






## Activity Plan for Playing Badminton

Week 1			
Activity	How many or how long	How many days	Instructions
Badminton 	5 mins	2 days/wk	Practice holding and swinging a badminton racquet. To hold the racquet with the proper grip, reach for the racquet as if you are going to shake hands. Once you have a good grip on the racquet, you can practice your swing. Start in the ready position. For the ready position you stand with your feet slightly apart so you are facing the net. Hold the racquet out in front of you so that it also points towards the net. To take a swing, twist at the waist as you bring your racquet behind you so that you are sideways to the net. Then you take a step toward the net with your front foot (the one closest to the net) as you swing the racquet forward and in front of you.
Badminton 	10 mins	2 days/wk	With your friends and family, try passing the “birdie” around a circle, or back and forth using your badminton racquet skills. If you do not have a “birdie”, you can use a balloon instead (blown up about half way). See how many times it can be passed before it hits the ground.

Week 2			
Activity	How many or how long	How many days	Instructions
Badminton Keep-Up 	20 mins	2 days/wk	Go out today with a friend or family member and play a friendly game of badminton, you can do so without a net; use a chair or a table instead. See how long you can keep going without letting the ‘birdie’ drop! Badminton is sort of like tennis, except you hit a shuttle instead of a ball and you can’t let the shuttle touch the ground. If you do not have a shuttle, you can use a balloon as a substitute.

## Activity Plan for Playing Badminton

Week 3			
Activity	How many or how long	How many days	Instructions
Badminton 	40 minutes	Total for the week	Play badminton with your family or friends. See if you can play for a total of 30 minutes this week. You can play all at once, or add up the time from different days.

Week 4			
Activity	How many or how long	How many days	Instructions
Badminton 	60 mins	Total for the week	Play badminton with your family or friends. See if you can play for a total of 60 minutes this week. You can play all at once, or add up the time from different days. If you have more than 2 players you can doubles this week and switch partners after each game.