

All About Badminton



Badminton is a **racquet** sport that is enjoyed all around the world by people of all ages. Participants use their racquets to hit the **shuttlecock** (small, feather-like object) over the net. Similar to tennis, it can be played as a **singles** (1 person playing against another person) or **doubles** game (2 people playing against another team of 2 people).

It is a sport that works on speed, reaction time, muscular strength and endurance. Some of the benefits gained from playing badminton include: hand-eye coordination, muscular strength, muscular endurance, cardiovascular fitness, footwork, and a positive attitude for lifetime fitness.

Information based on Special Olympics website information:
www.specialolympics.org