

Name: _____

Badminton Programmed Practice Sheet

Class: _____

Badminton Study: Traditional Skills tests vs. Programmed Practice Sheet (PPS)

Instructions: Please read and follow these instructions carefully.

Traditional skill tests require that you perform a skill in terms of how far and/or how many you can do. For example, students take their turn at serving ten times and their score is how many they got out of ten. Then a grade is equated to that number (A = 9, B = 8, C = 7, etc). If you had a bad day or if you may not be the most athletic, this type of skills tests often leaves you frustrated with the experience. It does not take into account your improvement, your effort or your participation. It is only concerned with how your performance compares to others or to an arbitrary standard.

A **programmed practice sheet** represents a *different approach* to assessing sports skills in physical education. It is less concerned with how far/how many you can do and is more concerned with the *learning process* in which each student is engaged.

When using a PPS, your skill grade will come from completing the tasks listed. In other words, if you do the work, you earn your skill grade. It takes into account the effort, time and participation you put forth *throughout* the unit. And, since your grade comes directly from the PPS, it rewards you for all of these things. You do not have to be a gifted athlete to get full points by completing the PPS. All students can succeed. And the best part is, that by completing the work as outlined, your skills will improve. After all, this is a program of practice and practice leads to improved skills.

How to use a PPS: A PPS allows each student to document the work he/she has done while in a badminton unit. Do the task and indicate on the PPS that you have completed it. Then move on to another. For example on Skill Level A, #1 you must successfully serve 10 birds in the back half of the single's service area. Each time you successfully serve 10 birds, circle the number (i.e. 1) and record the score (i.e. 30). When all three sets of this item are complete, have a partner or the instructor initial in the witness column. When the entire PPS is completed, hand it in. Your skill grade will then be equated to how much of the work you completed. By completing the work you become more skilled. As you become more skilled, your ability to perform increases. All this is accomplished *without* the stress and anxiety of having to perform for your grade on a traditional skills test.

Choices on the PPS: You will notice that this PPS includes three skill levels from which *you may choose*. Each student comes to class with differing abilities. So, by having choices, a student can meet his/her own skill needs by custom making his/her own program of practice. Choose a skill level (A,B or C) and work to complete it. If the item is too easy or too difficult, feel free to make an adjustment. All skill levels earn the same number of points. The easier levels have more repetitions.

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| Date | Score | Witness (Initials) | Skill Level A | Skill Level B | Skill Level C |
|------|-------|-----------------------|--|---|---|
| | /50 | | 1) Using a long serve, successfully serve 10 birds that land in the back half of the single's service area. Do this 4 times. Initial when complete. 1 2 3 4 | Using a long serve, successfully serve 10 birds that land in the back third of the single's service area. Do this 3 times. Initial when complete. 1 2 3 | Using a long serve, successfully serve 10 birds that land in the back alley of the single's service area. Do this 2 times. Initial when complete. 1 2 |
| | /50 | | 2) Using a short serve, successfully serve 10 birds that land in the front half of the single's service area. Do this 4 times. Initial when complete. 1 2 3 4 | Using a short serve, successfully serve 10 birds that land in the front third of the single's service area. Do this 3 times. Initial when complete. 1 2 3 | Using a short serve, successfully serve 10 birds that land within 3 feet of the front service line in the single's service area. Do this 2 times. Initial when complete. 1 2 |
| | /50 | | 3) Successfully complete 10 overhead clears (hit from ½ court or deeper) over the net that land in the back half of the receiver's court. Do this 4 times 1 2 3 4 | Successfully complete 10 overhead clears (hit from ½ court or deeper) over the net that land in the back third of the receiver's court. Do this 3 times 1 2 3 | Successfully complete 10 overhead clears (hit from ½ court or deeper) over the net that land in the back alley of the receiver's court. Do this 2 times. 1 2 |
| | /50 | | 4) From partner's clear, use an overhead drop shot to successfully drop 10 birds that land between the net and the short service line of the receiver's court. Do this 4 times. Initial when complete. 1 2 3 4 | From partner's clear, use an overhead drop shot to successfully drop 10 birds that land within 4 feet of the net on the receiver's court. Do this 3 times. Initial when complete. 1 2 3 Each Score: | From partner's clear, use an overhead drop shot to successfully drop 10 birds that land within 2 feet of the net on the receiver's court. Do this 2 times. Initial when complete. 1 2 |

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| /50 | | <p>5) From partner's flat push to the half court sideline, use an underhand/sidearm drop shot to successfully drop 10 birds that land between the net and the short service line of the receiver's court. Do this 4 times. Initial when complete.</p> <p>1 2 3 4</p> | <p>From partner's flat push to the half court sideline, use an underhand/sidearm drop shot to successfully drop 10 birds that land within 4 feet of the net on the receiver's court. Do this 3 times. Initial when complete.</p> <p>1 2 3</p> | <p>From partner's flat push to the half court sideline, use an underhand/sidearm drop shot to successfully drop 10 birds that land within 2 feet of the net on the receiver's court. Do this 2 times. Initial when complete.</p> <p>1 2</p> |
| /50 | | <p>6) Partner clears the bird and you hit a smash that lands in the opponent's court. Do this 4 times. Initial when complete.</p> <p>1 2 3 4</p> | <p>Partner clears the bird and you hit a smash that lands in front of the long service line for doubles. Do this 3 times. Initial when complete.</p> <p>1 2 3</p> | <p>Partner clears the bird and you hit a smash that lands in front of the long service line for doubles and less than 4 feet from the side boundary. Do this 2 times. Initial when complete.</p> <p>1 2</p> |
| /10 | | <p>7) Explain to your partner three cues for the clear. Initial item when complete.</p> | <p>Demonstrate and explain to a partner the correct cues for the clear. Initial item when complete.</p> | <p>Assess and provide cue-specific feedback to your partner as they perform the clear. Initial item when complete.</p> |
| /10 | | <p>8) Explain to your partner three cues for the short or long serve. Initial item when complete.</p> | <p>Demonstrate and explain to a partner the correct cues for the short or long serve. Initial item when complete.</p> | <p>Assess and provide cue-specific feedback to your partner as they perform short and long serves. Initial item when complete.</p> |

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| | /10 | | 9) Demonstrate a good attitude throughout the badminton unit. Only Coach can sign this one off. | Demonstrate a good attitude throughout the unit and high-five the teacher 5 times during the badminton unit. Only Coach can sign this one off. 1 2 3 4 5 | Demonstrate a good attitude during the unit and give the teacher and every classmate a High-Five at sometime during the unit. Only Coach can sign this one off. |
| | /10 | | 10) Write one sentence clearly explaining what you enjoyed about badminton this Semester. | Write two sentences clearly explaining what you enjoyed about badminton this Semester. | Write three sentences clearly explaining what you enjoyed about badminton this Semester. |

What I enjoyed about badminton this semester:
