

Badminton 122A #13045

M-W 10:00 AM Spring 2008

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Course based on book: Steps To Success- Badminton

Week One

Administrative Tasks

Week Two

Warm-up, Forehand Fundamentals, Grip, Skills Pre-test

Week Three

Forehand Review, Backhand Fundamentals

Week Four

Overhead Smash, Drop Shot

Week Five

Serve, Scoring, Strategy, Clear

Week Six

Drills and Skills

Week Seven

Singles/Doubles Fundamentals

Week Eight

Small Group Skills and Drills

Week Nine

Singles Tournament, Practice court

Week Ten

Singles Tournament, Practice Court

Week Eleven

Doubles Tournament, Practice Court

Week Twelve

Doubles Tournament, Practice Court

Week Thirteen

Challenge Ladder-Singles or Doubles, Skills Test

Week Fourteen

Challenge Ladder-Singles or Doubles, Skills Test

Week Fifteen

Final Exam/Written

Attendance-Three classes missed and .5 letter grade lowered for each miss.

Grade is based on growth/skills acquisition-50%, Attendance 25%, written final (25%)

Goals: Understand role of Lifetime Sports in today's Society....

How different people learn motor skills.....

Social skills related to the game....

Badminton is more than a sport!

Spring Break March 17-22