

Badminton Class

Course Outline

Description:

A course teaching the fundamental skills of badminton. Basic strokes; the overhead and the underhand clears, the high, low, flick and drive serves, drive, drop, and smash; history, rules, scoring, and court etiquette. Basic singles and doubles court play and game strategies. In addition, warm-up and cool-down procedures, as well as conditioning and nutrition for sport participation will be covered.

Performance Objectives:

At the completion of the course students will:

- *demonstrate intermediate to advanced beginner level skills and knowledge of the fundamentals of badminton
- *get exposed to singles and doubles play and strategies
- *develop body control and kinesthetic awareness through basic badminton skills .
- *become familiar with the history of badminton, game and etiquette rules, and the scoring system
- *be able to utilize badminton skills as a carryover activity for all-around life-long physical fitness

Evaluation Tools:

Grades will be based on the following:

- *attendance
- *active participation
- *proper PE attire (see PE contract)
- *points earned on skill and written tests