

Badminton Home Learning Tasks

An important skill in badminton is hand eye coordination. Practise this skill by using your hand to bat a balloon as many times as you can!

How long can you keep it in the air for?



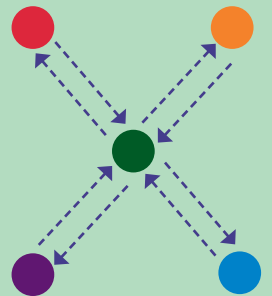
In badminton, you need to be able to aim the shuttlecock in certain directions to make it hard for your opponent to reach it.

Work on your accuracy and aim by throwing a ball towards a target. You could use a container and attempt to throw the ball in it. Or you could set up a target such as a tin can or a plastic bottle and try to hit it with the ball.



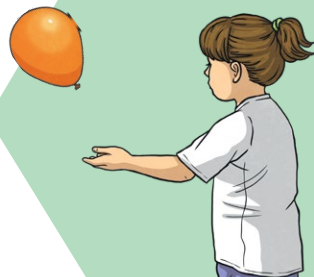
Good footwork in badminton means that a player can move quickly across the court without wasting too much energy. Improve your footwork with this activity.

Draw a square on the floor with chalk or put objects down to represent four corners of a square. Stand in the middle. How quickly can you move from the middle to each of the four corners? Remember to go back to the middle after each corner!



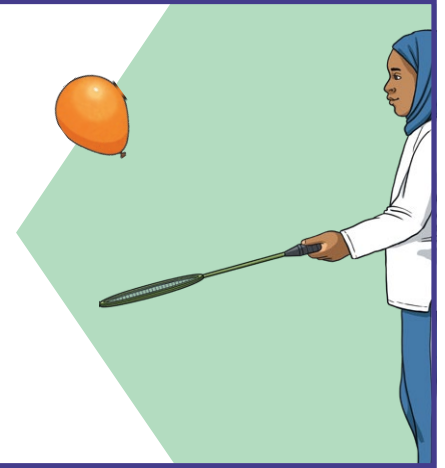
A rally in badminton is a series of shots between players. Work with a friend or family member to have a balloon rally! Use your hands to bat a balloon back and forth between you.

How many times can you bat it before it hits the floor?



Racket skills are essential in badminton. Have a rally by yourself, using a racket and a balloon - you can use a different type of racket if you don't have a badminton racket. How many times can you hit the balloon without it dropping to the floor?

As an added challenge, alternate hitting the balloon with both sides of the racket. Try changing racket sides between each hit of the balloon.



Work with a partner to have a match! You will need a racket each and a balloon between you - use different types of rackets if you don't have badminton rackets. Hit the balloon to one another. If a player misses the balloon and it hits the floor, the other player scores a point.

