



Badminton Golf Target Games

Equipment



Tactical Focus

Proximity to Target

Avoiding Obstacles

Creating a Dynamic Reaction

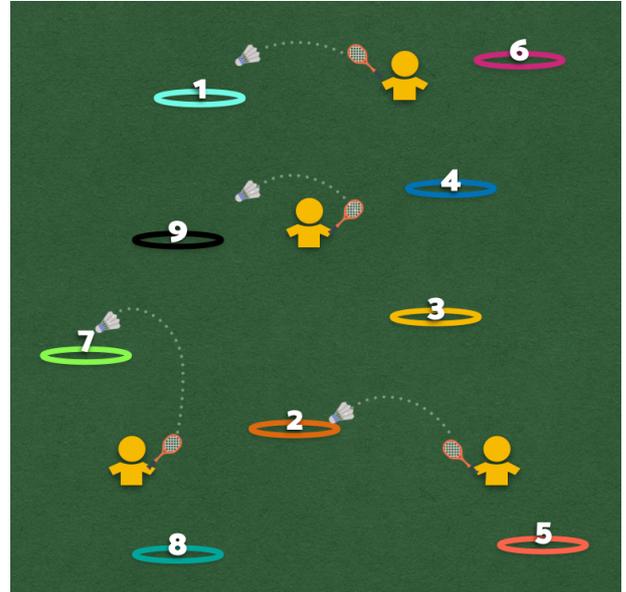
Defending Space/Objects

Getting Last Shot



Description

- Set up 9 hoops around your playing area.
- Each player is given a badminton racquet and a birdie.
- Players select their starting point in the playing space. From this point they aim to hit the birdie into the hoop in the fewest shots possible.
- After successfully hitting birdie in hoop and completing hole, players return to the same starting point and aim for another hoop.
- Repeat for all 9 holes.
- Once all 9 hoops have been completed players add their total score. The lower the score the better!



Modifications (Change It!)



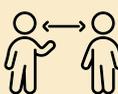
Change it Up

Increase the distance between hoops and make the playing area larger.
Use smaller hoops/targets.
Choose more challenging way of sending object (overhand throw, non-dominant hand).



Change it Down

Decrease the distance between hoops and make the playing area smaller.
Use larger hoops/targets.



Change it for Distance

Ensure each student has their own equipment.
Only allow one player per hole.



Change it for Home

Use household items for hoop (dish cloth, towel).
Hit socks with a pan in place of regular equipment.



Assessment



Emerging

Student has difficulty hitting the birdie with the racquet and takes a large number of shots before successfully getting birdie in hoop.



Developing

Student can hit birdie with racquet but has little control over its direction or force. Hitting birdie in hoop is often due to luck.



Competent

Student can hit birdie with racquet and is able control direction and force to get the birdie into the hoop.



Proficient

Student can hit birdie with racquet confidently and is able to use force and direction effectively to hit birdie in hoop with minimal number of shots.



Questions

How did the distance between the starting point and the hoop affect the way you hit the birdie?

How did you decide on how much force you needed to use to hit the birdie?

Did you encounter any obstacles on the course? How did you navigate these?