

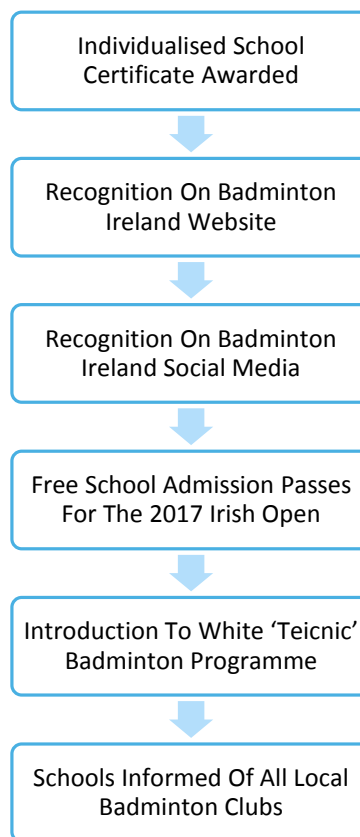
## Introduction to the Badminton Ireland 5 Star Challenge

1. The Badminton Ireland Active Schools Week programme is designed so it can be implemented and completed within one PE lesson during Active Schools Week.
2. To achieve a star, a class must complete a challenge and record all scores on the assessment sheet.
3. There are five stars in total on offer and a number of benefits have been outlined for schools who complete the challenge.
4. Guidelines for all the challenges are provided on the next page.
5. An assessment sheet is also included which allows teachers to record the challenge scores, along with the score of all pupils to give the school an overall Active School Week total. This score is sent to Badminton Ireland to add to the national leaderboard



## Active Schools Flag – 5 Star Challenge

### Benefits Of Completing 5 Star Challenge



Forehand Keep Ups

Backhand Keep Ups

Alternate Keep Ups

Serving Challenge

60 Second Challenge

5 Stars Offered

Stars Achieved



## Objectives of the Badminton Ireland 5 Star Challenge

- Children introduced to the game of Badminton.
- Children develop some of the **FUN**damental techniques of the game.
- Children offered the opportunity to try the techniques they have learned by completing the 5 challenges.

# Video Resources

## Forehand Keep Ups

<http://badmintonireland.net/bitv/video/show/117/Teicnic-White-5-Forehand-Keep-Ups>

## Backhand Keep Ups

<http://badmintonireland.net/bitv/video/show/118/Teicnic-White-6-Backhand-Keep-Ups>

## Alternate Keep Ups

<http://badmintonireland.net/bitv/video/show/119/Teicnic-White-7-Alternate-Keep-Ups>

## Serving Challenge

<https://www.youtube.com/watch?v=nc5c0z2xEAw>

## 60 Second Challenge

<https://www.youtube.com/watch?v=Tac2kf9wQ8Q>



## Equipment Needed?



If your school would like to participate in the 5 Star Challenge but do not have the equipment required, please contact [development@badmintonireland.com](mailto:development@badmintonireland.com), who will try to arrange a loan of equipment from your local Badminton club.

# Challenge Guidelines

## 1. Forehand Keep Ups

- ✓ Set up as per video resource
- ✓ Count number of *Forehand Keep Ups* in 30 Seconds
- ✓ Combine all scores in the class and record on results sheet

## 2. Backhand Keep Ups

- ✓ Set up as per video resource
- ✓ Count number of *Forehand Keep Ups* in 30 Seconds
- ✓ Combine all scores in the class and record on results sheet

## 3. Alternate Keep Ups

- ✓ Set up as per video resource
- ✓ Count number of *Forehand Keep Ups* in 30 Seconds
- ✓ Combine all scores in the class and record on results sheet

## 4. Serving Challenge

- ✓ Set up as per video resource (Distance is 10m between the player and the target)
- ✓ Each pupil is allowed 10 attempts each.
- ✓ Count the number of successful efforts per pupil out of 10 efforts and combine all scores.
- ✓ Combine all scores in the class and record on results sheet.

## 5. 60 Second Challenge

- ✓ Set up as per video resource
- ✓ Count the number of strokes between pairs in 60 Seconds
- ✓ Combine all scores in the class and record on results sheet

# Badminton Ireland 5 Star Challenge – Results Sheet

	Pupil Name	Forehand Keep Ups Total	Backhand Keep Ups Total	Alternate Keep Ups Total	Serving Challenge	60 Second Challenge	
1							Overall Class Combined Score For National Leaderboard
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
<b>Class Totals</b>							