

BHS BADMINTON: Review/Skill Sheet

GRADING:

NAME _____

PERIOD _____

PERS/SOC RESP/SAFETY (20):	/4	/4	/4	/4	/4	
SKILL (12):					STRATEGY APP (4):	
SKILL APP (4):					RULES APP (4)	
KNOWLEDGE (6):						
TOTAL (50):						

SKILL 1: Serve

- Correct form, non-dominant foot in lead, slight bend at waist, shuttle at knee height.
- Utilizes wrist snap.
- Performs short and long serves in a practice setting.

SKILL 2: Clear

- Moves feet to reach correct position for clear shot.
- Utilizes wrist snap to gain power/momentum and drive.
- Performs underhand/overhand clear in a practice setting.

SKILL 3: Drop

- Moves feet to reach correct position for drop shot.
- Uses a punch motion to contact the shuttle (little to no back swing/follow-through)
- Performs overhand/underhand drop in a practice setting

SKILL 4: Smash

- Moves feet to set up in correct position for smash.
- Utilizes correct contact position for effective smash.
- Performs a smash shot in a practice

TOTAL SKILL FUNDAMENTALS: /12 or 24

APPLICATION 1: Application of Skills

- 4** applies effective skills (above) with few if any observable errors in technique
- 3** applies effective skills with errors in technique
- 2** performs skills showing some elements of correct technique, but application is ineffective and inconsistent.
- 1** attempts skills but technique is not yet sufficient, resulting in consistently ineffective performance

APPLICATION 2: Application of Strategies

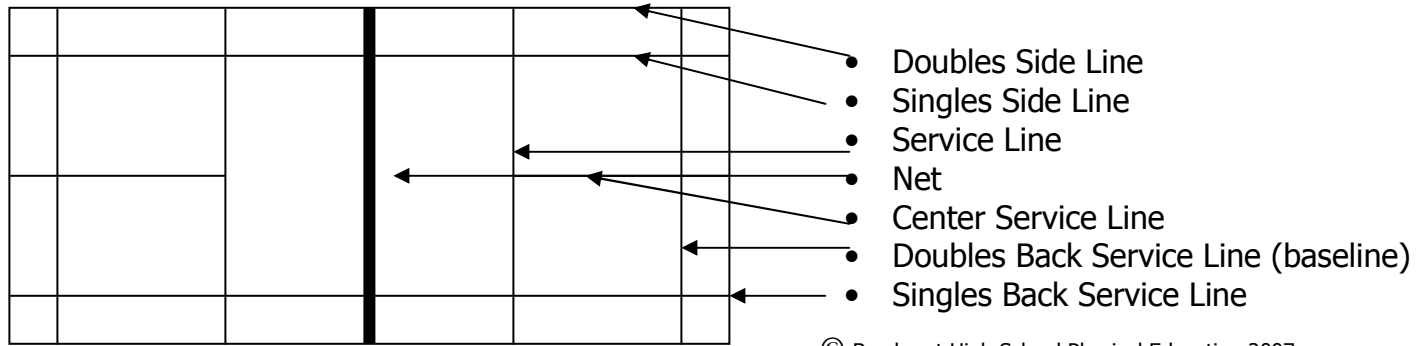
- 4** Consistently applies effective offensive/defensive strategy without hesitation
- 3** Uses variation in shot selection and placement, but is hesitant or indecisive. May be inconsistent returning to appropriate court position.
- 2** Uses some skills appropriately, but shows little evidence of variation in shot placement and defensive positioning.
- 1** Confines focus on sending and receiving the shuttlecock. Movements are inconsistent with basic strategic play

APPLICATION 3: Application of Rules and Conventions

- 4** Applies rules, conventions of play and terminology with out hesitation or observable errors. Announce score correctly before serving
- 3** Applies major rules, conventions of play and terminology correctly, but makes minor errors and or seek confirmation from others. Announces score before serving.
- 2** Demonstrates a general understanding of the game, but needs assistance from others to correctly apply rules, conventions, terminology or scoring
- 1** Consistently demonstrates incorrect application of rules, conventions, terminology and or scoring. Relies on direction of others to play correctly.

TOTAL APPLICATIONS: /12

COURT BOUNDARIES:



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BADMINTON RULES:

- Badminton games are played to a score of 21. A game must be won by two points.
- Service must take place behind the service line and must be directed to the diagonal box.
- Doubles play uses the long and wide lines with the exception of on the serve where the short back line is used.
- Singles play uses the narrow and long court lines at all times.
- A shuttle that lands on a line is considered "in".
- All serves must be contacted below the waist line.

BADMINTON SCORING:

SINGLES:

- Serves are taken from the right side on a score of zero or an even number.
- Serves are taken from the left side on an odd score.
- Servers rotate sides of the court with each point awarded.

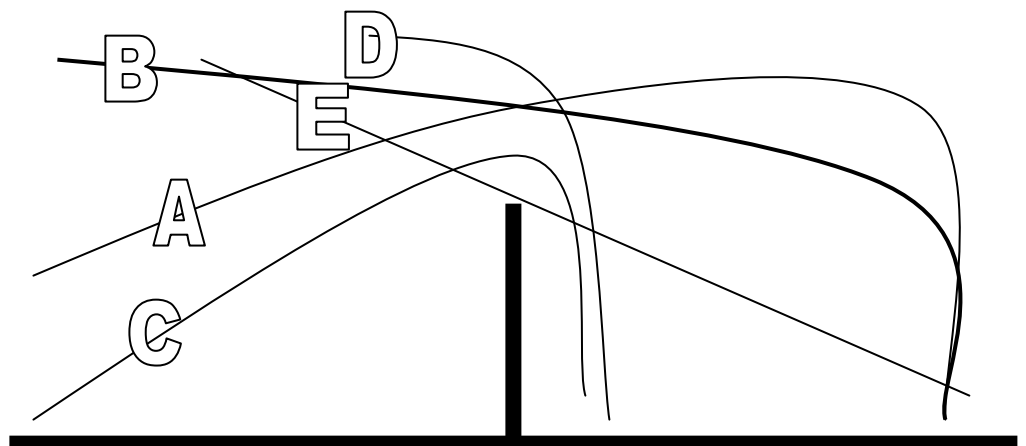
DOUBLES:

- Serves are taken from the right side on a score of zero or an even number.
- Serves are taken from the left side on an odd score
- Only one person serves on the service team until the serve is lost.
- After a point has been scored, the service team rotates, the receiving team does not.

op

BADMINTON SHOTS:

- A-Underhand Clear
- B-Overhand Clear
- C-Underhand Drop
- D-Overhand Drop
- E-Smash



Vocabulary:

Clear-A shot hit deep into the opponents court.

Drive-A fast and low shots that makes a horizontal flight over the net.

Drop Shot-A shot hit softly and with finesse to fall rapidly and close to the net in the opponents court.

High Clear-A defensive shot hit deep into the opponent's court.

Smash-A fast shot hit straight down into the opponent's court so that it cannot be returned.

Serve-The stroke used to put a shuttle into play at the start of teach rally.

PERSONAL/SOCIAL RESPONSIBILITY and SAFETY:

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4. Students demonstrate fair play and appropriate competitive behavior (e.g., cooperating with their opponent, demonstrating leadership, making correct calls, preventing/resolving conflicts, complimenting/encouraging others). Student participates energetically and safely, demonstrating self-control and respect for the positive and safe experience of others. Students appropriately challenge themselves and others to high levels of performance.
3. Students participate energetically and safely, demonstrating self-control, fair play and respect for others.
2. Students participate safely, demonstrating self-control, fair play and respect for others, but are inconsistent in energy.
1. Student lacks self-control at times and/or needs reminders and encouragement from others to participate in a safe, fair, energetic and /or respectful manner.

******Daily PSRS grade is based on this rubric.***