**Move to Improve: Think and work toward skill refinement.**

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** Manipulative Skill Focus: Striking with a Racket**

**Think about space:**

* Where does your body move through space?
* Where does your racket move through space?
* Why is it important to think about space?

**Think about movement through space:**

* Location
* Direction
* Levels
* Pathways
* Extensions

**Examples:**

* When moving to return the shuttle, a straight line is the best pathway to take in order to position your body for striking.
* A high, curved shot (clear) can be used to slow the pace of the game and give you time to regain your position on the court.

*Adapted for Badminton using the Movement Analysis Wheel in Children Moving: A Reflective Approach to Teaching Physical Education. George Graham, Shirley Ann Holt/Hale, Melissa Parker.*

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**Manipulative Skill Focus: Striking with a Racket**

**Think about relationships:**

* Where are you positioned with respect to people, the net, floor markings?
* Where is the shuttle with respect to your body, the net, and floor markings before you hit it?
* Where do you want to hit the shuttle with respect to your opponent, the net, and floor markings in order to gain an advantage?
* Why is it important to think about relationships?

**Think about spatial relationships:**

* With your body
* With your opponent
* With your partner
* With the shuttle
* With the net
* With floor markings

**Examples:**

* A drop shot is best used when your opponent is in the backcourt and you place your shot in the front court, just over the net.
* A forehand stroke is used when the shuttle is hit to your dominant side.

*Adapted for Badminton using the Movement Analysis Wheel in Children Moving: A Reflective Approach to Teaching Physical Education. George Graham, Shirley Ann Holt/Hale, Melissa Parker.*

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**Manipulative Skill Focus: Striking with a Racket**

**Think about effort:**

* How does your body move through space?
* How does your racket move through space?
* How are you bound to court markings and boundaries?
* Why is it important to think about effort?

**Think about your effort:**

* Time (Fast – Slow)
* Force (Strong – Light)
* Flow (Bound – Free)

**Examples:**

* Swing fast and strong if your opponent is out of position and there is open space for a smash shot.
* Use a slower and more controlled shot for accuracy if you’re trying to move your opponent to a specific area of the court.

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