





## Activity Plan for Learning Badminton Swings

Week 1			
Activity	How many or how long	How many days	Instructions
Badminton 	10 mins	3 days/week	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.

Week 2			
Activity	How many or how long	How many days	Instructions
Badminton 	10 mins	3 days/week	Practice holding and swinging a badminton racquet like you did last week. When you remember the ready position and how to swing, try hitting a balloon. Have someone throw the balloon gently toward you and see if you can hit the balloon with the badminton racquet.

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Week 3			
Activity	How many or how long	How many days	Instructions
Badminton 	10 mins	3 days/week	Practice holding and swinging a badminton racquet like you did last week. When you remember the ready position and how to swing, try hitting a balloon. Have someone throw the balloon gently toward you and see if you can hit the balloon with the badminton racquet. This week, to make it harder, try hitting the balloon on your forehand (what you've done the last two weeks) and on your backhand. To hit the balloon on your backhand you also start at the ready position but then when you twist your body you twist the other direction so that your arm is across your body when your racquet is all the way back. The swing for the backhand is very similar to the one you have been doing, except that you step with the opposite foot and the racquet starts across your body and then you end up facing the net with the racquet out to the side.

Week 4			
Activity	How many or how long	How many days	Instructions
Badminton 	15 mins	3 days/week	This week practice your badminton swings (forehand and backhand) and the ready position while you try to hit a badminton shuttle. The badminton shuttle is a lot harder to hit than the balloon, but give it a try. If you find it's really hard, you can still play with the balloon instead.