

Badminton

Standard 1-Students demonstrate the knowledge and physical skills necessary to perform a variety of physical activities.

Benchmark “A”-Analyze and demonstrate a mature motor pattern while using leaps, rolls, balances, weight transfers, and while batting, volleying, hand or foot dribbling with a variety of objects.

Rubric: *Meets Standard/Proficient*: The student will demonstrate knowledge of badminton skills by completing an incident record using serves, clear, drop, smash, and drive shots and then evaluate the performance with accuracy some of the time.

Exceeds Standard/Advanced: The student will demonstrate knowledge of badminton skills by completing an incident record using serves, clear, drop, smash and drive shots and then evaluate the performance with accuracy most of the time.

Example for meaning:
Use of video replay or performance checklists.

Benchmark “B”- Throw, catch, hand dribble, foot dribble, strike a ball, and volley, demonstrating control and accuracy.

Rubric: *Meets Standard/Proficient*: The student will demonstrate proficiency by participating in skills testing on serves, clear, drop, smash, and drive shots. The student will demonstrate accuracy by hitting 6 out of 10 shuttlecocks to their intended target, using a specified shot.

Exceeds Standard/Advanced: The student will demonstrate proficiency by participating in skills testing on serves, clear, drop, smash, and drive shots. The student will demonstrate accuracy by hitting 8 out of 10 shuttlecocks to the intended target, using a specified shot.

Example for meaning:
Participate in skills testing.

Benchmark “D”- Analyze and correct errors in individual, non-locomotor, and locomotor movement.

Rubric: *Meets Standard/Proficient*: The student will be able to identify and correct errors in skill technique, shot placement and footwork some of the time.

Exceeds Standard/Advanced: The student will be able to identify and correct errors in skill technique, shot placement, and foot movement most of the time.

Example for meaning:
Participate in partner evaluations.

Benchmark “F”- Analyze and use basic offensive and defensive strategies and apply the rules in modified team and individual games.

Rubric: *Meets Standard/Proficient*: The student will show proficiency by choosing the correct shot or serve that the situation of the game is calling for some of the time.

Exceeds Standard/Advanced: The student will show proficiency by choosing the correct shot or serve that the situation of the game is calling for most of the time.

Example for meaning:
Student will participate in game-like drills.

Standard 3: Students know and demonstrate a physically active lifestyle.

Benchmark “D”- Know how to learn skills and how to practice skills.

Rubric: *Meets Standard/Proficient*: The student will observe a partner’s performance and be able to correct and adjust the partner’s skills during the activity some of the time.

Exceeds Standard/Advanced: The student will observe a partner’s performance and be able to correct and adjust the partner’s skills during the activity most of the time.

Example for meaning: Participate in partner evaluations

Standard 4: Students assess, achieve, and maintain personal fitness levels.

Benchmark “D”- understand and demonstrate proper warm-up, conditioning, and cool-down.

Rubric: *Meets Standard/Proficient*-The student will be able to perform a proper warm-up for Team Handball before the activity begins.

Exceeds Standard/Advanced-The student will be able to lead a proper warm-up for Team Handball before the activity begins.

Example for meaning: Student will develop a warm-up including conditioning and stretching, and then lead the class at the beginning of the class period.