Badminton Bingo

Submitted by Jo Moore Bailey

Directions:

1. Complete 5 warm up activities each day. Cross out an activity once completed
2. Identify one component of fitness (skill or health) worked by the activity performed in each square. Write it in the square.

Run from the net to the back line 5x. You must face the net at all times.	Hold a plank for 30 seconds	Hit the shuttlecock 5x to a partner on 5 different courts	10 push ups	Run around the fieldhouse 1x
20 Plank Jacks	Hit the shuttlecock to a partner 10x between the net and short service line only	Side shuffle across the width of 4 badminton courts and back.	30x of any abdominal exercise (crunches, bicycles etc)	Crab walk from one end of the badminton court to the other
Run across the basketball court and back while tapping a shuttlecock on your racquet	20 Jumping Jacks	Start in the center of the court. Run to each corner of the court and back to the middle, facing the net	Bear crawl from the back of the court to the net and back	Complete a rally of 20 consecutive shots. If the shuttlecock is not returned, start over.
Hit the shuttlecock 5x to a partner on 8 different courts	Run around the fieldhouse 2x	Hit the shuttle up 10x, change which hand holds the racquet after each hit	Facing the net, run from one side of the court to the other side 5x *as quickly as you can*	30 Skaters
10 Squats	Hit the shuttlecock *past* the short service line 10x	20 Bird Dogs, hold each one for 3 seconds	20x of any abdominal exercise (crunches, bicycles etc)	Hit the shuttlecock 7x to a partner on 6 different courts

Health related components of fitness: Body Composition/ Cardiovascular Fitness/ Flexibility/ Muscular Endurance/ Muscular Strength	
Skill related components of fitness: Agility/Balance/ Coordination/ Power/ Reaction Time/ Speed	

Rubric

4	All activity squares completed as directed (5 per day) One component of fitness <u>correctly</u> identified for <u>each</u> activity square
3	All activity squares completed as directed (5 per day) One component of fitness identified for each activity square, <5 errors
2	>20 activity squares completed as directed (5 per day) One component of fitness identified for >20 activity squares, <7 errors
1	<20 activity squares completed as directed (5 per day) One component of fitness identified for >15 activity squares, <7 errors
0	No evidence

Badminton Skills Dance

Criteria 1: Each team will choose 3 different Badminton strokes.
Criteria 2: Each stroke will be done on an 8 count.
Criteria 3: Dance will begin with the ready position for their choice of first stroke.
Criteria 4: After each stroke students will backpedal or jog to their next ready position in an 8 count.
Criteria 5: Students will work in the ready position for 16 counts and begin the next skill.
Criteria 6: The dance will end with student choice of creativity of the follow through of a stroke.
Criteria 7: Appropriate music of their choice is put to their dance steps.

Badminton Dance Rubric

Player Names	Perform 3 ready positions with smooth transition	Performs steps and movement correctly	Effort to perform the Badminton Strokes	Performs to the beat of the music	Synchronizes movements with team

4 = Always   3 = Consistently   2 = Usually   1 = Sometimes

Team Name: _____ Song Choice: _____

Racket Handling

Team Name: _____

Place the number performed of each task. One sheet per team.

Players	Palms up 25 in a row	Palms down 25 in a row	Alternating palms up and down 25 in a row	Shuttle Toss and catch 5 in a row	Wall Rally 20 in 30 seconds

Pre-Season Teacher Assessment

Team Name: Students	Hits to the open space	Hits various strokes: Clears: Drop shots Smash	Hit various shots to move the opponent	Moves back to home position after shots	Keeps short serves low and high serves deep

1 = Never   2 = Sometimes   3 = Most of the time
Teacher Suggestions for Team Coach:

Technology and Sport Education

Team Shake
This is a simple, fun app for randomly deciding teams in your classes. You may quickly add class lists and sort out random teams in a flash. Skill levels and absences may enter to make teams fair.

Make My Groups
As the name suggests, a great app to take the stress out of placing students into teams. Allows import of names via Dropbox and saving/exporting of group lists.

Dartfish Easy Tag
Easy Tag is an application that allows you to record statistics during a sport. Perfect for students who are injured or students during the sport education model to record statistics.

TimeMotion
The app keeps a statistical breakdown of time/percentage spent standing, walking, running, sprinting, etc., allowing for a detailed exploration of energy system usage, training requirements and much more.

Coach's Eye: You are then able to review the video frame by frame, draw and highlight points of interest and, best yet, you can record a narration over the top of the video further emphasizing points of interest. The other exciting feature is an automatic system that shows you, which videos have been reviewed and which are still waiting. Perfect for teachers and assessment.

BaM Video Delay
With this app, you can simultaneously record and display delayed video. This means that a PE teacher may record any skill and, after the skill has been completed, the performer has adequate time to return to the screen to see their skill in action.

Vyclone
This app allows you to film the same event from multiple angles. Log in to the application and start recording. The app will determine your location and others within your proximity and piece together a video including all of the various

angles. In a PE classroom, students could use this to film high quality sports footage within a SEPEP film crew role.

CoachNote
CoachNote is an app that allows users to record set plays and game strategies for a variety of team sports. The coach drags the icons onto the screen to represent the players and can then record the movement of the players and the ball as they narrate. This app fits perfectly into any Sport Education or TGFU class.

Great coach is an application that allows you to record locomotion types of either live or recorded team sports. While observing the activity, select the type of movement the athlete is completing and update throughout the game.

Tabata-Pro- Application used to play music to change stations or timed workouts.