Landgraaf and it would be more about children talking to each other about it and still playing more, we would also recommend making it more familiar at school.*

## **F. RESOURCES: FACILITIES / SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**

4. How does living in a rural area or in a bigger city affect your sports practice?

**Answer: if you live in the inner city there are more opportunities to practice the sport because there are more places and closer with more people so a larger club with many people.**

5. Is it possible to practise it with respect to:

- The access to the place where people can practise it.
- The economic cost it implies.
- The equipment required.

**Answer: yes, as soon as you start a good club with not too expensive rates. and the key is anyone can play it if they want**

6. What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

**Answer: the space must be larger so that more people can participate and the equipment must not be too exclusive so that everyone can afford it. and the rates should be good not too expensive.**

#### **D. SOCIAL / ECONOMICAL / CULTURAL FRAME / LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT**

6. Can it be practised at any age: from childhood to elderly people?

*Answer: The sport can be practised from 5 years old but it becomes fun when you are 12 years old. Because then you can play real rallies on a complete field. You can play paddle tennis till older age because its much less stressfull for your body then any other sports.*

7. Explain the most suitable age to be practised and the least one.

*Answer: the most suitable age to practise paddle tennis is when you are around 16/17 years old we think because you are in good condition at that age and you are able to run a lot and concentrate on the ball. and the least age to practise the sport is when you are 5 years old because you are really young then and you can't play on a complete field at that age.*

8. Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

*Answer: no its not suitable to practise the sport at our school because whe don't have paddle rackets and we don't have the walls so even if he had the rackets we could not practise the sport. But we have enough space so if they build a paddle field with the walls and buy rackets we could play paddle tennis at our school.*

9. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?

*Answer: in families you have really young people and older people so we think when you make smaller rackets for little children its easier for them to hold it and they can hit the ball harder and when you play it with older people make a rule that says you can not slap the ball too hard.*

10. Analise and explain what the practice of this sport needs to be done:

- E- Certain level of **social, economic and cultural status** (low – medium – high), how can this affect?

*Answer: the sport is less well known in some countries and cultures so it is possible that it is played less often there. and if people don't have that much money it can be too expensive for them, so they can't practice it either. So when for example the sport get practise more at schools it gets more popular. And maybe lower the price a bit so people with less money can practise it too.*

- F- Can **genre** (female / male) affect and if so, which way?

*Answer: yes it can because men can hit the ball harder because they have more power then woman and woman can better concentrate on the ball so genre can affect the sport.*

- G- Can good physical condition affect and which way?

*Answer: yes that could be because if you are in good condition you can hold on more to run longer and hit the ball and if you have a lot of power you can hit the ball harder.*

- H- Can different level of motor skill development affect the practice and if so, which way?

*Answer: yes because the ball comes very quickly to you so you must respod really fast so when you are not able to do that you probably let all the balls fall.*

#### **E. RULES AND CONTEXT**



3. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?

**Answer: the rules are about the same as with tennis. if you make a violation there is nothing to worry about if you make the second violation then you will lose points and the third violation will get you qualified. for the rest you need sports clothing and special shoes for the field and a racket. so the rules are pretty easy to make true.**

4. Think about different situations we can find and how we can manage them.

a. (different abilities both physical or psychological, different family environment)  
PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY  
GENRE  
SOCIO-ECONOMIC SITUATION  
SOCIO-CULTURAL SITUATION

**Answer: the sport can certainly be practiced if you are in a wheelchair because then normal tennis is also possible and this is almost the same. and the rules are also not very difficult with a lot of practice and learning is an easy sport**

b. Analyze the individual characteristics of the people in your group and how these ones can affect the game.

In our group are 4 people so we can play a double game with two against two

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

*Answer: the rules are pretty easy so, I don't think so that they have to change any of the rules*

=====



Funded by the  
Erasmus+ Programme  
of the European Union

Names students:

- 1 ...Demi Weber.....
- 2 ...Ilse Habets.....
- 3 ...Tyra Schmitz.....
- 4 ...Nina Gielen.....

# RESEARCHING – ANALYSING – RELATING - REFLECTING- QUESTIONING – COMPARING – INFERRING

## PADDLE TENNIS

***You must do a research in order to answer the following questions!!***

### **G. ORIGIN**

17. What country is this sport from?

*Answer: this sport is created in Mexico.*

18. What countries has it spread?

*Answer: in Europe many countries play it like: Italy, Portugal, Argentina and of course Spain. But outside of Europe it is also a well-known sport in South America, for example.*

19. What are the reasons why it has reached over there and not over other places?

*Answer: Because it was created in Mexico a long time ago so a lot of Spanish speaking countries play the game.*

20. How and why was it born? It might be due to different reasons: i.e. because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

*Answer: It's originated in the Mexican resort of Acapulco. The creator Enrique Corcuera didn't have enough space for a tennis field so he devised a similar sport with a smaller field namely 10 by 20 meters with more or less 3 to 4 meters high walls.*

21. What kind of people used to practise it (concerning their professions, social status...)?

*Answer: young people, old people, people with a physical disability, in other words everyone because there are different levels and everyone plays with the people of their level.*

22. When was it introduced in your country?

*Answer: in 2006*

23. How was it introduced?

*Answer: He built the first padel court in the Netherlands at the PSV training complex.*

24. Who was it introduced by?

*Answer: By Guus Hiddink.*

### **H. EVOLUTION AND IMPACT**

13. How many people practise it nowadays in your country?

*Answer: Around 10.000*

14. How much do you know about: A) This sport. B) Its rules?

*Answer: A) the sport is very similar to tennis, only with walls and a smaller playing field of 20 by 10 meters. You play the sport 2 against 2. The game rules correspond to those of tennis. There are also 3 different types of rackets for different levels.*

*B) you must respect your opponents, you must not use violence. And you play 2 against 2.*

15. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial)

*Answer: there has been no championship in our area. Not in our country either. But our country did participate in the world championships in 2014 and 2018.*

16. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?

*Answer: we do not know any people who play paddle, but to play it you must be able to work well together.*

17. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

*Answer: No, we don't know any paddle athletes.*

18. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?

*Answer: If there's a paddle tennis competition a lot of people will show up so that's good for the clubs and the athletes. Because of the sport some athletes will get famous.*

## **I. RESOURCES: FACILITIES / SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**

7. How does living in a rural area or in a bigger city affect your sports practice?

*Answer: in a big city you can practice more sports because there is more to do there than in the countryside. in many sports you can only practice it in a part of the country and it is almost not possible in the rest of the country*

8. Is it possible to practise it with respect to:

- The access to the place where people can practise it.
- The economic cost it implies.
- The equipment required.

*Answer:*

- *we think that you can't play the sport everywhere, because it is important that you use the walls strategically. you also need a large room of 20 by 10 meters and you can't find that everywhere.*
- *Yes because all you need is a ball and a racket. Of course you also need a gym to practice the sport in, but you can go to a public sport hall because that is usually free or costs a less money*
- *Yes because you don't need much, you only need a ball and a racket so its easy to get the stuff togheter.*

9. What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

*Answer: we need more public spaces to practice the sport with other people. We need to set up more associations so that more people can participate in the sport and can be challenged by, for example, competitions among themselves.*

## **D. SOCIAL / ECONOMICAL / CULTURAL FRAME / LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT**

11. Can it be practised at any age: from childhood to elderly people?

*Answer: The sport can be practised from 5 years old, but it becomes fun when you're 12 years old. Because then you can play real rallies on a complete field. You can play*

*paddle tennis till older age because its much less stressful for your body then any other sports.*

12. Explain the most suitable age to be practised and the least one.

*Answer: the most suitable age to practise the sport is when you around 16/17 years old because you are in a good condition at that age and you are able to run a lot, and concentrate on the ball. and the least age to practise the sport is when you are 5 years old because you are really young then and you can't play on a complete field at that age.*

13. Is it advisable and suitable to be practised at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

*Answer: no its not suitable to practise the sport at our school because whe don't have paddle rackets and we don't have the walls so even if he had the rackets we could not practise the sport. But we have enough space so if they build a paddle field with the walls and buy rackets we could play paddle tennis at our school.*

14. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practise this sport?

*Answer: in families you have really young people and older people so we think when you make smaller rackets for little children its easier for them to hold it and they can hit the ball harder and when you play it with older people make a rule that says you can not slap the ball too hard.*

15. Analyse and explain what the practice of this sport needs to be done:

I- Certain level of **social, economic and cultural status** (low – medium – high), how can this affect?

*Answer: the sport is less well known in some countries and cultures so it is possible that it is played less often there. and if people don't have that much money it can be too expensive for them, so they can't practice it either. So when for example the sport get practise more at schools it gets more popular. And maybe lower the price a bit so people with less money can practise it too.*

J- Can **genre** (female / male) affect and if so, which way?

*Answer: yes it can because men can hit the ball harder because they have more power then woman and woman can better concentrate on the ball so genre can affect the sport.*

K- Can good physical condition affect and which way?

*Answer: yes that could be because if you are in good condition you can hold on more to run longer and hit the ball and if you have a lot of power you can hit the ball harder.*

D- Can different level of motor skill development affect the practice and if so, which way?

*Answer: yes because the ball comes very quickly to you so you must respod really fast so when you are not able to do that you probably let all the balls fall.*

## **E. RULES AND CONTEXT**

5. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?

*Answer: Add a referee. The ball may be hit higher than hip height. Bounce more than once behind the service line.*

6. Think about different situations we can find and how we can manage them.

a. (different abilities both physical or psychological, different family environment)  
PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY  
SOCIO-ECONOMIC SITUATION  
SOCIO-CULTURAL SITUATION

*Answer:* You can make the racket higher for small children or people in a wheelchair. Automatic wheelchairs so that you can move towards the ball more easily.

- b. Analyze the individual characteristics of the people in your group and how these ones can affect the game.
- Nina, because she is smaller and more flexible.
  - Ilse, because she is tall and have played it before.
  - Demi, because she is tall and very fast.
  - Tyra, because she is tall and also fast and she likes sport.

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

*Answer:* You can make it more a teamsport, you can put a referee in the game. Make the racket lighter, like 200-250 grams.

=====



Funded by the  
Erasmus+ Programme  
of the European Union



Names students:

- 1 ...Luca Dassen.....
- 2 ...Jill Konen.....
- 3 ...Leva Cox.....
- 4 ...Milan Albertz.....

**RESEARCHING – ANALYSING – RELATING - REFLECTING-  
QUESTIONING – COMPARING – INFERRING**

# **PADDLE TENNIS**

***You must do a research in order to answer the following questions!!***

## **J. ORIGIN**

25. What country is this sport from?

*Answer: paddle was born in a small seaside resort in Mexico.*

26. What countries has it spread?

*Answer: in 1992 11 country's were playing paddle in Europe and America. But now a few lands in Africa and Australia are playing paddle*

27. What are the reasons why it has reached over there and not over other places?

*Answer: because Spain and Argentina are playing Paddle the most of all the other country's and Spain is in Europe and Argentina is in America.*

28. How and why was it born? It might be due to different reasons: i.e. because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

*Answer: in 1969 a rich man in Mexico wants a tennis field in his back yard but he had not enough space so he made the field smaller and called it paddle. he made the rackets also smaller and it became a sport in America and he showed is friend in Spain the sport and he likes it and so Spain became playing paddle.*

29. What kind of people used to practise it (concerning their professions, social status...)?

*Answer: the most people who are playing are adult ore teenager because older people don't sport so much and little children don't sport so much to.*

30. When was it introduced in your country?

*Answer: the first paddle fields are made in 2010 and the first clubs are also made in 2010.*

31. How was it introduced?

*Answer: he showed it to everybody and than it became a sport in America and a few years later it became a sport in Europe*

32. Who was it introduced by?

*Answer: Enrique Corcuera.*

## **K. EVOLUTION AND IMPACT**

19. How many people practise it nowadays in your country?

*Answer: In 2018 there where about 10.000 people who practise the sport (no newer figures are known*

20. How much do you know about: A) This sport. B) Its rules?

*Answer: A) Not much, only that you play it with a special racquet, and it is quite similar to tennis. But the fields of paddle tennis are smaller, and the racquet is different.*

*B) Also not much, only that you must service underhand.*

21. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).

*Answer: Yes, in 2015 the European Team Championships were held in Rijswijk.*

22. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?

*Answer: Personally, I know no one who practise this sport, but there are around 10.000 people in the Netherlands who play it in competitions, but also in social relationships and leisure. Because they like the sport.*

23. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

*Answer: Carlos Daniel Gutiérrez is world number 1 in men's single.*

24. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?

*Answer: A) Here in Limburg it isn't a popular sport, so it isn't important, but in North Holland it is more important to have a lot of opportunities to play paddle because more people there practise it. B) Important because more people play it there, but not in Limburg.*

#### **L. RESOURCES: FACILITIES / SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**

10. How does living in a rural area or in a bigger city affect your sports practice?

*Answer: if you live in a big city there are more sports clubs then in a small village, so it is easier to perform this sport in a big city.*

11. Is it possible to practise it with respect to:

- The access to the place where people can practise it.
- The economic cost it implies.
- The equipment required.

*Answer: No, for this sport you need a field, a ball, 2 rackets and a net. All those items are not cheap and easy to get. Because of this you cannot perform the sport everywhere.*

12. What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

*Answer: commercials, lessons, more places to perform the sport. Then the sport would be more famous and then more people would play it.*

#### **D. SOCIAL / ECONOMICAL / CULTURAL FRAME / LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT**

16. Can it be practiced at any age: from childhood to elderly people?

*Answer: Yes, but it is more fun when you're 12 or older.*

17. Explain the most suitable age to be practiced and the least one.

*Answer: the most suitable age is 12 or older.*

18. Is it advisable and suitable to be practiced at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

*Answer: Yes, it can be played on the outdoor sport field, but we can't play it indoors because the gym at school is too small.*

19. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practice this sport?

*Answer: We can make the field and the racquets smaller.*

20. Analyse and explain what the practice of this sport needs to be done:

L- Certain level of **social, economic and cultural status** (low – medium – high), how can this affect?

*Answer: Yes, if you've more money you can buy more expensive racquets and shoes. You don't have to be very social, because you can play this sport alone.*

M- Can **genre** (female / male) affect and if so, which way?

*Answer: No, when you're a boy you play it against a boy. And boys will be able to play with a lot of power (more than girls).*

N- Can good physical condition affect and which way?

*Answer: Yes, you have to move a lot, so if you've a good physical condition you can hold out longer.*

O- Can different level of motor skill development affect the practice and if so, which way?

*Answer: Yes, if you have more practice, you're better in paddle tennis.*

## **E. RULES AND CONTEXT**

7. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?

*Answer: The rules are easy to learn but hard to master. If you really want to be good in this sport you need to practice a lot.*

8. Think about different situations we can find and how we can manage them.

a. (different abilities both physical and psychological, different family environment)

PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY

GENRE  
SOCIO-ECONOMIC SITUATION

SOCIO-CULTURAL SITUATION

*Answer: we can make the field smaller so people in a wheelchair can easily move from one side of the field to another.*

b. Analyze the individual characteristics of the people in your group and how these ones can affect the game.

Jill plays badminton so she is probably good at paddle.

Leva is big so she is best at playing at the front.

Luca is good in everything so he can play on any position.

Milan is short so he can play in the back.

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

*Answer: We would change the rule that you must serve underhand. Because we are better in serving overhead.*

=====





Funded by the  
Erasmus+ Programme  
of the European Union

Names students:

- 1 Emma Peters
- 2 Sterre van Gemert
- 3 Shanna Toering
- 4 Jesper Florie

## **RESEARCHING – ANALYSING – RELATING - REFLECTING- QUESTIONING – COMPARING– INFERRING**

### **PADDLE TENNIS**

***You must do research in order to answer the following questions!!***

#### ***M. ORIGIN***

1. What country is this sport from?

*Answer:* it is from America

2. What countries has it spread?

*Answer:* Argentina, Australia, Austria, Belgium, Brazil, Canada, Chile, Czech Republic, Denmark, Dominican Republic, Estonia, Finland, France, Germany, Great Britain, Guatemala, Hungary, India, Iran, Italy, Japan, Lithuania, Mexico, Monaco, Norway, Paraguay, Poland, Portugal, Russia, Senegal, Spain, Sweden, Switzerland, Thailand, The Netherlands, UAE, Uruguay and the USA

3. What are the reasons why it has reached over there and not over other places?

*Answer:* paddle tennis originated in Mexico and through a Spanish friend of Enrique paddle also ended in Spain the Hohenlohe introduced the sport in Marbella in which 1974 the first European paddle club was founded. So, it ended up in these countries through friends.

4. How and why was it born? It might be due to different reasons: i.e. because of a certain necessity; as a way of life; as a means of territorial defence; as a kind of entertainment for one's free time; etc.

*Answer:* businessman Enrique Corcuera wanted a tennis court in his back yard, but he didn't have enough space so he thought of a sort of equal sport because the field was smaller than a normal tennis field, he also decided to play with small wooden rackets.

5. What kind of people used to practise it (concerning their professions, social status...)?

*Answer:* in the past mainly wealthy businessmen, but now also ordinary people in the society

6. When was it introduced in your country?

*Answer:* In 2006

7. How was it introduced?

*Answer:* the man who introduced paddle tennis in our country had a paddle course built

8. Who was it introduced by?

*Answer:* by Guus Hiddink

## **B. EVOLUTION AND IMPACT**

1. How many people practise it nowadays in your country?

*Answer:* an estimated 10,000 people have ever played the game.

2. How much do you know about: A) This sport. B) Its rules?

*Answer:*

A) It is a mix between tennis and squash and you are allowed to use the walls.

B) We don't know much about the rules of paddle tennis but we searched and found:

\* The ball may only bounce on the ground once

\* The ball may not touch the wall directly from the opponent, but you can use your own wall

\* If the ball crosses the wall, the attacking team is at the point

3. Has a championship been held in your town or nearby? How often? Is it important? (National/ International/ Provincial).

*Answer:* it is not the closest, but is one of the few tournaments we could find. It is a one-off for veteran teams in Gent. We think that it had the most impact on Gent because all the people who wanted to watch the match had to go to Gent and had to sleep there, park there, eat there etc.

4. How many people do you know that practise it at a certain level? What is the purpose to practise it: for competitions / leisure / social relationships / others?

*Answer:* We don't know anyone, but we search and we found Sabrina Schu

5. Have you heard or do you know any athletes that have taken part, won or finished the race in a good position?

*Answer:* no we don't know any athletes but we searched and found, Fernando Belasteguín and Pablo Lima

6. Focusing on your district and your province: What do you think it is the impact and the importance of practising this sport: A) For the athletes and their clubs; B) For the place where it is held?

*Answer:*

A) paddle tennis doesn't have an impact on Limburg, but the athletes get an income and a reputation and as a club they get money through the spectators who come to watch the matches.

B) there is a paddle tennis club in Gent. If a competition is held, the hotels and shops have a lot of profit from the tourists who come.

### **C. RESOURCES: FACILITIES / SPACE AND EQUIPMENT NECESSARY TO PRACTICE IT**

1. How does living in a rural area or in a bigger city affect your sports practice?

*Answer:* In a big city there is more money than around the city, and you need money to buy such a large field and the walls around it.

2. Is it possible to practise it with respect to:

- The access to the place where people can practise it, they need to have parking spaces, have dressing rooms to change and shower and paddle tennis cost a lot of money because it isn't a very known sport and it isn't a Olympic sport.
- The economic cost it implies, they get it from the participants, from the sponsoring and government so they can pay the rent and not go bankrupt.
- The equipment required, yes, because you need to have a racket and balls and you need a space that's big enough so the glass walls can be placed.

3. What changes should we introduce concerning space and equipment in order to make this sport more available with respect to our specific context: our school, our neighbourhood, our parks?

*Answer:* Our school, they need to buy the special rackets and balls. Our neighbourhood, they need to build a paddle tennis court. And in our parks they need to build a paddle tennis court in the right sizes and with the glass walls.

### **D. SOCIAL/ECONOMICAL/CULTURAL FRAME/LEVEL OF PHYSICAL AND MOTOR SKILL DEVELOPMENT**

21. Can it be practiced at any age: from childhood to elderly people?

*Answer:* Yes, the junior teams are from 8 to 16 years old and senior teams are from 17 years and older.

22. Explain the most suitable age to be practiced and the least one.

*Answer:* We don't think that there is a suitable age for this sport, on the internet we found that the most suitable age is between 20 and 25 years old and the least suitable age is younger than 8 years old.

23. Is it advisable and suitable to be practiced at your school? Explain why by giving details. What varieties can we adopt to make it more adequate to the environment we live?

*Answer:* No, because we don't have the materials for this sport and we also don't have the walls you can play it in.

24. Take into consideration if all members of our families can exercise it. What modifications can we introduce so that our families can practice this sport?

*Answer:* We want the teams to be mixed with boys and girls together and it needs to be more in the media so it becomes more popular.

25. Analyse and explain what the practice of this sport needs to be done:

P- Certain level of **social, economic and cultural status** (low – medium – high), how can this affect?

*Answer:* You have to be social in this sport because you play in teams or pairs and you have to work together. It isn't a very expansive because it doesn't have a status like soccer.

Q- Can **genre** (female / male) affect and if so, which way?

*Answer:* It doesn't matter if you are male or female, you play in teams with your own gender.

R- Can good physical condition affect and which way?

*Answer:* Yes, you need to be able to aim because if you can't do that you won't be able to make a point for your team.

S- Can different level of motor skill development affect the practice and if so, which way?

*Answer:* Yes, because you need to be able to hit the ball with your racket and you need to be able to aim so you can score points.

## E. RULES AND CONTEXT

9. Explain: Are the rules easy or difficult to obey? What can we modify to make them easier?

*Answer:* The rules are very easy to obey and we don't want any of the rules to change.

10. Think about different situations we can find and how we can manage them.

a. (different abilities both physical or psychological, different family environment)

PSYCHOLOGICAL DISABILITY, PHYSICAL DISABILITY GENRE

SOCIO-ECONOMIC SITUATION

SOCIO-CULTURAL SITUATION

*Answer:* People in wheelchairs have the exact same rules as people who can walk because the net doesn't have to be placed lower and they use the same rackets.

b. Analyze the individual characteristics of the people in your group and how these ones can affect the game.

Emma, she played badminton at school so she knows how to aim.

Sterre, she played badminton so she can aim good and serve the ball good.

Shanna, she played tennis and badminton at school so she knows what to do a little bit.

Jesper, he played tennis so he can hit the ball very hard.

WHICH RULES WOULD YOU CHANGE ACCORDING TO THE PECULIARITIES OF YOUR GROUP OR WHICH MEASURES CAN WE INTRODUCE SO THAT THE GAME CAN BE MORE INCLUSIVE OR EQUAL?

*Answer:* We don't want any of the rules to change because every rule has its own influence on the game like the rule that the ball can only hit the floor once makes the game exciting and active.

=====