

# Squash

LOOKING FOR SOME GREAT EXERCISE?  
WANT TO TRY A SPORT THAT WILL TEST YOUR SPEED, STAMINA AND SKILL?  
**THEN SQUASH IS THE GAME FOR YOU...**

## THE RULES ARE SIMPLE:

- You play with racquets in a court with four walls.
- You serve against the front wall. After the ball is served you can hit it against any of the walls. The ball must not be allowed to bounce more than once.
- You can only score a point when you are serving. If you lose the rally when you are serving, your opponent serves.
- You win the point if your opponent lets the ball bounce more than once, or if he or she hits the ball outside the boundaries of the court.
- Each game shall be played up to nine points. However, if both players reach eight points, the game continues up to either nine or ten points, at the choice of the person who is not serving.



**...COME ON! ROUSE YOURSELF OFF THAT SOFA AND GET FIT!  
TRY SQUASH JUST ONCE AND YOU'LL BE HOOKED!**

**AMAZING!**

The fastest squash ball ever served went at 232.7 kilometres per hour (144.6 miles per hour)!



**Question time**

- How do we win a point in squash?
- What happens when the score gets to eight all?
- What qualities do you think a good squash player needs?
- How does the poster try to make people take up squash?
- Why do you think squash is not as popular as some other sports?
- Can you list ten other ways to keep fit?



### Boris Bug's things to do

- Design a silver trophy to be presented at the world championships for squash.
- Redesign the poster so that it would be more appealing to young people.
- Compare the racquets used for squash, badminton and tennis. Why do you think they are different?



What game do 5 elephants play in a lift?



Coco Caterpillar's cartoon corner

## Think like a squash player

Jessica and Emily are two star squash players. They are playing against each other in a world championship match. As you can see, it is very close! Write five different thought bubbles, showing how you imagine Jessica would be feeling after each game has finished.



Squash!



### Sid Spider's things to find out

Find out where people play squash in your **locality**.

Find out what the **coloured dots** on squash balls mean.

Find out about two of the greatest squash players of all time - **Jahangir** and **Jansher Khan** from Pakistan.

## Key words

bounce	point
boundary	racquet
championship	rally
court	serve
exercise	squash ball
opponent	stamina