**Unit**

Racket Sports: Badminton

**Lesson**

* This week the students will be participating in the sport of badminton. This sport is highly popular globally, especially in eastern societies. Utilizing play in the Summer Olympics, students will familiarize themselves with the rules, procedures, and strategy that the professional athletes do. This activity will stress the students’ communication and hand-eye coordination.
  + Describe the basic rules and procedures of badminton.
  + Achieve an amateur level of the under-hand serve.
  + Achieve an amateur level of the “kill shot” return.
  + Achieve an amateur level of the “clear shot” return.

***Week of***: March 25-29

# Monday: Badminton Singles

**National Standards**

NASPE 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

NASPE 3: Participates regularly in physical activity.

NASPE 4: Achieves and maintains a health-enhancing level of physical fitness.

**Objective**:

* + Describe the basic rules and procedures of badminton.
  + Achieve an amateur level of the under-hand serve.

**Activity**:

Student’s will begin their “season” of double round-robin games.

# Tuesday: Badminton Singles

**National Standards**

NASPE 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

NASPE 3: Participates regularly in physical activity.

NASPE 4: Achieves and maintains a health-enhancing level of physical fitness.

**Objective**:

* + Describe the basic rules and procedures of badminton.
  + Achieve an amateur level of the under-hand serve.

**Activity**:

Student’s will begin their “season” of double round-robin games.

# Wednesday: Badminton Singles

**National Standards**

NASPE 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

NASPE 3: Participates regularly in physical activity.

NASPE 4: Achieves and maintains a health-enhancing level of physical fitness.

**Objective**:

* + Achieve an amateur level of the “kill shot” return.
  + Achieve an amateur level of the “clear shot” return.

**Activity**:

Student’s will continue their “season” of double round-robin games.

# Thursday: Open Activity/Student Choice

**National Standards**

NASPE 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

NASPE 3: Participates regularly in physical activity.

NASPE 4: Achieves and maintains a health-enhancing level of physical fitness.

**Activity**:

Student’s will choose what activity they would like to complete for the day!

# Friday: No School, SPRING BREAK