



# CANADIAN OLYMPIC ACTIVITY CHALLENGE



## BADMINTON

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Badminton is a racquet sport that started in the mid-1800s in India. Players use a racquet to hit a shuttlecock (also known as a “shuttle” or a “birdie”) over a net. It has been an Olympic sport since the 1992 Barcelona Olympic Games. Athletes compete at the singles, doubles and mixed doubles events.

Badminton can be played with either two opposing players (singles) or two opposing pairs (doubles). The players or pairs stand on opposite sides of a net, and take turns serving a shuttlecock with a racquet. The players rally the shuttlecock back and forth over the net, and each side may only hit the shuttlecock once. A player or team wins a point when the shuttlecock lands on their opponent’s side of the court. A game ends when one side wins 21 points. A match is the best of three games.

A shuttlecock is cone-shaped and made of overlapping feathers or plastic. The round tip is made of cork. The feathers create drag, causing the shuttle to slow down. However, when it is smashed or served, a shuttle can move faster than a tennis ball. This can make the game very fast-paced and exciting.

Badminton players learn a wide variety of strokes like the forehand (like hitting with the palm) or the backhand (like hitting with the knuckles). A player learns which stroke to use in different situations. A badminton player must be very physically fit and able to move quickly in all directions.

To learn more about Badminton or to find a local club please visit, [www.badminton.ca](http://www.badminton.ca).



SCHOOL PROGRAM



# FEATURED COUNTRY

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## INDIA



During the mid-1800s, India was ruled by Great Britain. British soldiers were stationed in many parts of India. It was there that they were introduced to a local game called Poona. When they returned home after their military service, they brought the game to Britain. It was introduced to guests of the Duke of Beaufort at his stately home that was known as Badminton House, around 1873. It was there that the name of the game was changed to badminton.

Badminton remained a popular sport in India, and tournaments were organized starting in the 1930s. Today it is second only to cricket in the number of participants. In the professional Indian Badminton League, there are six teams with 12 players. Several Indian players have reached world-class level. One of these, Saina Nehwal, won a bronze medal in women's singles at the 1992 Barcelona Summer Olympic Games.

# FEATURED ATHLETE

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## MICHELLE LI

THREE-TIME PAN AMERICAN GAMES CHAMPION  
OLYMPIAN, RIO 2016, LONDON 2012

Michelle Li is the most successful Canadian female badminton player ever, becoming the first Canadian woman to ever win badminton singles gold at the Commonwealth Games and being a three-time Pan American games champion. Li competed in her first Olympic Games in London 2012 finishing fourth with doubles partner Alex Bruce, achieving Canada's best-ever Olympic result in badminton. She has ranked as high as number 8 in the world and is striving to reach the top.

To learn more about Michelle please visit [www.olympique.ca](http://www.olympique.ca)

# BADMINTON


# ACTIVITIES

Described below are Daily Physical Activity badminton activities that can be used in the classroom and gym. Have fun!

## LUNGE MANIA

Badminton players work hard to protect as much of the court as they can. An athlete's speed, agility, and reach are key components to a strong defense. Players will lunge for a shuttle numerous times over the span of a match. Strong hamstring and gluteal muscles are essential to success on the badminton court.

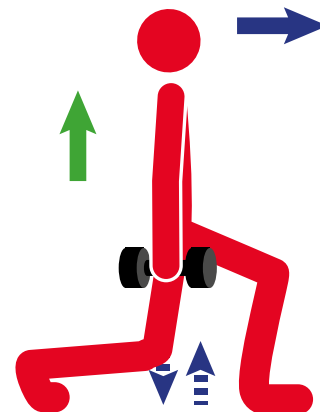
 **Participants :** Individuals or pairs

 **Space :** Anywhere

 **Equipment :** None required

### ACTIVITY DESCRIPTION:

- Start with your feet together and hands at your sides or on your hips. Now, take a giant step forward. Your forward knee should form a 90 degree angle directly above your ankle and your back knee should be pointing down to the ground. This is called a lunge.
- Your hips, shoulders and knees should all be facing forward. Now return to the starting position. Alternate your feet, stepping forward with the other foot.
- Take your time and focus on looking at a certain spot on the ground or wall to help with balance.
- Once you have this mastered, do sets of 10 lunges on each leg.




### ACTIVITY EXTENSIONS:


- Find a partner and face each other. You should be about 2 metres apart. Now lunge forward with your right leg. Pause when your right knee is at 90 degrees and reach out with your right hand to tag your partner's hand as though you are reaching out with a racquet to hit a shuttle.
- Lunge "around the clock". Lunge forward, to 12:00, and return back to center. Facing in one direction, lunge diagonally to 1:00, 11:00, 2:00, 10:00, 3:00, and 9:00. Now lunge backwards to 4:00, 8:00, 5:00, 7:00, and 6:00. Have fun calling out various times on the clock.

# SHUTTLE SCRAMBLE

Badminton is a game of position and strategy. To score points, the athletes try to position the shuttle in the back or front corners of their opponent's side of the court. Keeping an opponent wondering where you will position the shuttle next is the key to earning points. This activity will have you try to throw the shuttle where your opponent isn't expecting. It also forces you to guess where your opponent will throw the shuttle next. These are the important badminton skills of tracking, accuracy and stroke motion.

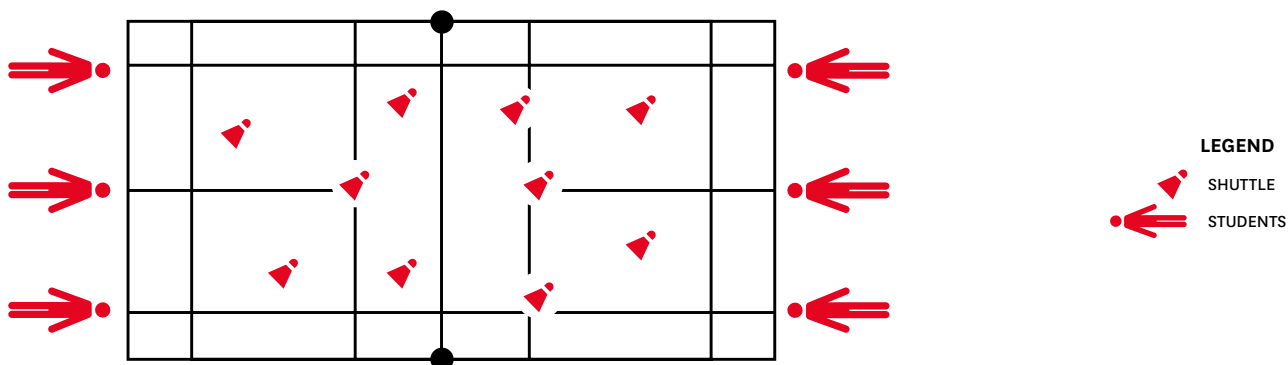
 **Participants :** Groups of 3-6

 **Space :** Gym

 **Equipment :** Badminton court with net, 6-12 shuttles and/or bean bags per court

## SETUP:

- Get into equal sized teams of 3-6 students. Each team should lie down at opposite ends of the court or play area to the opposing team.
- Place an equal number of shuttles on each side of the court or play area.



## ACTIVITY DESCRIPTION:

- As soon as the game starts, stand up and pick up one shuttle and quickly throw the shuttle over the net as far as possible.
- When throwing the shuttle, use proper badminton technique. With a fast, powerful, overhead throw, release the shuttle with a fully extended arm and a release point slightly in front of your head.
- Continue this for a set number of minutes. Start by playing a 3 minute game and then try longer games.
- When the time is up, the teacher should yell 'stop' to end the activity.
- Count the number of shuttles on each side of the court. The team with the least number of shuttles on their side of the court is the winner.

## ACTIVITY EXTENSIONS:


- Eliminate shuttles from play that are caught mid-air
- Increase the difficulty of the activity by changing the rule to say that the shuttle must be thrown from the spot it landed.
- Make different coloured shuttles or bean bags worth a different number of points.


# SHUFFLE TAG

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Badminton requires quick foot movements, balance and coordination. This activity teaches you to ‘shuffle’, which helps with foot coordination. Quick movement and court awareness can make the difference in knowing how to continue a rally or earn a point!

 **Participants :** Groups of 4-5

 **Space :** Badminton court or gym floor with lines that intersect

 **Equipment :** 4 pylons for each playing area (not required on badminton court)

## SETUP:

- Make sure the floor is clear, dry and clear of tripping hazards.
- Divide the class into groups of 4-5 students.
- Assign each group to a court.
- Identify one student in each group to be the tagger.

## ACTIVITY DESCRIPTION:

- Get into groups of 4-5 and decide who will be the tagger.
- You are only allowed to move along the court lines using a shuffling motion. This means that both of your feet should be on the line, and your legs should be shoulder width apart. You should be moving sideways.
- You can only shuffle along lines on the floor and jumping from one line to another is against the rules. In order to be tagged, both the tagger and the person being tagged must be on the same line.
- Shuffle along the court lines without being tagged. If you are tagged, you become “it”. The person who tagged you can walk to another line.

## ACTIVITY EXTENSIONS:

- If your school does not have badminton lines, mark boundaries for the game using pylons. Consider using masking tape on the floor for lines or look for natural lines in the flooring that could be used.
- Add or remove students to a group to vary the level of difficulty.

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# BRINGING IT TO THE CLASSROOM

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When badminton first came to England, it was called Poona. The name was changed when it was introduced to the guests of the Duke of Beaufort at his home (Badminton House). Write about how the conversation might have gone between the soldiers who knew the game as Poona, and the Duke who wanted to change the name of the game to Badminton.

Despite its global popularity, badminton wasn’t included in the Olympic Games as an official sport until 1992. The process and rules to get a sport added to the Olympic Games are rigorous. It can take decades for a sport to be included. Think of a sport that you think should be added to the Olympic Games or the Olympic Winter Games. Make a short speech explaining why you think it should be an Olympic sport.