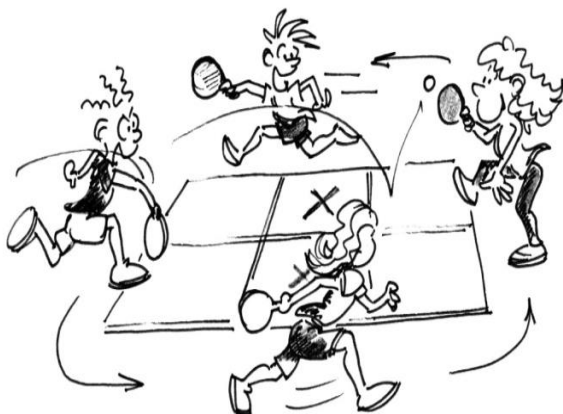


## Street Racket for active schools!

Before setting my entire focus on the Street Racket concept and the promotion of this new and versatile movement game, I was in charge of the centre of competence for physical education in the city of Zurich. For almost ten years I had the very beautiful and motivating task to create and implement tools and systems for sustainable activities within the 115 schools in my home city. Along with my team of 15 amazing co-workers I was responsible for the quality of those programs and also for the coaching and education of 1400 physical education teachers.



This knowledge, combined with my long and cherished career as a racket sports player (20 years of international competition as a member of the Swiss Squash national team) and an assignment to support the [development of physical education in Dominica](#) led to the [Street Racket concept](#). The very quick and positive response within the Swiss school system and the support of many experts in the field of physical education and school activities also had an impact on next my decision: To leave my team and my reknown position and dedicate my working life to this idea of very effective health and sports promotion as well as profound motorskill training.



With Street Racket, we can activate anyone, anytime and anywhere in a very sustainable and versatile way. Street Racket works without any special infrastructure and is suited for individuals, pairs and whole groups. When kids, students or teachers learn about Street Racket in school they can transfer the simple setting to their homes where they can be active with friends and family - for a healthy, social and meaningful way of spending their free time. The implementation of Street Racket therefore has a double impact.

Street Racket instantly converts any surface into a sports ground and into a place, where people come together in play. Street Racket adds value to existing (and often not used) infrastructures, indoors and outdoors. A lot of very important and positive aspects are promoted while playing Street Racket such as: Social integration, a sense of self esteem and belonging, the training of all coordinative skills (motorskills – especially hand/eye coordination), fun, action, motivation through feelings of success from the very start which is a key to regular physical activity, prevention of accidents thanks to improved motorskills, a contribution to the



reduction of overall health costs, creativity (the game can be developed and changed as you go along, the courts can be drawn in many ways and enhance the school yard) and much more.

I can only recommend to implement Street Racket in every school one way or another. There are many ways to use Street Racket within an active school for daily purposes. At very low costs it is highly effective and it involves literally everyone connected to the school. The setting is very simple and it's based on two special rules that prevent anyone from dominating the game or hitting the ball hard – that's why it works for girls with boys, old with young, good players with



beginners alike. Not many games that are fun to play can accomplish that. All you need is a Racket, a Ball and some chalk (or tape, paint or objects to mark the floor) to draw the courts. We gladly give you advice on how to create permanent courts in your school to support the sustainability of Street Racket. For instance, spray paint can be used to make your environment even more sports friendly.

Street Racket can be used for physical education classes, active breaks, all kinds of school events, learning in movement in the classroom (mathematics, languages, common knowledge), sports days or extra sports courses. The use of chalk can be a very effective and straight forward method to individualize some of the many game forms and also to level out differences in skills and therefore create an exciting and fair setting / challenge for every player.

Zyklus 1: Kindergarten, 1. & 2 Klasse  
 Zyklus 2: 3. - 6. Klasse  
 Zyklus 3: 7. - 9. Klasse

### Kopfrechnen

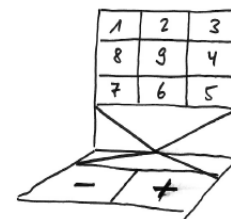
**ZIEL**  
 Die Schüler/innen üben spielerisch das Kopfrechnen.

**MATERIAL**  
 Schläger, Bälle  
 Spielfeld (Boden oder Wand)

**ORT**  
 Klassenzimmer  
 Korridor  
 Pausenplatz



MATHEMATIK



Street Racket will also help your school to become a more active, healthy and fun place and it will have a positive effect on the overall atmosphere. You will experience a big impact with this very simple tool and we put all our attention to „reduce to the max“. Let us assist you should you have any questions, and our instructors are happy to travel to your school to conduct introductory workshops.

For more information please visit [www.streeracket.net](http://www.streeracket.net). On our [blog](#) (written mainly in German) you can follow the recent developments. And on our [Facebook Page](#) (written mainly in English) we inform our community about the latest news and actions.

Let's rock the street together!  
Anyone, anytime, anywhere.

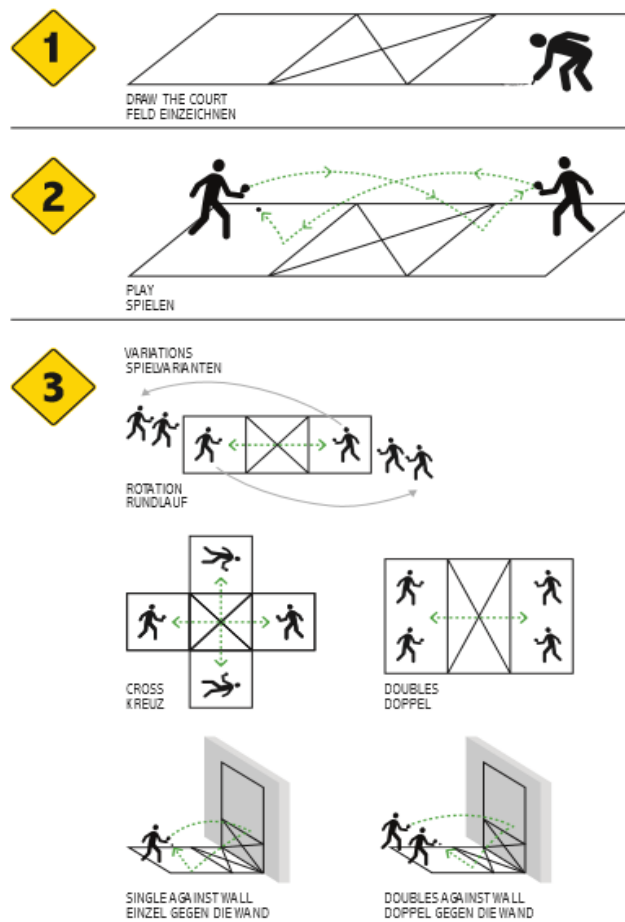
Kind regards

Marcel Straub  
Inventor and founder of Street Racket

*M. Straub*



supported by my wife Rahel



**STREET RACKET** anyone – anytime – anywhere

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