**Badminton Bingo**

**Directions:**

**1. Complete 5 warm up activities each day. Cross out an activity once completed**

**2. Identify one component of fitness (skill or health) worked by the activity performed in each square. Write it in the square.**

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| **Run from the net to the back line 5x.**  **You must face the net at all times.** | **Hold a plank for 30 seconds** | **Hit the shuttlecock 5x to a partner on 5 different courts** | **10 push ups** | **Run around the fieldhouse 1x** |
| **20 Plank Jacks** | **Hit the shuttlecock to a partner 10x between the net and short service line only** | **Side shuffle across the width of 4 badminton courts and back.** | **30x of any abdominal exercise (crunches, bicycles etc)** | **Crab walk from one end of the badminton court to the other** |
| **Run across the basketball court and back while tapping a shuttlecock on your racquet** | **20 Jumping Jacks** | **Start in the center of the court. Run to each corner of the court and back to the middle, facing the net** | **Bear crawl from the back of the court to the net and back** | **Complete a rally of 20 consecutive shots. If the shuttlecock is not returned, start over.** |
| **Hit the shuttlecock 5x to a partner on 8 different courts** | **Run around the fieldhouse 2x** | **Hit the shuttle up 10x, change which hand holds the racquet after each hit** | **Facing the net, run from one side of the court to the other side 5x *as quickly as you can*** | **30 Skaters** |
| **10 Squats** | **Hit the shuttlecock *past* the short service line**  **10x** | **20 Bird Dogs, hold each one for 3 seconds** | **20x of any abdominal exercise (crunches, bicycles etc)** | **Hit the shuttlecock 7x to a partner on 6 different courts** |

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| **Health related components of fitness:** Body Composition/ Cardiovascular Fitness/ Flexibility/ Muscular Endurance/ Muscular Strength |
| **Skill related components of fitness:** Agility/Balance/ Coordination/ Power/ Reaction Time/ Speed |

**Rubric**

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| **4** | All activity squares completed as directed (5 per day)  One component of fitness correctly identified for each activity square |
| **3** | All activity squares completed as directed (5 per day)  One component of fitness identified for each activity square, <5 errors |
| **2** | >20 activity squares completed as directed (5 per day)  One component of fitness identified for >20 activity squares, <7 errors |
| **1** | <20 activity squares completed as directed (5 per day)  One component of fitness identified for >15 activity squares, <7 errors |
| **0** | No evidence |

**National Standards Addressed**

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.