

### Badminton Target Challenge

Using a badminton racket and shuttlecock – see if you can hit the shuttlecock into the targets

Set up

3 items that you can land shuttlecock in. Choose from things in house:

Bowl, Pan, Shoe box or toilet roll

Set them up so one is close by (1 point) one is further away (2 points) and one is further away still (5 points)

### Challenge

Can you get the shuttle in all 3 targets?

How many points can you get in a minute?

How long to to get to 10 points, 20 points, 30 points?

### Adaptations and tips

If you don't have equipment then use: rolled up sock, cuddly toy, scrunched up piece of paper, eraser

Make the area bigger or smaller depending on success

Look at the target – use underarm throw like a serve.

Good Luck!

