**High School Course 1 Pacing Guide**

**SPEEDMINTON**

***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 wind as a factor.
5. Doubles strategy.

***Skills:***

1. Three types of serves: front line, middle, or back line with overhead like a tennis serve
2. Forehand and backhand drives
3. Directing speeder from left to right
4. Drop shot
5. Lob
6. Smash

***History:***

[Speed](http://en.wikipedia.org/wiki/Speed) [badminton](http://en.wikipedia.org/wiki/Badminton) was invented by the [Berliner](http://en.wikipedia.org/wiki/Berlin) *Bill Brandes*, who wanted to create an outdoor variant of badminton. Indeed, in classical badminton, the [shuttlecock](http://en.wikipedia.org/wiki/Shuttlecock) is too light and the [wind](http://en.wikipedia.org/wiki/Wind) can disturb the play.

The game is outwardly similar to badminton, but the shuttlecock is heavier, and the game tempo is faster.

The inventor first named his new sport *shuttleball*. In 2001, the game was renamed *speed badminton* or *speedminton*.

In 2003, there were 6,000 active players in [Germany](http://en.wikipedia.org/wiki/Germany) [[1]](http://en.wikipedia.org/wiki/Speed_Badminton#cite_note-0). The sport is growing steadily and there are numerous international tournaments across Europe.

***Strategies:***

1. In doubles there is a front space and a back space.
2. In singles, hit to open court.
3. Find opponents weakness and send speeder there.

***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.”