**Activities for PE Badminton**

Check grips*. Regular. Power. Backhand.*

Shuttle balance. Shuttle Run/Relays. Shuttle Toss-ups and Catches using only the rackets for both skills.

Two or three person Shuttle Catch/Toss Activity.

Relay Races with the shuttle balance on the strings in play.

Underhand Serves. Finish over your non-racket shoulder near your ear. Trouble Shooting.

Backhand Serves. THUMP up on the back of the handle as in the backhand grip. Hit using your hand.

No Net Rallies. (10 feet or so apart). Either *Backhand* or with the *Power Grip*.

Shuttle Tosses. Underhand with thumb inside, Overhead with thumb and middle finger around the cork.

Overhead toss to the net from the back court, run, retrieve, shuffle back, repeat. Or, from closer to the net, player #1 throws the shuttle over the net, player #2 retrieves, backs up and throws it back over the net.

Underhand toss to the net by multiple feeders to one player who hits an underhand clear which is retrieved by the feeders. Players take their turn at hitting.

Triples Must Rotate Game. 3 players to a side in a “triangle” configuration with one player in the front and center with 2 players in the back corners (or so). The Players rotate clockwise after the shuttle crosses over the net having been struck by a player on their side of the court.

Half Court Singles. Players use a half court long and narrow.

Small Box Half Court Doubles. One player per side in half court but all shuttles must go into the small box past the short serve line and in front of the doubles serve line.

All Underhand Small box Singles. No overhead shots allowed.

Fronton/Error Out Singles/Doubles or Half Court games. You have a number of players who wait in line for their turn to play in the game for one or more points. If you win the point you stay in. You keep track of your own score and resume with that score when you return into the game.

Short Game Winner Stays On. Using your total number of courts, player either singles, doubles or triples to a short specified score. Winner stays on. Those waiting to go one do so in order and go to the next court where a game has been completed. Maximum of 5 point games using rally scoring is advised.