

BADMINTON

(YEAR 3 & 4 AND YEAR 5 & 6)

EQUIPMENT

- 2 Badminton Rackets
- 5 Shuttlecocks
- Stack of cones
- 1 badminton net
- 1 badminton court

TOP TIPS

- Stay on the balls of your feet with your feet shoulder width apart and knees slightly bent. That way students will find it easier to move around.
- Tap Ups - Keep your eye on the shuttle and try to stand in a position where it will land in front of you.
- Wall Taps - gentle taps against the wall for more control and higher to give you more time to react
- Movement: Look up and forward while moving to replicate a game situation
- Feed and Hit - stand side on and rotate the hips as well as the upper body to help generate power.

SCORING

- Tap ups - 1 hit = 1 point
- Wall taps - 1 tap against the wall = 1 point
- Movement = see movement slide
- Feed and Hit = 10 points per cone cleared
- Top 3 boys and top 3 girls scores to be added together to create school's total

INSTRUCTIONS

- Teachers, watch the attached video for demonstrations on each station.
- 4 activity stations where students will acquire scores.
- Stations include: Tap Ups, Wall Taps. Movement and Feed and Hit.
- There are also differentiations you can follow if you are struggling.

CONTACT

The School Games is for **EVERYONE**, To enter or for adaptations please contact your local SGO.

BUCKS
AND MK



BADMINTON (TAP UPS)

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AND MK



Tap the shuttle in the air for 1 minute. Each hit must go above head height



Higher ability students might be able to alternate between forehand and backhand

SCORING

1 point every time the shuttle hits the racket



Write down your score so far



BADMINTON (WALL TAPS)

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Start about 2.5m away from the wall. An underarm serve will help gain height



Underarm hits will help gain height to aid control



Higher ability students will use overhead shots to score higher



If students are struggling they can catch the shuttle or pick it up after every hit

SCORING

1 point every time the shuttle hits the wall

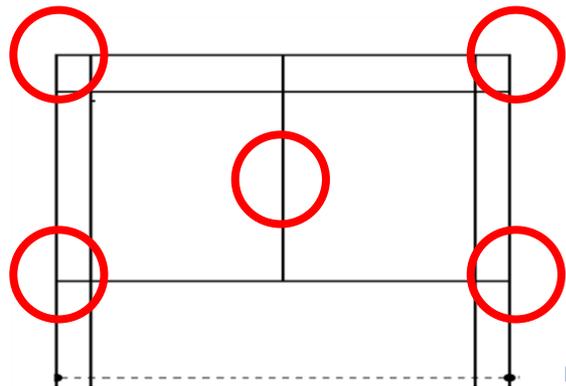


Write down your score so far



BADMINTON – MOVEMENT

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Ready position with 4 shuttles in the middle of the half court. Timer starts when the touch the first shuttle

Students must run the shuttles one at a time to each of the 4 circled corners before bringing them back to the middle one at a time



Encourage students to look up towards the net to replicate a game.

SCORING

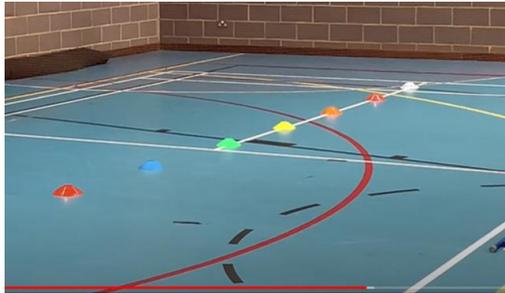
Schools total times will be ranked against other participating schools:
1st = 500 points
2nd = 450 points
3rd = 400 points
4th = 350 points
Ect.

Write down your score so far



BADMINTON (FEED AND HIT)

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7 cones set up like so. All cones are 1m apart.

Feeder (teacher/classmate) will serve a shuttle high in the air for the participant to play an overhead clear to land beyond the coloured cones. Students get 5 hits each.

Write down your score so far

SCORING

If it lands beyond the first red cone (on line with the net) = 0 points. Out = 0 points
Blue - 10 points, Green 20 points, Yellow - 30 points, Orange - 40 points, Red - 50 points, in between the white cone and badminton court = 60 points
Add all 5 scores together to create that student's total.

