

Badminton



Badminton Unit



Day 1 – history/rules/ Skill Work (practice different Shots)

Day 2 – Play Continuous Badminton/Backhand Serve

Day 3 – Badminton Tournament

Day 1

What Am I learning?

I am learning how to play badminton.



Why am I learning about Badminton?

Badminton is a lifetime sports most participants can play it any age. Playing badminton can improve one's hand-eye coordination, flexibility and balance because of the agility that's required to aim correctly and move to hit the birdie when it comes to your side of the court. It can help to improve cardiovascular endurance, as it is a form of aerobic exercise. You'll be moving quickly on the court, which will get your heart rate up and help you to burn calories!

How will I demonstrate my learning? (learning targets)

I can **demonstrate** the ability to make different types of Badminton shots (forehand serve, clear shot, smash, and drop shot)

I can **rally** to partner four times in a row.

Physical Education Standards for KY

6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.

7.1MP1

8.1MP1



HISTORY



- It is possible that a similar sport was played in early ancient civilizations such as Greece and Egypt.

HISTORY



- The sport was launched at a party given in 1873 by the Duke of Beaufort at his country place, "Badminton", in Gloucestershire, England.
- During that time, the game had no name, but it was referred to as "The Game of Badminton," and, therefore, Badminton became its official name.

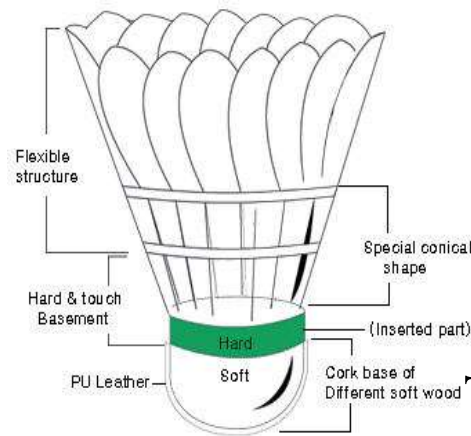
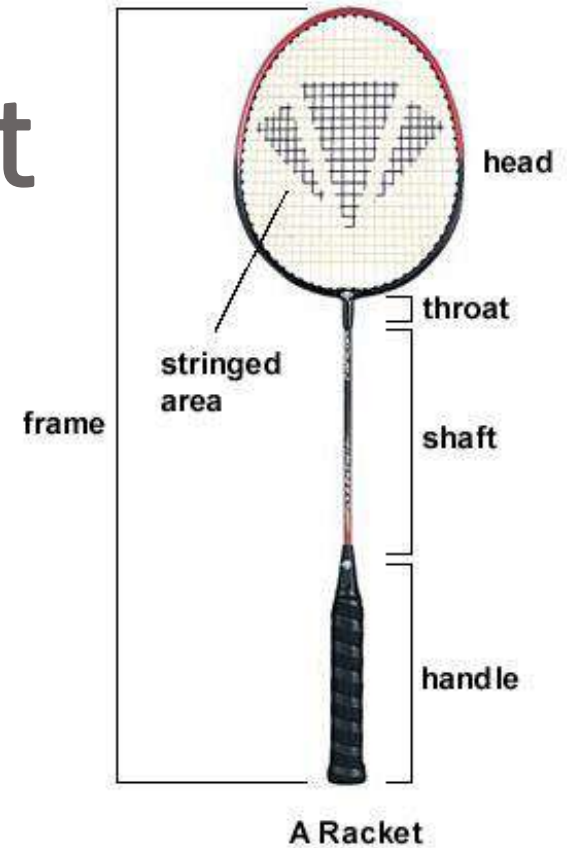
HISTORY

- The oldest badminton club still in existence is located in London.
- The most famous Badminton Men's tournament is called the Thomas Cup.
- The Uber Cup is the most famous tournament for females.



Badminton Equipment

- Racket
- Shuttlecock
- Standards/ Badminton Poles
- Nets



Shuttlecock

The official name for the object that the players must hit



HOW TO PLAY

- In a singles match, you need 1 person on each team; in doubles you need 2.
- A coin toss determines who serves first.
- The server serves from the right side service court to the receiver on the opposite side. If playing doubles, the serve must be served to the receiver on the diagonal side of the court.
- When serving the shuttlecock, the player must make contact with it below the waist.

HOW TO WIN

- The winner of the game is first side to score 15 points; you must win by 2 points.
- To win a match you must win 2 out of 3 games
- Points are scored when the opponent:
 - hits the shuttle out of bounds
 - fails to return the shuttlecock

Serving

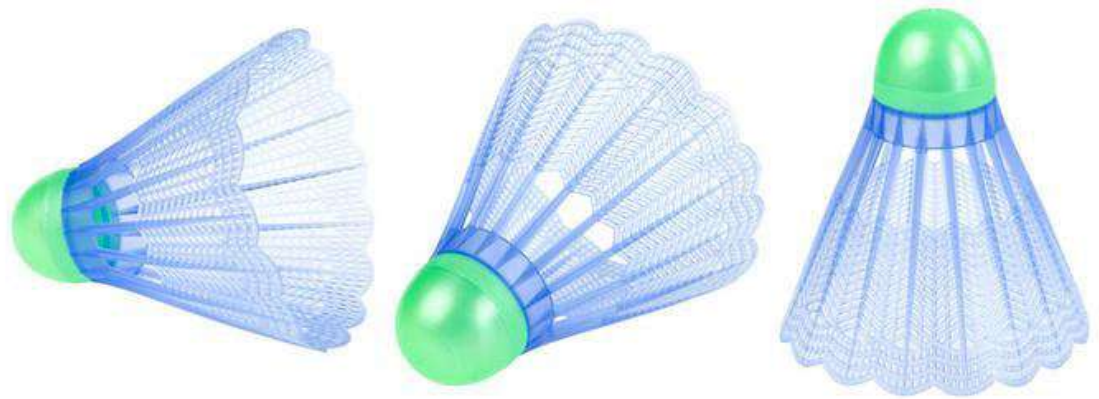
- The initial contact on the serve must be below the waist.
- The same player serves again win his or her team wins a rally.
- Always announce the score before serving

RALLY

A series of successful shots between two opposing players, starting with a serve and ending when the point is won.

CARRY/THROW

An illegal act where the shuttlecock is held on the racket and thrown during the shot.



SHUTTLECOCK

The official name for the object that the players must hit; also known as the birdie

The diagram illustrates the layout of a badminton court with the following dimensions and markings:

- Overall Length:** 13.40 m (6.10 m + 7.30 m)
- Overall Width:** 5.18 m
- Net Height:** 1.55 m
- Service Courts:** Divided into Left and Right Service Courts, each 1.98 m wide.
- Service Line:** Located 3.96 m from the net.
- Back Boundary Line:** Located 6.10 m from the net.
- Side Lines:** Located 0.46 m from the side boundaries.
- Center Line:** Located 1.98 m from the net.
- Long Service Line for Doubles:** Located 3.96 m from the net.
- Back Boundary Line and Long Service Line for Singles:** Located 6.10 m from the net.



SINGLES

A game played with two people,
one on each side

DOUBLES

A game played with four people,
two on each side, ending when one
side reaches 15 points; the playing
area uses the outer sidelines and
back boundary lines.

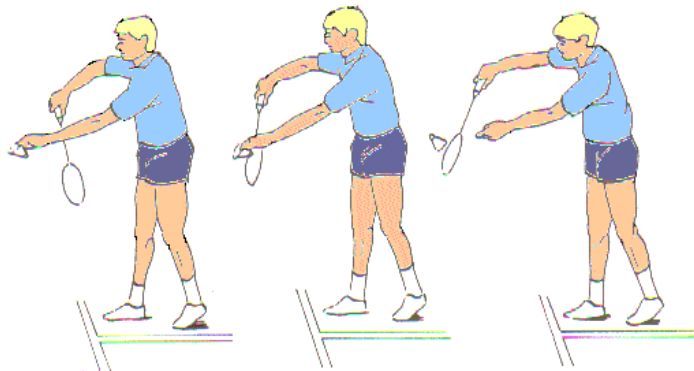


SERVE

- A shot that initiates play.
- The server must contact the shuttle below the waist.
- A “let serve” is a serve that hits the net and falls into the proper court. Server must serve again.



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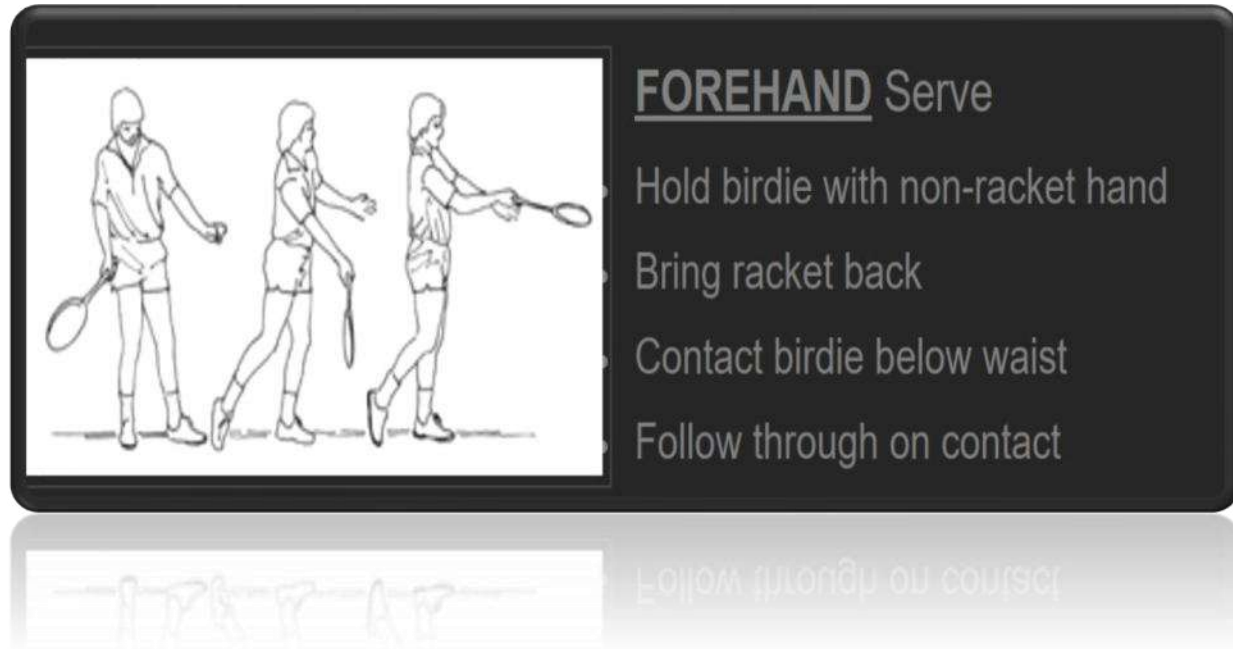


FOREHAND GRIP

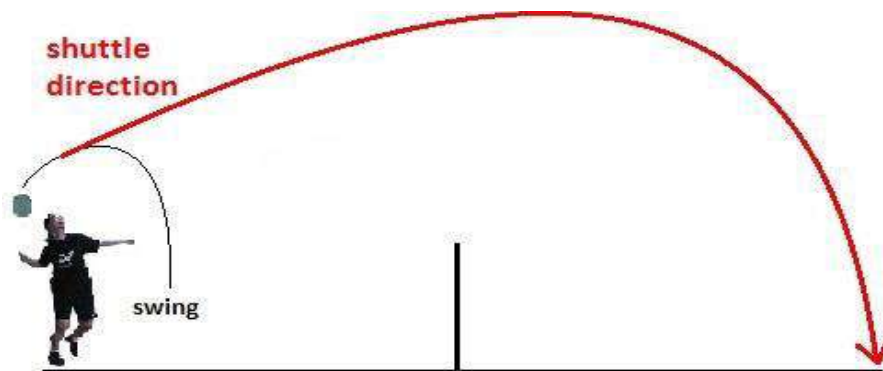
- A method of holding the racket.
- Shake hands with the racket. Form a “V” with the thumb and forefinger while gripping the racket



High Forehand Serve



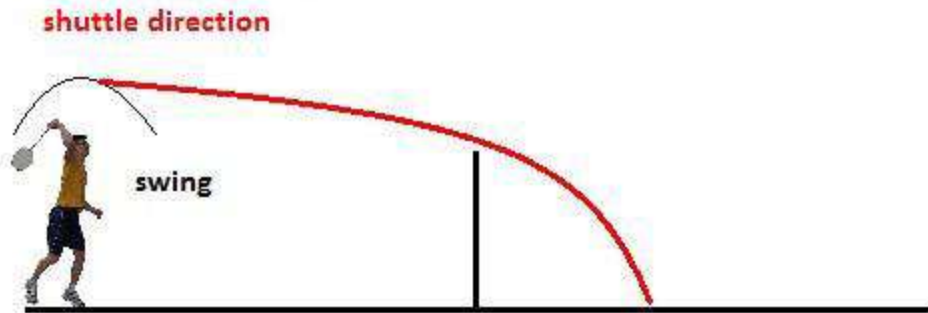
OVERHAND CLEAR SHOT



- A shot that contacts shuttle slightly in front of body with racket open faced, tilted towards ceiling.



DROP SHOT



- A shot hit softly and with finesse to fall rapidly and close to the net on the opponent's side.

Underhand Drop Shot

A drop shot should be a light stroke that just clears the net.

1. Stance

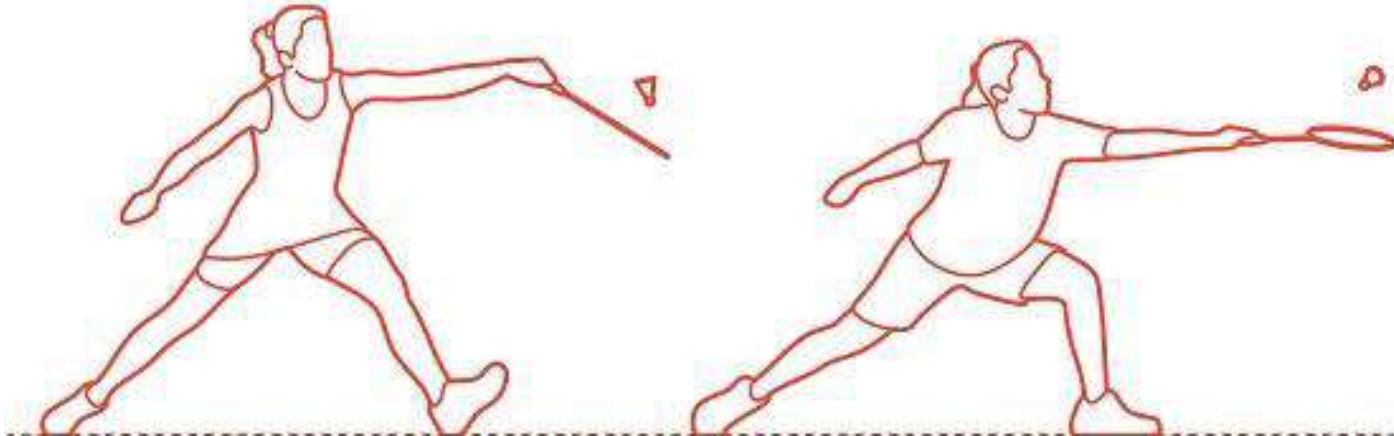
- a. Staggered stance
- b. Knees bent
- c. Arm extended in front of body
- d. "Fencing pose"

2. Contact

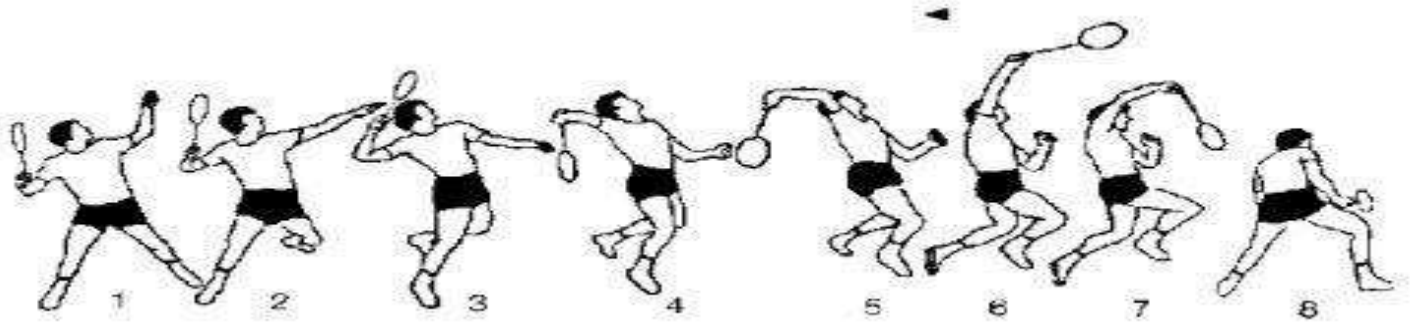
- a. Shuttle in center of racket
- b. Little follow through
- c. Placement just over the net in front court



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SMASH/KILL SHOT



- Hard hit overhead shot that forces the shuttle sharply downward



SMASH/KILL SHOT

Racquet Leg Back
Other leg in front



Step by Step Tutorial



non-racquet
arm to ceiling

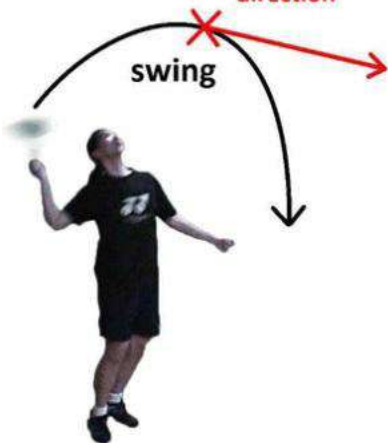


Body faces sideways

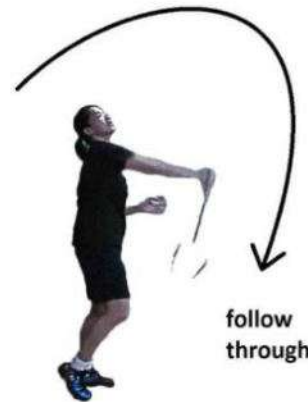


Stretch
non-racket
arm

shuttle
direction



Cast the
fishing pole



follow
through



Day 2

I am learning play Continuous Badminton.
I am learning about the backhand serve.

What Am I learning?

Why am I learning about Badminton?

Badminton is a lifetime sports most participants can play it any age. Playing badminton can improve one's hand-eye coordination, flexibility and balance because of the agility that's required to aim correctly and move to hit the birdie when it comes to your side of the court. It can help to improve cardiovascular endurance, as it is a form of aerobic exercise. You'll be moving quickly on the court, which will get your heart rate up and help you to burn calories!

How will I demonstrate my learning? (learning targets)

I can **demonstrate** the ability to make different types of Badminton shots while playing Continuous Badminton

I can **execute** the Backhand Serve.

Physical Education Standards for KY

6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.

7.1MP1

8.1MP1



BACKHAND GRIP

- A method of holding the racket.
- Rotate the racket a quarter turn clockwise so that the “V” is over the top left bevel.



Backhand Serve

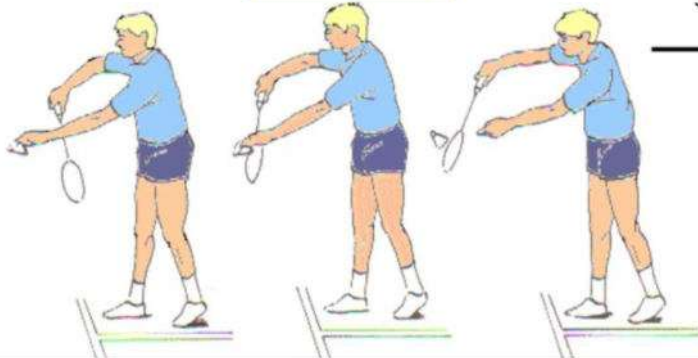
The Short Backhand Serve

Same foot, same
racket hand
forwards

High racket elbow
in line with
shoulder for
control and
power

Flick wrist and
push shuttle
below waist

Attempt shuttle to
land just over the net
and inside the area of
the court aimed for



Continuous Badminton



Day 3 – What Am I learning

I am learning to demonstrate my skills while playing in a tournament.

Why am I learning about Badminton?

Badminton is a lifetime sports most participants can play it any age. Playing badminton can improve one's hand-eye coordination, flexibility and balance because of the agility that's required to aim correctly and move to hit the birdie when it comes to your side of the court. It can help to improve cardiovascular endurance, as it is a form of aerobic exercise. You'll be moving quickly on the court, which will get your heart rate up and help you to burn calories!

How will I demonstrate my learning? (learning targets)

I can **demonstrate** the ability to make different types of Badminton shots while playing in a tournament.

I can **communicate effectively** with my teammate



Physical Education Standards for KY

6.1.MP1. Demonstrate simple movement concepts, principles, strategies and tactics when learning and performing physical activities.

7.1MP1

8.1MP1

Badminton Tournament Sign-up

- Find a Badminton Partner
- After you find your partner, come up with a name for your team.
- Next, you and your partner need to fill out the Badminton Tournament Signup Sheet.
- Write the name of the players on your team on the signup sheet along with the team name.

BADMINTON TEAM SIGNUP SHEET

Name of players on the team

1.

2.

1.

2.

Team Name
