

ASD Academic Plan

Physical Education: Badminton

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to the basic skills and knowledge associated with badminton. By applying these principles through active participation, students develop the necessary skills and knowledge to pursue badminton as a lifetime activity. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness and physical performance.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Repeatable unlimited times.	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
<p>Understand basic badminton rules, terminology, safety concerns, and scoring procedures.</p> <p>Demonstrate proper court etiquette and good sportsmanship.</p> <p>Demonstrate basic skills associated with badminton including clear; drop, smash, shots, grip and serves.</p> <p>Willingly participates in badminton as a component of an active lifestyle.</p> <p>Assess current personal fitness levels.</p>	<p>Use a variety of groundstroke placements to keep opponent moving during a match.</p> <p>Understands the impact of participation in badminton on various components of fitness.</p> <p>Demonstrate an understanding of community resources and opportunities related to racquet sports.</p> <p>Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and stress management.</p> <p>Willingly participates in badminton as a component of an active lifestyle.</p> <p>Assess current personal fitness levels.</p> <p>Identify the major muscle groups and their application to badminton.</p> <p>Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.</p> <p>Have a basic understanding of nutritional practices as related to health and physical performance.</p>