



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

Badminton Individual Circuits

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Circuit No 1 *Hoop Target Hit*

Hit shuttle
from line aim
for each
hoop.
Accuracy is
the key. Use
Fore hand &
Back hand
shots

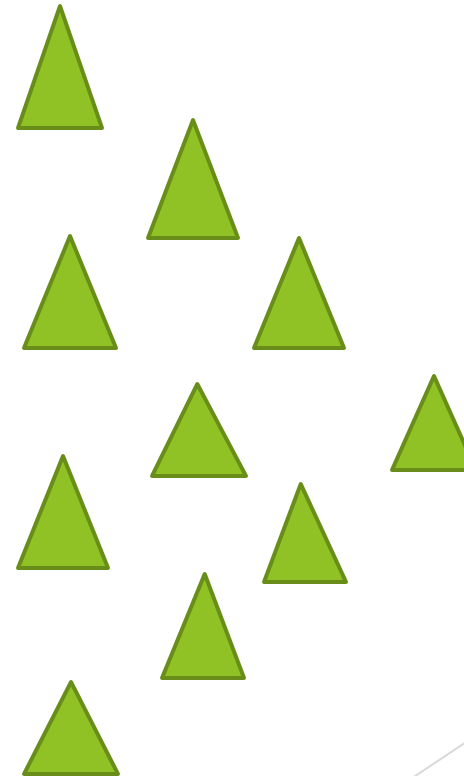
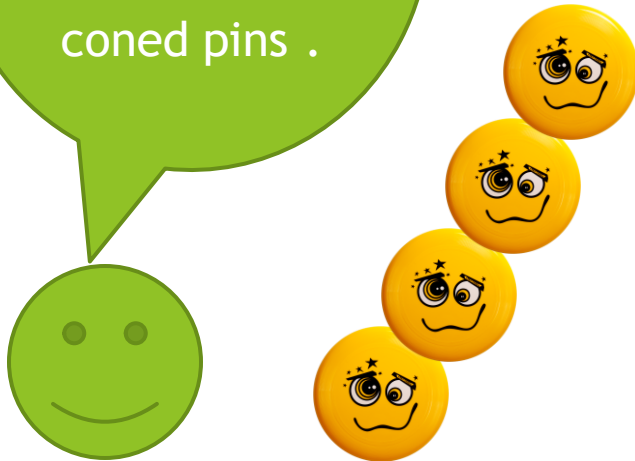


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Circuit No 2

Frisbee back hand challenge

Using a
back hand
motion throw
from line &
Knock down
coned pins .



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Circuit No 3 *Shuttle Hoopla*

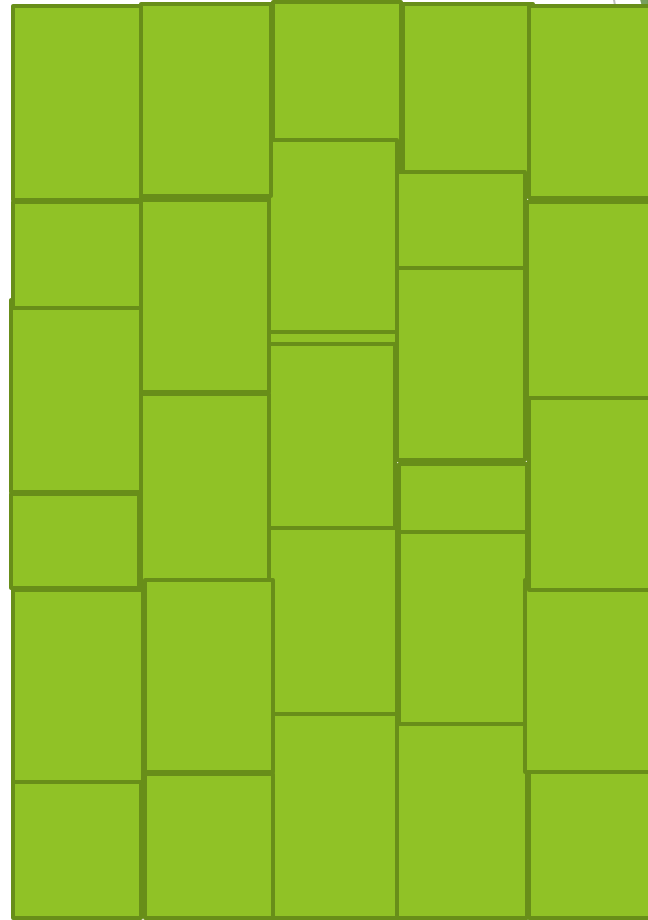
Pick up a shuttle.
Using side step
footwork to
place
shuttles in
hoop.
Reverse the
process



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Circuit No 4 ***Off the wall***

Hit shuttle off Gym wall. Counting how many hits you can get.

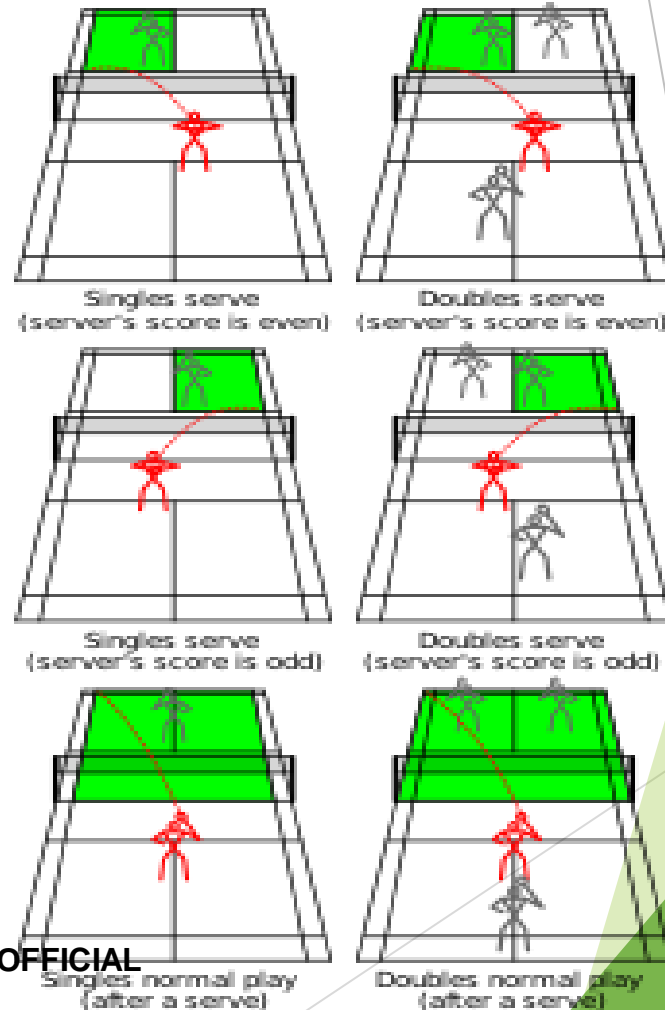


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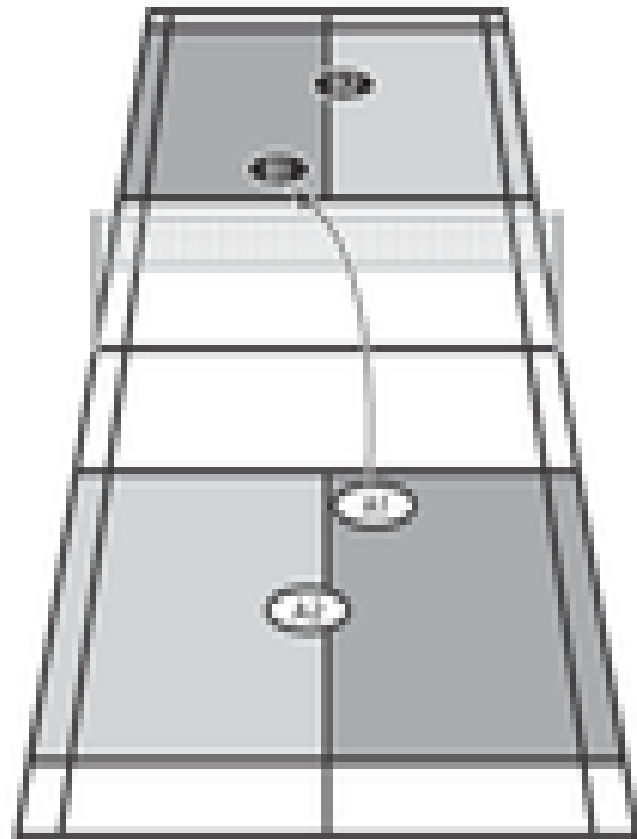
Circuit No 5 Longest hit

From the service line, using an under arm serve practice hitting to the back of the court



Circuit No 6 back hand serve

Using a back hand serve.
Practice serving low over the net to land on the opposing service line

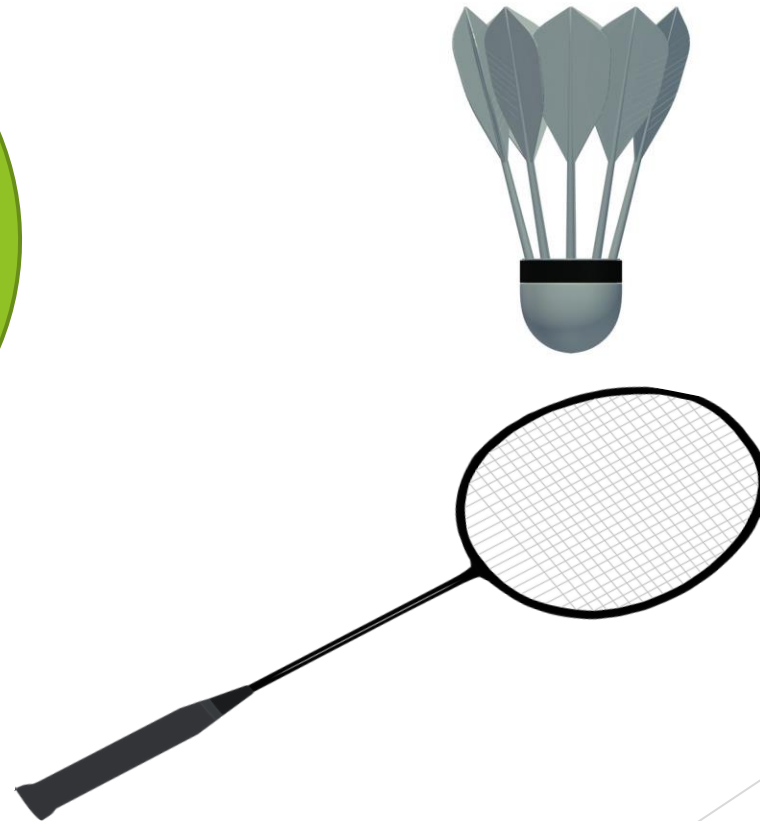


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Circuit 8

Keep it up

Practice hitting the shuttle cock into the air.
Stay on your toes and be ready to move .

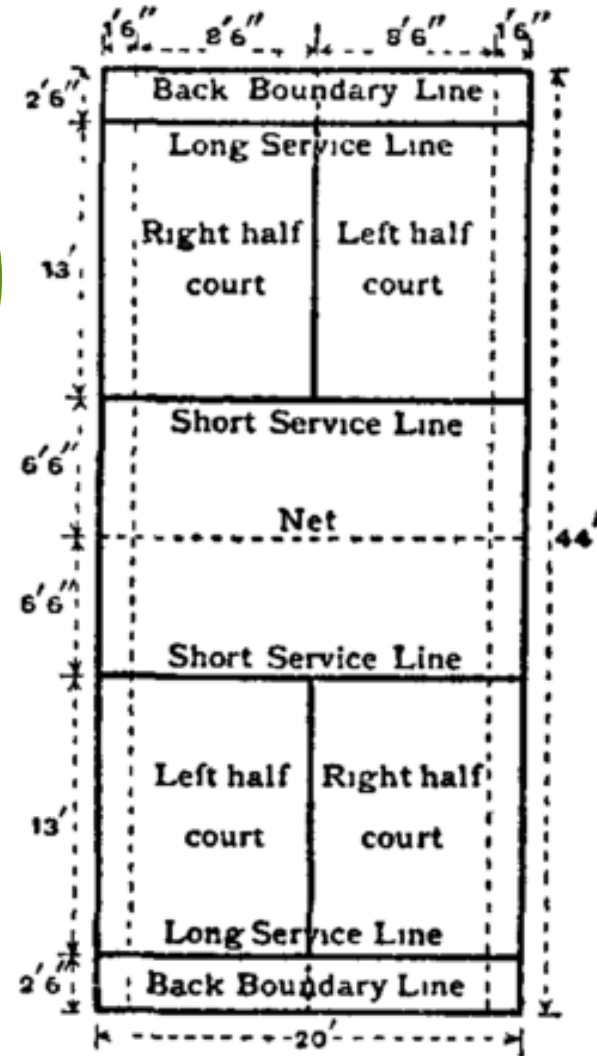


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Circuit 9

How fast can you react

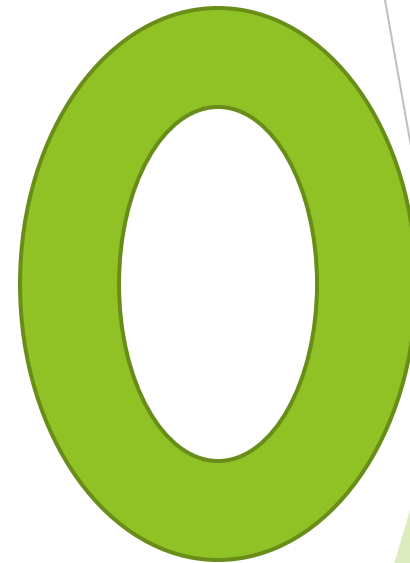
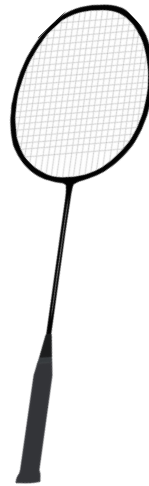
Teacher / Coach
Calls out parts of court.
Aim is to side step as
fast as you can to that
point and back to
centre of court
Use racket to simulate
shots



Circuit 10

H.I.T to Hit

Placing a hoop at the net. Hit a shuttle from centre court into hoop. Then sprint to back line, back to centre court and repeat



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