**High School Course 1 Pacing Guide**

**Resources:**

[www.sparkfamily.org](http://www.sparkfamily.org): High School/Badminton

***BADMINTON***

***Focus Points:***

1. Turn of service, scoring, boundaries, order of receiving and positioning.
2. Teaching the reliability of smashing from different distances.
3. Review the laws of trajectory and angles.
4. Discuss the concept of probability with the net in the way.
5. Doubles strategy.
6. Playing matches instead of games.

***Skills:***

1. Overhead clear
2. Long serve
3. Short serve
4. Return of serve
5. Smash
6. Block (forehand and backhand)
7. Footwork and movement (backcourt, lateral, forecourt)
8. Overhead drop
9. Backhand clears and drops
10. Doubles alignment (side by side, up and back, circular rotation)

***History:***

* Badminton originally was played without a net with the objective of keeping a rally going as long as possible.
* Badminton evolved from a child’s game in India called battledore and shuttlecock.
* Shuttlecocks can travel at speeds of up to 200 miles per hour.
* Badminton joined the Olympic Games in 1992.
* The shuttlecock has often been called a *birdie* because it is made of feathers.
* Badminton did not get its name until it was played at Badminton, the country estate of the Duke of Beufort, in 1893, though different forms of the game were played thousands of years earlier in ancient Greece and China. The game arrived in Britain in the early 1870s thanks to some military officers who served in India and returned home with equipment for a competitive game called *poona.* The Due of Beaufort officially introduced the game to his party guests and its popularity grew among the elite who came to call it the Badminton game. By 1896, with more than 14 clubs actively playing badminton, the British standardized the rules. The International Badminton Association is still housed in England.

***Strategies:***

1. Up and back (forward and back)
2. Side by side (parallel)
3. Circular rotation (combination of a and b above)

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music.”