

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.

Equipment

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.

