



Participants learn about and practise sending and receiving a shuttlecock over a net while working together as a group.

### Facility

- Gymnasium

### Materials and Equipment

- 1 badminton net (or markers to simulate a net) per game
- 1 badminton racquet (or alternate type of racquet) per participant
- 1 shuttlecock per game
- 4 pylons per game
- Protective eye gear for all participants

### Safety

Inspect the activity area and eliminate potential hazards. Check that the activity surface provides safe traction. Set boundaries for the activity a safe distance from walls and obstacles. Provide a safe distance between activities. Provide adequate spacing when playing doubles to allow each participant to be able to make an uninterrupted swing of the racquet. Racquets must be inspected regularly and be in safe condition.

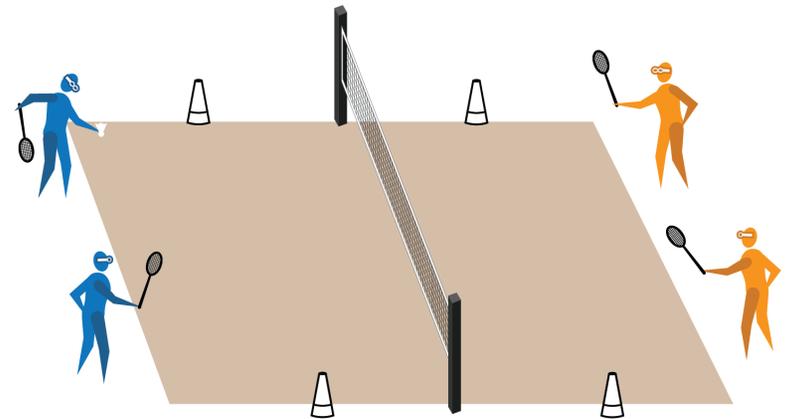
## Activity Information

### Activity Set-up

- Divide participants into pairs. Two pairs form a group.
- Set up as many badminton nets (or markers to simulate a net) as possible within the gymnasium. One group sets up on each court (one pair per side).
- Pairs position themselves on the end line of their respective side of the court.
- Participants set up two pylons in the middle of each side of the activity area to form a line parallel to the net.

### Activity Instructions

- Participants send the shuttlecock to the opposing team using a clearing shot, which is a deep shot toward the back of the court. The goal is to send the shuttlecock past the pylons on the other side of the court.
- Groups work together to try to sustain a rally using clearing shots until the shuttlecock is shot out of bounds or is dropped.
- The leader asks open-ended questions to help participants refine their movement strategies and tactical solutions during the activity. Examples include: How could you hit the shuttlecock so the opposing team has a greater chance to receive the pass successfully? Where should you stand on the court to ensure that you are ready to receive the shuttlecock? What does the ready position look like in this game?





## Adaptations

To maximize the challenge and the fun, participants could identify their own ways to increase or decrease the challenge.

To decrease the challenge, participants could:

- Take away pylons so distance is not an issue.
- Substitute a larger and/or lighter object to hit over the net (e.g., balloon, beach ball).
- Remove the net or decrease the height of the net.

To increase the challenge, participants could:

- Play one on one.
- Move the pylons farther back.
- Increase the height of the net.
- Change the type of shot used as participants try to maintain the rally.
- Add a physical challenge (e.g., touching the floor, turning around once) after participants strike the shuttlecock and before they get into position to return the next shot.

## Pause for Learning

Throughout the activity, consider highlighting the following skills, concepts, and strategies for effectively sending an object over the net. Note that this list is not exhaustive, and further learning opportunities may arise during the task.

### Movement Skills and Concepts

- Locomotion and relationship: knowing where to move to be successful at sending and receiving an object over a net (e.g., moving toward the back of the court when the shuttlecock is coming from high in the air)
- Manipulation skills and effort awareness: applying controlled force with a racquet to send an object over a net (e.g., being able to control how forcefully you swing your arm when sending an object over a net)

### Movement Strategies

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send the object over the net to create a successful rally)
- Performance: demonstrating appropriate skills, techniques, and tactics to send and receive an object over a net (e.g., clearing the shot high and deep to make it easy for an opponent to receive the shuttlecock)

## Living Skills

### Interpersonal Skills

- Demonstrating teamwork by sending the object into an area that makes it easier for opponents to return the object and to create a successful rally.
- Communicating with other participants to effectively cover the playing space.

### Critical and Creative Thinking Skills

- Applying problem-solving skills with other participants to decide where to position each player to create a successful rally.

## Sport Connections

Contains aspects of:



## Canadian Physical Activity Guidelines

