

SUMMATIVE ASSESSMENT: Badminton (Individual/Dual Sport, Grade 9-12 Benchmarks)

TASK

Students play full court singles games to 11 points using correct rules, the three basic strokes (serve, forehand clears – underhand and overhead, and backhand), more advanced strokes (smash, drives, and drop shots), strategies for offensive and defensive play, as well as appropriate safety and social behaviors.

APPLICATION OF SKILLS (during game play) PE1.11.1

- 4 = Uses legal serve (high singles or low), underhand and overhead clears on the forehand and backhand side consistently (few errors in technique) and effectively (achieves intended outcome), and advanced skills (smash, drives, and drop shots) with few errors in technique.
- 3 = Uses legal serve (high singles or low), underhand and overhead clears on the forehand side effectively, but less consistently (some errors in technique), and advanced skills with inconsistency.
- 2 = Uses legal serve (high singles or low), underhand and overhead clears on the forehand side, but the skills are performed ineffectively and inconsistently (many errors in technique), and advanced skills are not present.
- 1 = Attempts skills, but the skills are performed inconsistently and ineffectively (little evidence of correct technique).

APPLICATION OF STRATEGY (during game play) PE1.11.3

Offensive strategies include: (1) Weak Side, (2) Vary Placement, (3) Mix Shots, (4) Clears

Defensive strategies include: (1) Home Base (2) Ready Position

- 4 = Consistently demonstrates **three or more** of offensive strategies and **the two** defensive strategies.
- 3 = Consistently demonstrates **two** of the offensive strategies and **the two** defensive strategies.
- 2 = Inconsistently demonstrates **two or more** of the offensive strategies and **one** defensive strategy.
- 1 = Has difficulty demonstrating offensive and defensive strategies during game play.

FITNESS LITERACY (during game play) PE2.11.4

- 4 = Consistently participates in appropriate warm-up/cool-down activity to enhance fitness and performance, consistently participates in the activity without fatigue
- 3 = Inconsistently participates in appropriate warm-up/cool-down activity to enhance fitness, consistently participates in the activity with minimal signs of fatigue
- 2 = Inconsistently participates in appropriate warm-up/cool-down activity to enhance fitness and performance, consistently participates in the activity with some signs of fatigue
- 1 = Fails to engage in appropriate physical activity to enhance health.

RULES AND ETIQUETTE (during game play) PE1.11.3

- 4 = Recognizes and consistently applies rules, regulations, and etiquette specific to official game play (i.e., announcing score, keeping score, making line calls, using correct terminology).
- 3 = Recognizes rules, regulations, and etiquette, but may make a few errors in applying them.
- 2 = Recognizes and applies rules, regulations, and etiquette inconsistently.
- 1 = Has difficulty in recognizing rules, regulations, and etiquette and does not make correct application of them.

APPLICATION OF PERSONAL AND SOCIAL RESPONSIBILITY (during game play) PE3.11.1; PE3.11.2; PE3.11.3

- 4 = Prevents or resolves conflict appropriately without teacher intervention. Demonstrates respect for others skill level. Plays energetically. Plays with self-control and fair play behaviors.
- 3 = Prevents or resolves conflict appropriately with minimal teacher intervention. Demonstrates respect for others skill level. Plays energetically. Plays with self-control and fair play behaviors.
- 2 = Prevents or resolves conflict only with teacher intervention. Demonstrates respect for others skill level. Plays with some energy. Plays with some self-control and fair play behavior.
- 1 = Unable to prevent or resolve conflict. Inconsistently demonstrates respect for others skill level.. Plays with little energy and demonstrates self-control and fair play behavior inconsistently.

NOTES

Consistently: 75% of the time; Some Consistency: 50% to 65% of the time; Inconsistently: 15% to 50% of the time

BADMINTON SKILLS AND SKILL CUES

Fundamental Skills	Advanced Skills
High Singles Serve 1. Ready position (racket back, shuttle hold, feet in forward stride position, close to service line) 2. Wrist cocked (at beginning of stroke) 3. Wrist snap (on contact) 4. Follow through (across front of body and up toward left shoulder with weight transfer to opposite foot)	Smash 1. Front (Contact shuttle in front of body) 2. Moon (Swing is half moon with faced racket pointing down at contact) 3. Whip (Whip action with arm) 4. Wrist Snap (On contact)
Low Service 1. Ready position (racket back, shuttle hold, feet in forward stride position, close to service line) 2. Wrist cocked (at beginning of stroke) 3. No wrist snap (on contact) 4. Contact point (below the waist, in front of the forward foot)	Drive 1. Foot (Move racket foot towards shuttle) 2. Contact (Contact to the side of body) 3. Whip (Use whip action with snap of the wrist)
Underhand Clear 1. Ready position (racket back, feet in forward stride position, non-racket shoulder closest to net for FH – furthest from net for BH) 2. Wrist cocked 3. Powerful wrist snap (on contact) 4. Weight transfer (in the direction of the flight of the shuttle)	Drop Shot 1. Gentle (Be gentle) 2. Grip (Loosen grip) 3. Push (Nudge the shuttle over the net)
Overhand Clear 1. Ready position (racket back, feet in forward stride position, non-racket shoulder closest to net for FH – furthest from net for BH) 2. Contact point (as high in front and over the head as possible) 3. Powerful wrist snap (on contact) 4. Weight transfer (in the direction of the flight of the shuttle)	

BADMINTON STRATEGIES

Offensive Strategies	
Weak Side	Play to the opponent's weak side
Vary Placement	Place different shots in open areas to move opponent around the court
Mix Shots	Mix up shot to keep you opponent on their toes
Clears	Use deep clears to force opponent deep in the court and keep them on the move
Defensive Strategies	
Home Base	Return to home base after each shot to be best prepared to reach any shuttle placement
Ready Position	Return to ready position after each shot to be best prepared to return the next shot

Basic Rules of Play	
Court Markings	Rules of Play
Side Lines	Serving
Long Service Lines	Winning a Rally
Short Service Line	Scoring
Back Boundary Line	Tying
Left Service Court	
Right Service Court	
Fouls and Misconduct	
Calling Shots Out	
Correct Service	

Web Resources

<http://www.worldbadminton.net>. The official website of the World Badminton Association

- http://www.worldbadminton.com/drills/instructional_multimedia_lowres.htm. Many great ideas for teaching badminton can be found on this page.

<http://www.badmintoncentral.com>. A Badminton site that contains many great links to the world of badminton. This site has rules, news, techniques, and worldwide clubs and organizations that play badminton.

<http://www.usabadminton.org/>. The official site for the national governing body for the sport of badminton in the United States. Information on rules, coaching courses, and events can be found on this site.

<http://www.anitavandijk.nl/badminton/>. This site provides tips and strategies for coaching young badminton players. Many of these strategies could easily be used in the physical education classroom. Instructional CD roms are also available.

<http://www.pecentral>. Here is a link to two badminton lessons that can be found on PE central.

- <http://www.pecentral.com/lessonideas/searchresults.asp>

Print Resources*

Fronske, H. (2000). *Teaching Cues for Sports Skills* (2nd Edition). Benjamin Cummings Publishers. ISBN # 0205327524

Grice, T. (1996). *Badminton: Steps to Success (Steps to Success Activity Series)*. Human Kinetics Publishers. ISBN # 0873226135

Golds, T. (2002). *Badminton (Skills of the Game)*. Crowood Publishers. ISBN # 86126433X

Pangrazi, R. Darst, P. (1997). *Dual Sports – Badminton*. Dynamic Physical Education for Secondary School Students. ISBN 0205199828.

Paup, D. C., & Fernhall, B. (2000). *Skills, Drills, & Strategies for Badminton (The Teach, Coach, Play Series)*. Holcomb Hathaway Publishers. ISBN # 1890871125

Price, R., Haselow-Dulin, M., & Price, R. G. (2003). *The Ultimate Guide to Weight Training for Badminton*. ISBN # 1932549005

* New and used books can be found on <http://www.amazon.com>