

## Objective

By the end of this lesson, you will be able to understand the basic rules and techniques of badminton and have fun playing the game.

## Materials and Prep

- Badminton racket
- Badminton shuttlecock
- Open space or backyard
- Comfortable sports attire and shoes

No prior knowledge or experience required.

## Activities

- Warm-up exercises - Start with light jogging or jumping jacks to get your body warmed up and ready for playing badminton.
- Learning the grip - Practice holding the badminton racket correctly. Hold it like you are shaking hands with someone, with your fingers wrapped around the handle.
- Forehand and backhand swings - Learn the basic swings by hitting the shuttlecock with your racket. Practice hitting it with the forehand and backhand swings.
- Playing a rally - Stand across from your partner and take turns hitting the shuttlecock back and forth over the net. See how many times you can keep the rally going without dropping the shuttlecock.
- Mini-game - Divide into teams and play a mini-game of badminton. The goal is to hit the shuttlecock over the net and make it land inside the opponent's court, scoring points for your team.

## Talking Points

- **What is badminton?** Badminton is a fun and fast-paced sport played with rackets and a shuttlecock. The objective is to hit the shuttlecock over the net and make it land inside the opponent's court.
- **How do you hold the racket?** Hold the racket like you are shaking hands with someone. Wrap your fingers around the handle and make sure it feels comfortable in your hand.
- **What are forehand and backhand swings?** The forehand swing is when you hit the shuttlecock with the front side of the racket. The backhand swing is when you hit it with the back side of the racket. Practice swinging the racket in both ways.
- **How do you play a rally?** A rally is when you hit the shuttlecock back and forth over the net with your partner. Try to keep the rally going as long as possible without dropping the shuttlecock. It's like a friendly competition!
- **What is the objective of the mini-game?** In the mini-game, the objective is to score points by hitting the shuttlecock over the net and making it land inside the opponent's court. Work together with your team to win!