

#StayInWorkOut

Throwminton



Primary challenge card

The aim of this game is to land a the shuttle in your opponents half of the court. Play to 15 points and see who the champion is.

STEP

Ideas on how to adapt the activity in a national lockdown.



Space

- Mark out a court and divide it in half
- Make sure your boundaries are clearly marked



Time

- Play to 15 points, the first team to reach this score wins
- For a quicker game, play some music and play until the song stops



People

- You need at least 2 people to play this game, but you can also play in teams, if you are playing in teams you might need to make your court bigger
- If one team is continually winning, consider stacking the teams (3 v 5) to make it more even



Task

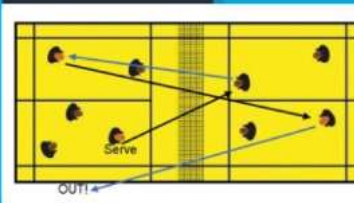
- Start the game with a thrown 'serve' diagonally across the court
- Your opponent must catch the shuttle and throw it back into an empty space from where they caught it
- Continue to 'rally' by throwing the shuttle back and forth
- Play each point until either: someone drops the shuttle, the shuttle touches the floor, or the shuttle is thrown 'out'
- If the shuttle lands on your half of the court, your opponent scores a point and gets to serve, if they throw it out, then you win a point and get to serve



Equipment

- Markers for the court boundaries,
- If you have a net, then you can use this to split the playing area. Alternatively, you can use a rope or any other item that will make a clear, safe dividing boundary
- This game is best played with a shuttle, but can be played with a soft ball to make it slower

In action



Activity video link:

For more challenge ideas go to: www.badmintonengland.co.uk/play/choose-your-court-time/virtual-activity-finder/

www.yourschoolgames.com

