# PEPASS

Physical Education Physical Activity School Sport

## together inspiring success

#### Badminton Serve Challenge

- Place targets on opposite side of room on floor
- Stand Side on, shuttle in one hand racket in the other
- Strike shuttle across room, aim to hit targets on floor.
- Alternative: substitute racket with hand and shuttle with ball of paper and try strike ball of paper to hit targets.

#### <u>Equipment</u>

Badminton Racket, shuttle, crumpled up piece of paper. Targets: anything available to you; cushions, newspaper, buckets, pots and pans.

### Extra Challenge

Carry this out in the garden, try and strike shuttle or ball of paper over washing line to land on targets.





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