

PE Unit 1- Badminton

Content Area: **Health & PE**
Course(s): **Generic Course, Health 3**
Time Period: **Marking Period 2**
Length: **3 weeks**
Status: **Published**

Unit Introduction

Students will learn the basic skills and strategies needed to participate in a game of badminton.

Students will also learn strategy, teamwork, communication, good sportsmanship, and movement concepts.

Standards

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| HPE.2.5.12.B.1 | Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies. |
| HPE.2.5.12.B.CS1 | Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork. |
| HPE.2.5.12.C.2 | Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment. |
| HPE.2.5.12.C.CS1 | Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction. |
| HPE.2.6.12.A.CS1 | Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction. |

Essential Questions

1. How do team-based activities benefit you individually?
2. Why do I have to show good sportsmanship and follow the rules?
3. What benefits are gained from participating in activities promoting cardiovascular fitness?
4. To what extent does strategy influence performance in competitive games and activities?
5. Why is practicing skills important in improving your overall success rate?

Content / Skills

1. badminton rules/regulations worksheet

2. equipment