

# BADMINTON

## I. Philosophy

The Physical Education program should provide a wide variety of activities to meet the mental, physical, social and emotional needs, as well as the interests and abilities of all students.

The activities are designed to develop positive attitudes, a desire to participate, physical fitness and an appreciation of lifetime sports.

## II. Program Goals

1. Students will learn game rules and class procedure.
2. Students will practice and learn badminton skills that are necessary for competitive game play.
3. Students will participate in organized game play during assigned class time.
4. Students will learn care and safety in the use of equipment.

## III. Course description

Badminton is an individual or partner activity. In this game one team attempts to kill play by hitting the shuttlecock over net and in to opponents court in such a way that it cannot be returned. By doing this an individual or partners score a point or win the serve.

## IV. Content

### 1.1 Use of Equipment

A. Students will use badminton rackets only for purpose of hitting shuttlecocks.

B. Students will return rackets and shuttles to designated area with care at end of class time.

### 1.2 Explanation of game rules and class procedure

A. Students will learn procedure for taking role and class dismissal.

B. Students will learn court lines for serving in singles and doubles and out of bounds lines for singles and doubles.

C. Students will learn to hit the shuttle downward with speed into opponent's court for a kill.

D. Students will learn to rotate wrist and forearm rapidly as shuttle is hit hard in a downward motion.

#### E. Drop

1. Students will contact shuttle with racket face pointed slightly downward.

2. Student will learn proper forearm and wrist movement to push shuttle over net instead of hitting it.

3. Students will effectively drop shuttle in to opponent's court, close to the net for a kill.

4. Students will learn to use the drop shot both with forehand and backhand play.

#### F. Drives - at opponent

1. Students will learn to contact the shuttle early, in front of body and swing hard to send shuttle fast and low towards opponent.

2. Students will learn to follow - through straight ahead to send shuttle directly towards opponent.

#### G. Drives - cross court

1. Students will learn to contact the shuttle early, in front of body and swing hard to send shuttle cross court.

2. Students will learn to follow through across the body rather than straight ahead.

#### H. Strategy in formations for double play

1. Up and back formation

2. Side by side formation advantages and disadvantages of each formation.

1.3 Students participate in a singles and doubles round robin tournament.

#### 1.4 Time allotment

a. Lessons 1 and 2 cover class procedure, use and care of equipment, game rules, underhand serve, grips and scoring.