

Activity Cards

At Home



To maintain a basic level of health, children and young people aged 5 to 18 need to do...

AT LEAST

60

MINUTES OF PHYSICAL ACTIVITY

EVERY DAY!

BADMINTON



Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

Be creative using household items if you don't have badminton equipment

Footwork

Drill 1

Run and touch each marker. Start facing forwards, then try running backwards and side-skipping. Make sure to always face forwards towards the net.

Repeat each three times



How fast can you complete each drill?

Drill 2

Start at the middle yellow marker. Firstly, run out and touch each of the markers returning to the middle each time. Now try to find your own way to get to each of the markers as fast as you can, returning to the middle each time.



Reactions

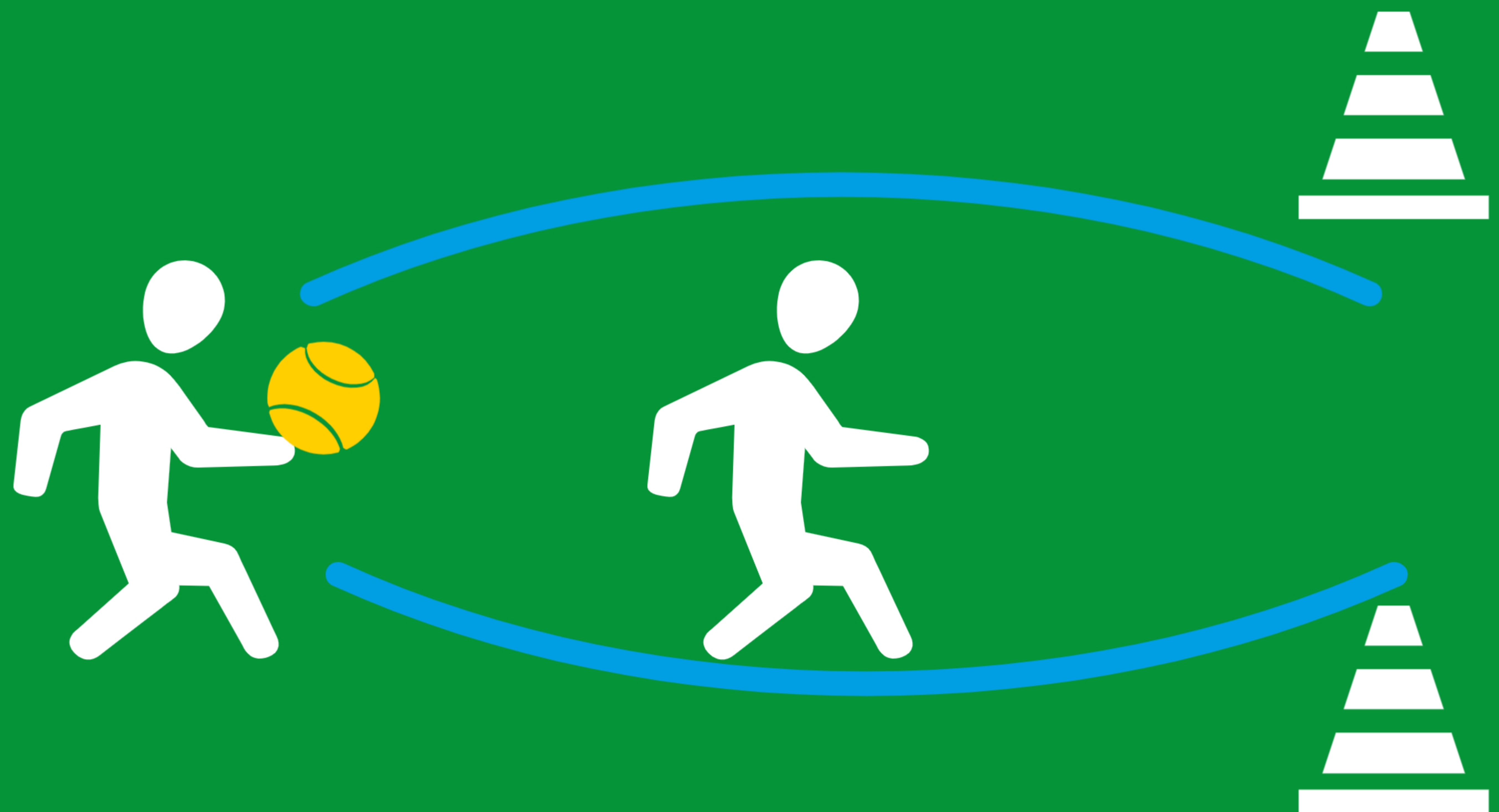
Ask a family member to help you with this activity

Start by setting out two markers in front of you. Ask your family member to roll the ball through your legs and try and catch it before it reaches the markers. Now try by throwing the ball instead of rolling

-Repeat each
three times

-Try to catch
the ball with
only one bounce

-Increase the
distance to
challenge yourself



Backhand Serve

**Keep your elbow high
in line with your
shoulder to improve
accuracy and power**

**Flick your wrist and
push the shuttle up
and forward**

**Same foot, same racket
hand forwards while
facing the net or target**

**Try to get the shuttle
to land over the net
and in a target**



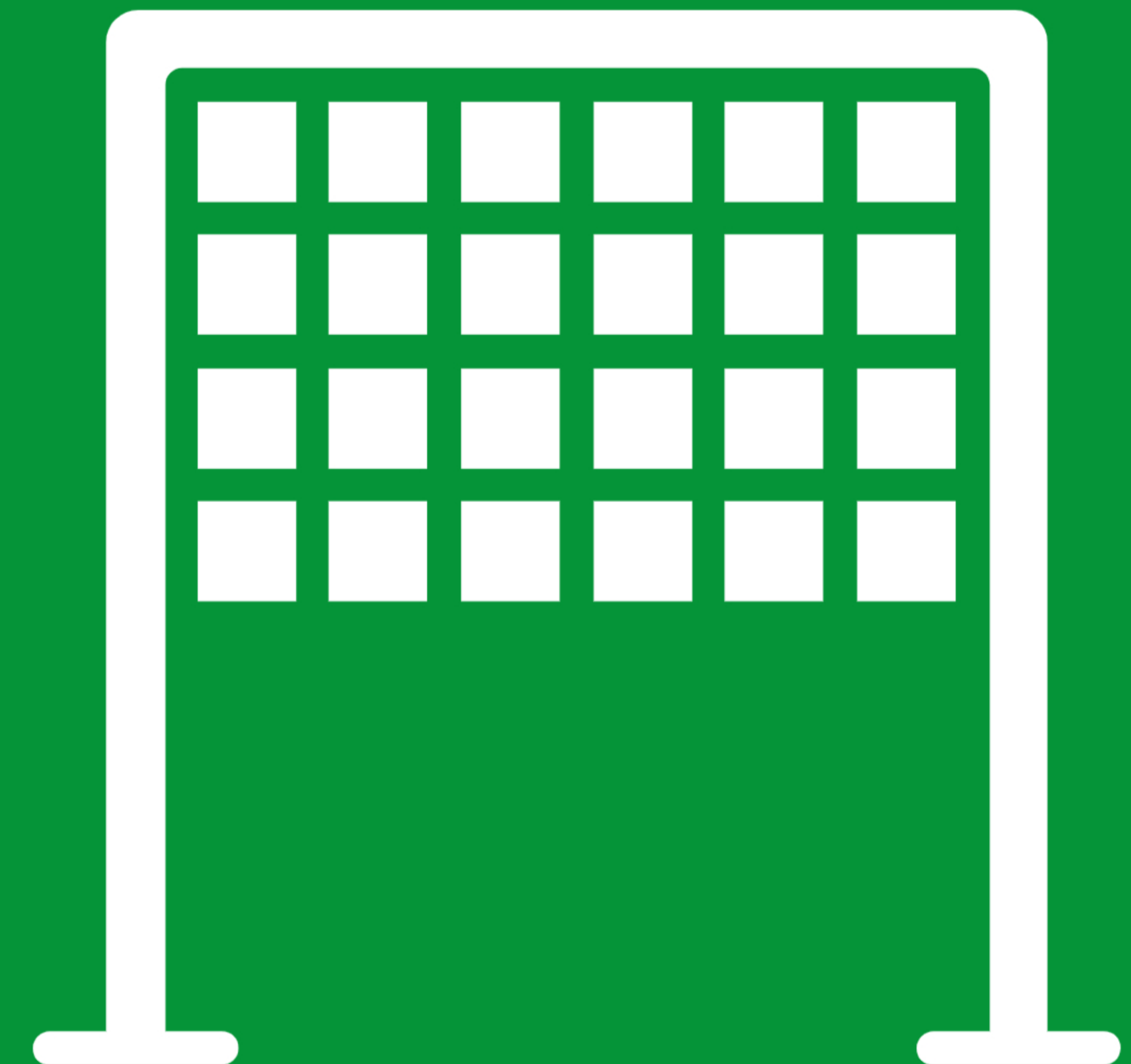
Overhead Clear

Start with your non-racket foot forward and turn sideways

With your racket hand up prepare to strike the shuttle with a throwing action

When the shuttle arrives above and in front of you hit it up and forwards towards the target

Transfer your weight forwards and return to start position ready for next shot



Rules

The aim of badminton is to hit the shuttle over the net with your racket into your opponents court. If your opponent is unable to return the shuttle you win the rally, win enough rallies and you win the match!

Try to practice with a family member from your household

How many shots can you each hit before the shuttle drops on the ground?

How many different types of shot can you hit?

Can you beat your family member in a match? Try first to 11 points!

