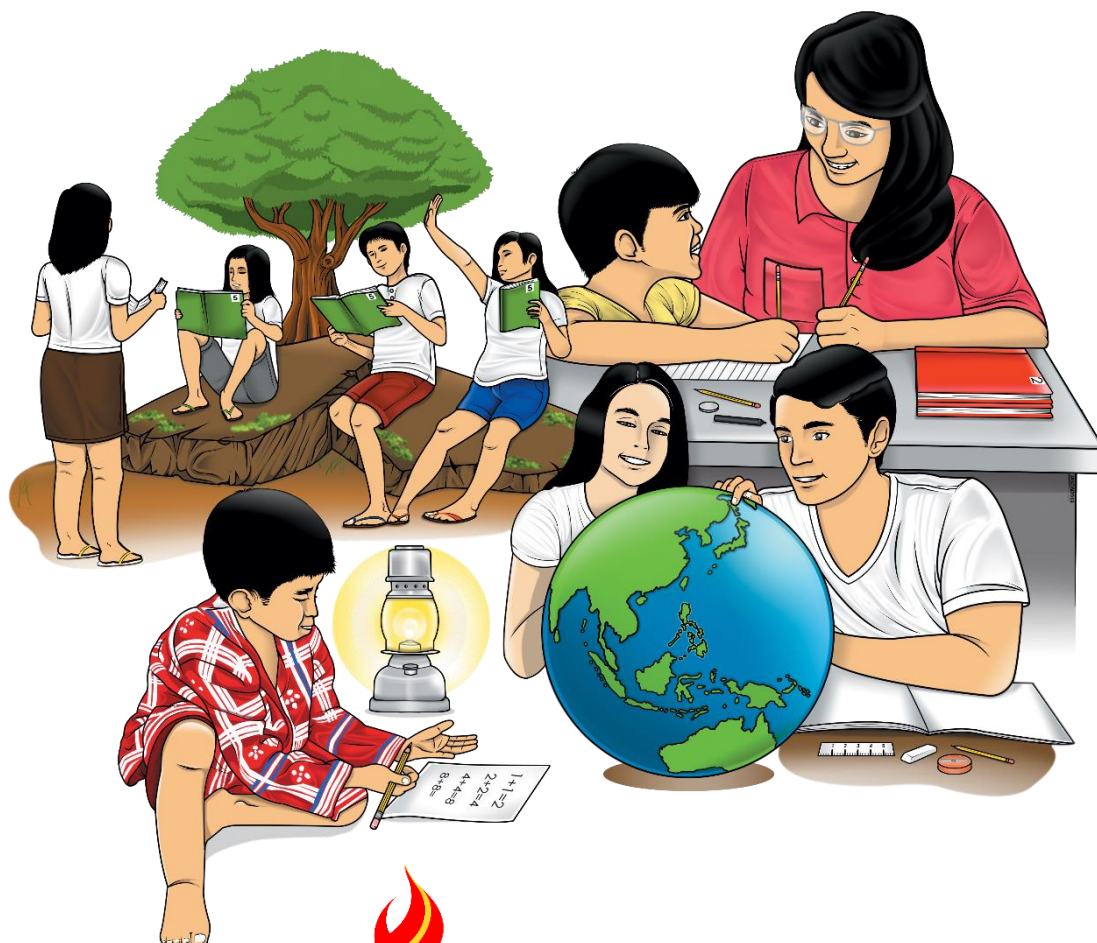


Senior High School

Health Optimizing Physical Education 2

Quarters 3 and 4 – Module 4: Moderate to Vigorous Physical Activities - Badminton



**Health Optimizing Physical Education 2 (H.O.P.E. 2)
Alternative Delivery Mode
Quarters 3 and 4 – Module 4: Moderate to Vigorous Physical Activities - Badminton
First Edition, 2021**

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**Health Optimizing
Physical Education 2
Quarters 3 and 4 – Module 4:
Moderate to Vigorous Physical
Activities - Badminton**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check you're learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

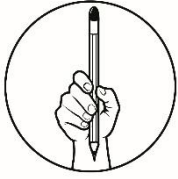
This module was designed and written with you in mind. It is here to help you master the proper etiquette and the safe use of facilities and equipment. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students. The lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook you are now using.

The module is composed of one lesson consisting different activities.

- Lesson 1 – Nature and Background of Badminton

After going through this module, you are expected to:

1. Engage in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in and out of the school;
2. Discuss the nature and background of badminton;
3. Identify the basic fundamental skills in playing badminton;
4. Familiarize with the different facilities and equipment used in playing badminton; and,
5. Perform basic drills in badminton.



What I Know

Read each statement carefully and choose the letter of the answer that will complete each statement. Write the chosen letter on a separate sheet of paper.

1. What do you call a racquet sport played indoor on a court by two opposing players (singles) or two opposing pairs of players (doubles), in which a shuttlecock is volleyed over a net?
A. Arnis
B. Badminton
C. Basketball
D. Football
2. The game badminton came to be known initially as _____.
A. Badminton
B. Paana
C. Piina
D. Poona
3. When was the first Open Tournament held at Guildford?
A. March 1889
B. March 1989
C. March 1998
D. March 1999
4. How many goose feathers are needed to make a shuttlecock?
A. 15
B. 16
C. 17
D. 18
5. Badminton can be played in the following categories **EXCEPT** _____.
A. Men singles
B. Men doubles
C. Men triple
D. Mixed doubles
6. The overall length limit of a badminton racket is _____.
A. 23.77 inches
B. 24.77 inches
C. 25.77 inches
D. 26.77 inches
7. In badminton, what is the term used for volleying a shuttlecock across the net until it hits the ground?
A. Backhand
B. Forehand
C. Rally
D. Service
8. This grip is used to hit shots that are on the hand facing in the direction of the stroke and around the head shots.
A. Backhand
B. Forehand
C. Rally
D. Service
9. This grip is used to hit shots that are on back of the hand facing in the direction of the stroke, with the arm across the body.
A. Backhand
B. Forehand
C. Rally
D. Service
10. How many points does a player need to be declared as the winner of a badminton game?
A. 20
B. 21
C. 22
D. 23

11. What do you call an outright point from a serve that is not even touched by the receiver?
- A. Ace
 - B. Clear
 - C. Lift
 - D. Smash
12. It is a hard, overhead shot, hit directly down into the opposition's court.
- A. Ace
 - B. Clear
 - C. Lift
 - D. Smash
13. If you are a left-handed person, where is your forehand?
- A. Left
 - B. Right
 - C. Both
 - D. None of the above
14. It is a shot played from beneath the height of the net, normally played high to the back of the court.
- A. Ace
 - B. Clear
 - C. Lift
 - D. Smash
15. Badminton matches are the best-of-how many games?
- A. 1
 - B. 2
 - C. 3
 - D. 4

Lesson

1

Badminton

In physical education, increasing MVPA has the greatest potential for increasing health benefits for most students as it generates more energy expenditure; contributes to obesity prevention and muscular and bone development; reduces anxiety and stress; improves self-esteem, mood and concentration; and reduces the risk of chronic disease.

This lesson will lead you to the importance of engaging in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in and out of the school in order to establish the good quality of life



What's In

Activity 1.1: WHAT AM I?

Read each statement closely and identify what is suggested by each statement. Write the answers on the spaces provided before the items.

- _____ 1. I am a three-letter word you used to catch fish. What am I?
- _____ 2. I am a sport equipment that is made up of 16 goose feathers. What am I?
- _____ 3. I am a place where justice prevail. What am I?
- _____ 4. I am a sport equipment with a string on my head. What am I?

Consider all your answers to the four items above to answer the riddle below.

What **"B"** is a sport that uses a racquet?



Notes to the Teacher

Congratulations. You are now ready to learn something new. Keep it Up!



What's New

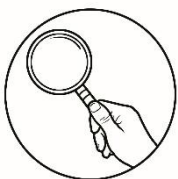
Did You Know?

The origin of the game badminton is complex and unclear. However, the general assumption, badminton has its origins in ancient civilizations in Europe and Asia. The ancient game known as battledore (bat or paddle) and shuttlecock probably originated more than 2000 years ago.

In the 1600s, battledore and shuttlecock was an upper-class pastime in England and many European countries. In this game, two people had to hit a shuttlecock backwards and forwards with a simple bat as many times as they could without allowing it to hit the ground.

Modern badminton can be traced to mid-19th century British India. It was created by British military officers stationed there. A net was added to the traditional English game of battledore and shuttlecock. As it was popular in the British garrison town of Poona, the game came to be known as "Poona" or "*Poonai*." Initially, woolen balls were preferred by the upper classes in windy or wet conditions, but ultimately, shuttlecocks took over the role of a "ball." This game was taken by retired officers who got back to England. It was introduced as a game for the guests of the Duke of Beaufort at his stately home 'Badminton' in Gloucestershire, England where it became popular. Hence, the origin of the name "Badminton."

In March 1898, the first Open Tournament was held at Guildford and the first 'All England' Championships were held the following year.



What is It

Badminton

A racket sport played indoor on a court by two opposing players (singles) or two opposing pairs of players (doubles), in which a shuttlecock is volleyed over a net and the competitions are presided by an umpire in British English and a referee in American English.

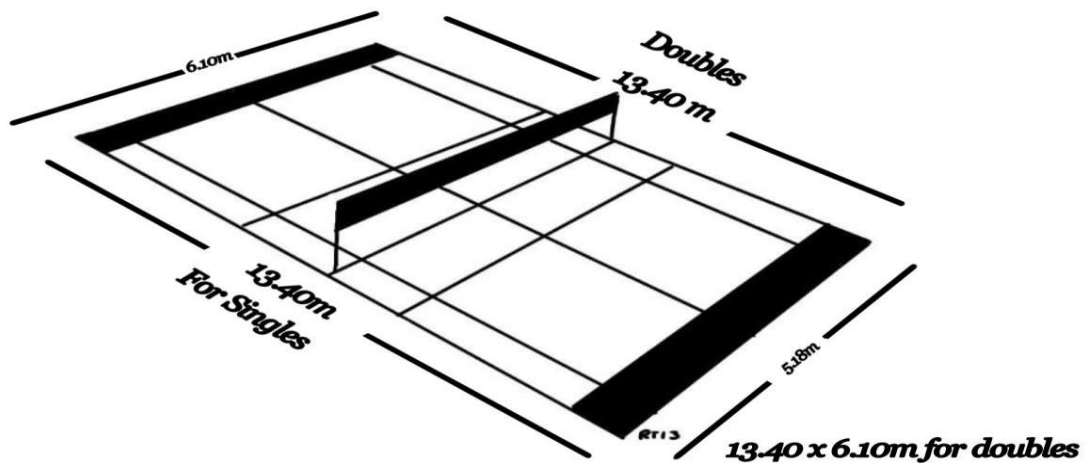
1. Game

The five main categories of badminton play are men's singles, women's singles, men's doubles, women's doubles, and mixed doubles. To play badminton, opposing singles players or doubles teams stand on either side of a badminton

net. Players rally one shuttlecock over the net using a racket. Rally is the badminton term for volleying a shuttlecock across the net until it hits the ground. The goal is to land the shuttlecock in the marked boundaries on the opposing side of the net. One point is earned by the side that wins the rally. A badminton game consists of the best of 3 games of 21 points each game. At the beginning of the badminton game and whenever the server's score is an even number, servers serve the shuttle over the net to the opposing player from the right side of the court. Servers serve the shuttle over the net from the left side of the court when their score is an odd number. Servers serve from the opposite side of their court when they win a rally and a point. Doubles badminton play observe the same serving rules as singles badminton play with the exception of passing the serve. Serves pass consecutively to players opposite each other on the badminton court.

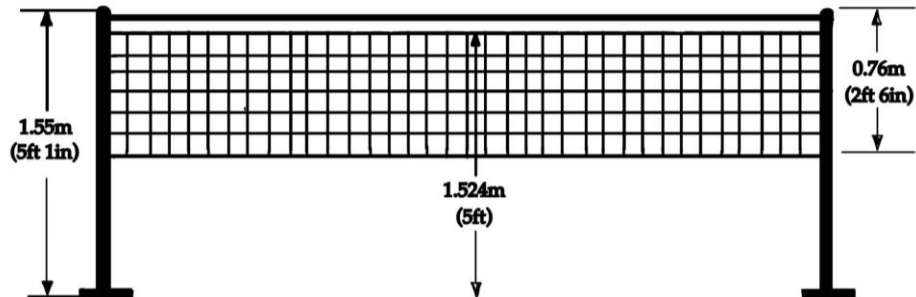
2. Court

The court is a 13.40m x 5.18m rectangle for singles and a 13.40m x 6.10m rectangle for doubles. The same court is used for Singles and Doubles contests; only the line marks differ. The court is divided into two equal parts by a net attached to the posts at a height of 1.55m.



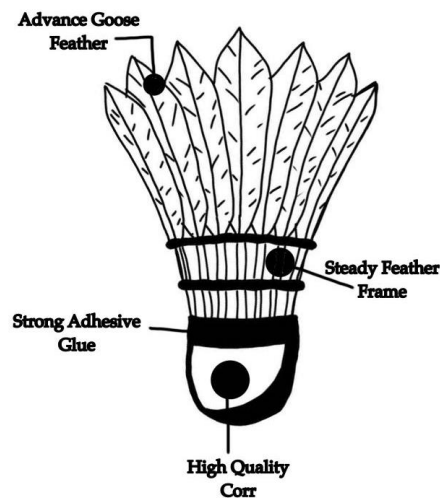
3. Net

A badminton net is 2 1/2-feet deep and is raised 5 feet high across the center of the badminton court, over the net line. Often made from vinyl mesh, most nets have a leather or cotton top.



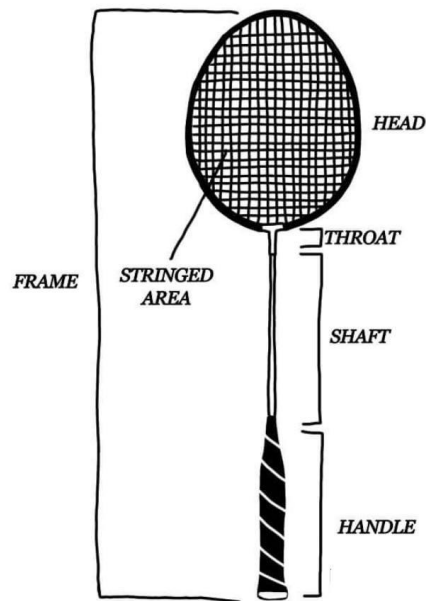
4. Shuttles

The shuttlecock is made of a semi-spherical piece of cork coated with leather. On it are attached 16 real goose feathers forming a cone. A shuttlecock must weigh between 4.74g and 5.5g.



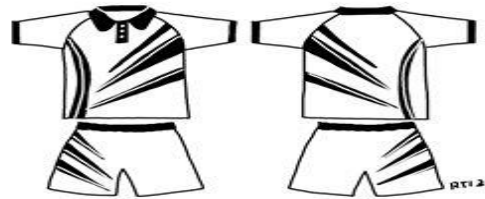
5. Rackets

Badminton rackets are made from lightweight materials that are known for durability such as aluminum, steel, and carbon fiber. The overall length limit of a badminton racket is 26.77 inches. Standard badminton rackets must not be wider than 9.06 inches. The strings on the racket must range from .03 inches thick. The overall weight of the racket cannot exceed 3.2 oz.



6. Badminton Uniform

Badminton athletes wear shorts/skirts and short sleeved shirts and any combination of colors is permissible. In doubles, both players must wear the same clothing, which has their names on the back of the shirts. Shoes are usually flat but there are no official standards or specifications.



Badminton, like other sports, is an activity that requires physical actions at a certain level of skill and ability where players compete under a set of rules. Whereas, it is necessary to learn the basic of badminton in order to properly play the game. Nonetheless, understanding how the game is played is most essential. Basic badminton skills and rules are as follows:

1. Grip

You will want to learn how to hold your racket with the forehand to hit shuttles on that side of your body and backhand to hit on the opposite side. You will use a forehand grip to hit above your head as well. You can hit the shuttle using a backhand grip with your elbow up or down. It is good to practice hitting with these grips to improve your skills.

Basic Ways of Gripping the Racket

A. Forehand

This grip is used to hit shots that are on the hand facing the direction of the stroke and around the head shots.



B. Backhand Grip

This grip is used to hit shots that are on the back of the hand facing the direction of the stroke, with the arm across the body.



2. Footwork

Your footwork can bring more success to your game if you learn the basics of moving on the court and practice them. Your ready position should include standing in the center of the court if you are playing singles and bending your knees with your body relaxed and waiting for play. Move your feet by shuffling them or gliding from left to right and stepping or lunging forward. To move backward, go fast enough that you get behind the shuttle to hit it hard enough.

3. Serving Fundamental Skills

Four types of badminton serves include: 1) the high serve to move your opponent to the back of his or her side of the court; 2) the low serve to make your opponent have to get under the shuttle; 3) the flick serve that is used occasionally to confuse your opponent who thinks you are going to hit a low serve; and, 4) the drive serve where you hit the shuttle low, fast and to the rear of the receiver's court as a strategy move that will result in a missed hit.

4. Scoring

A match is the best of three games. The winner of each game is the first player(s) to reach 21, by two clear points. At 20-all, the side which scores two consecutive points shall win that game. At 29-all, the side scoring the 30th point shall win that game. A point is scored by winning a rally. Points are scored regardless of who is serving and the side who wins the point serves the next point. The side winning a game serves first in the next game. Simple badminton rules include a scoring system where you play until you score 21 points.

5. Singles

To begin a singles game of badminton you will serve from the right side of the court. After the initial serve, the position depends on the server's score. If your score is even, you serve from the right and if it is odd you serve from the left. In addition, if the server wins the rally he will continue to serve, and if the receiver wins, the next serve goes to the receiver.

6. Doubles

In doubles play, serving goes back and forth between partners. The serving side is the same as in singles play in terms of even score serves from right and odd score from left. The serving partner alternates court sides if he/she continues to score during a rally and will serve until a rally is lost. When the serve comes back to the team, the partner will serve next.

7. Sports Terminologies

- **Ace:** An outright point from a serve that is not even touched by the receiver.
- **Lift:** A shot played from beneath the height of the net, normally played high to the back of the court.
- **Smash:** A hard, overhead shot, hit directly down into the opposition's court.
- **Clear:** A shot hit deep into the opponent's court.

8. Additional Rules

The Badminton World Federation rules state that there is a 60-second interval when the winning team scores the 11th point. In addition, two-minute intervals are taken between games. If a match reaches three games, there is a change of ends when the winning side scores 11 points.

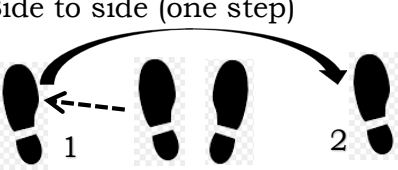



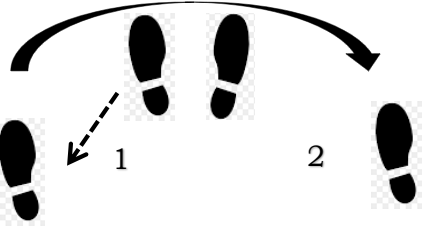
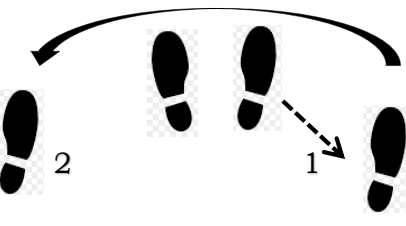


What's More

Activity 1.2.1: Let's Do the Basic Badminton Footwork!

Directions: Follow the steps of the different basic badminton footwork. Be reminded that the right footed must follow the instructions on the right side, while the left footed must follow the instructions on the left side.

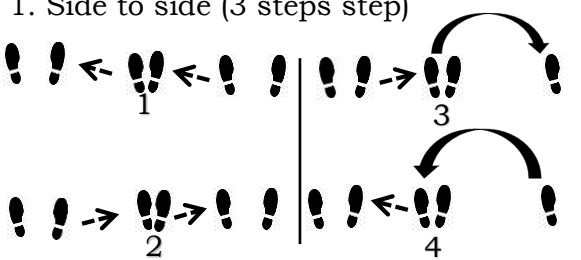
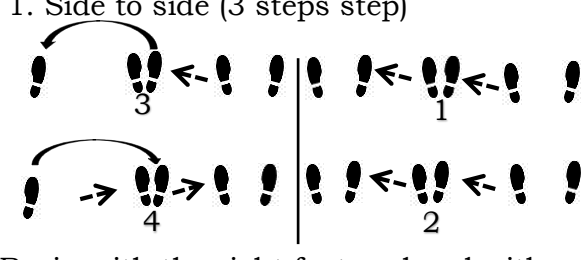
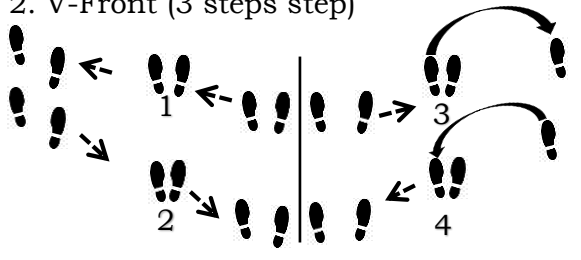
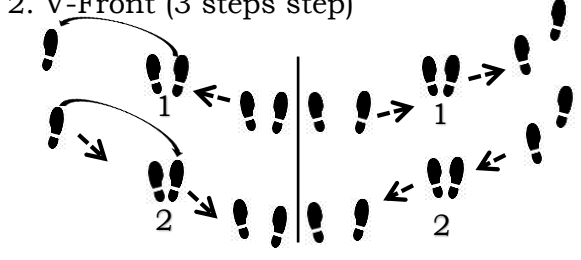
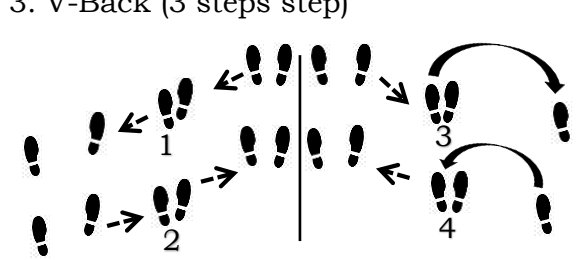
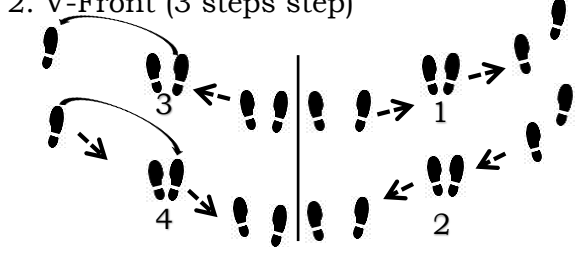
These drills should be performed in 16 repetitions with 3 sets each.

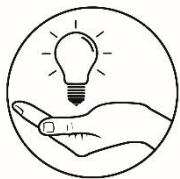
<p>1. Side to side (one step)</p>  <p>Begin with the left foot and end with the same foot.</p>	 <p>Begin with the right foot and end with the same foot.</p>
<p>2. V- Front (One step)</p>  <p>Move diagonally to the front with the left foot and end with the same foot.</p>	 <p>Move diagonally to the front with the right foot and end with the same foot.</p>
<p>3. V- Back (One Step)</p>  <p>Move diagonally to the back with the left foot and end with the same foot.</p>	 <p>Move diagonally to the back with the right foot and end with the same foot.</p>

Activity 1.2.2: Let's Do the Basic Badminton Footwork in HIIT!

Directions: Follow the steps of the different basic badminton footwork. Be reminded that the right footed must follow the instructions on the right side, while the left footed must follow the instructions on the left side.

HIIT-High Intensity Interval Training: First, do the 15-second execution followed by a 25-second rest. Then, do the 20-second execution followed by a 20-second rest. Lastly, do the 25-second execution followed by a 15-second rest.

<p>1. Side to side (3 steps step)</p>  <p>Begin with the left foot and end with the same foot. Make sure you touch the floor.</p>	<p>1. Side to side (3 steps step)</p>  <p>Begin with the right foot and end with the same foot. Make sure you touch the floor.</p>
<p>2. V-Front (3 steps step)</p>  <p>Move diagonally to the front with the left foot and end with the same foot. Make sure you touch the floor.</p>	<p>2. V-Front (3 steps step)</p>  <p>Move diagonally to the front with the right foot and end with the same foot. Make sure you touch the floor.</p>
<p>3. V-Back (3 steps step)</p>  <p>Move diagonally to the back with the left foot and end with the same foot. Make sure you touch the floor.</p>	<p>2. V-Front (3 steps step)</p>  <p>Move diagonally to the back with the right foot and end with the same foot. Make sure you touch the floor.</p>



What I Have Learned

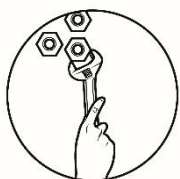
Direction: Based on your research, list down four (4) equipment and one (1) facility used in badminton and discuss their uses.

1. _____
2. _____
3. _____
4. _____
5. _____

Direction: Complete the statement:

In this lesson, I learned about _____

I must observe the _____
 As a student, it is important for me to be _____



What I Can Do

Activity 1.3: Volley Me to the Wall

Objectives:

- Practice control and receiving skills with alertness.
- Develop active participation in the game.
- Enhance decision-making skills.
- Avoid grounding the shuttle into the group.

Materials Needed:

- Racket
- Shuttle
- Wall

Here's how:

- Find a safe place with a wall
- Volley the shuttle to the wall and never allow the shuttle on the ground
- As you master the basic skill, you can add difficulty by changing the direction of the shuttle against the wall
- You can record your time to monitor your progress

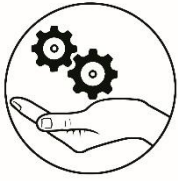


Assessment

Direction: Read each statement carefully and choose the letter of the answer that will complete each statement. Use a separate sheet of paper for your answers.

1. What do you call a racquet sport that uses a shuttlecock in playing the game?
A. Arnis
B. Badminton
C. Basketball
D. Football
2. What is the original or ancient name of badminton?
A. Badminton
B. Paana
C. Piina
D. Poona
3. What will you use to hit the shuttlecock during the game?
A. Court
B. Net
C. Post
D. Racket
4. How many goose feathers are used in making a standard shuttlecock?
A. 15
B. 16
C. 17
D. 18
5. What do you call the event played in badminton by teams of one man and one woman each?
A. Men singles
B. Men doubles
C. Men triple
D. Mixed doubles
6. What is the standard length of a badminton racket that you can use?
A. 23.77 inches
B. 24.77 inches
C. 25.77 inches
D. 26.77 inches
7. What is the term used when you hit the shuttlecock to start the game or play?
A. Backhand
B. Forehand
C. Rally
D. Service
8. What grip will you use, when your opponent returns the shuttle to your right side if you are a left-handed player?
A. Backhand
B. Forehand
C. Rally
D. Service
9. What grip will you use to hit shots that are on the right side of your body if you are right-handed player?
A. Backhand
B. Forehand
C. Rally
D. Service
10. How many points should you earn to be declared as the winner in each badminton game?
A. 20
B. 21
C. 22
D. 23

11. What do you call a successful service without a return from your opponent's court?
- A. Ace
 - B. Clear
 - C. Lift
 - D. Smash
12. What do you call a powerful and quick shot done during a badminton match?
- A. Ace
 - B. Clear
 - C. Lift
 - D. Smash
13. What drill will you use if you want to improve your footwork in the forecourt?
- A. V - back
 - B. V - front
 - C. Side to side
 - D. None of the above
14. What is the most advanced badminton drill that can improve your agility, balance, control and speed?
- A. 3 points drill
 - B. 6 points drill
 - C. Front and back
 - D. Side to side
15. How many games should you win to be declared as the winner of the match?
- A. 1
 - B. 2
 - C. 3
 - D. 4



Additional Activities

Activity 1.4: Making 3-point and 6-point drills

Objectives:

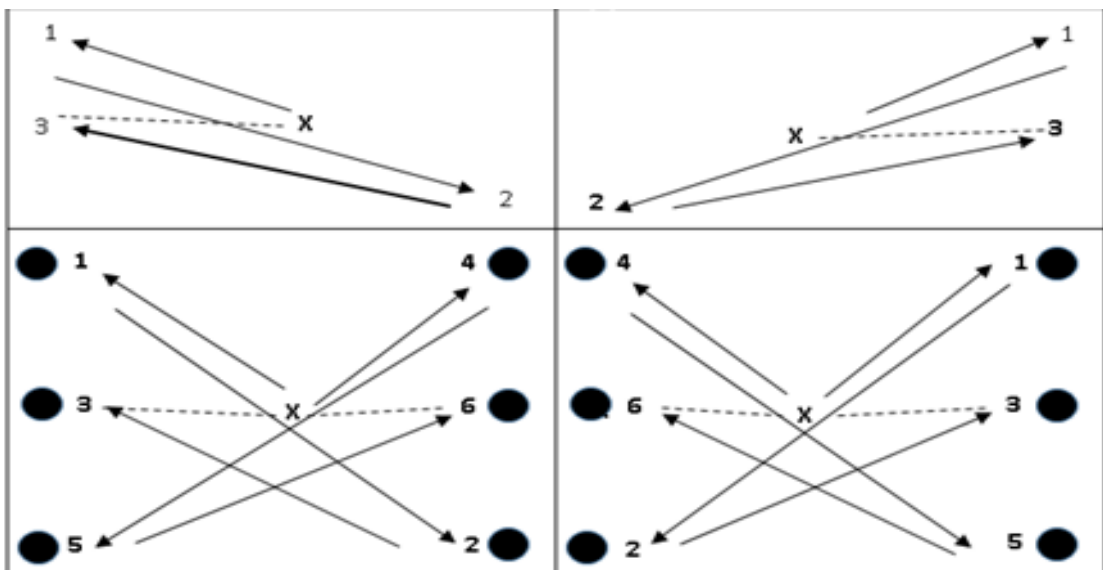
- Practice agility, balance, coordination, and speed.
- Enhance cardiorespiratory endurance.
- Focus on your footwork.

Materials Needed

- Racket
- Open space

Here's how:

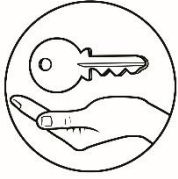
1. Form six corners to be used as the forecourt, midcourt, and backcourt
2. In the 3-corner drill: Forehand forecourt then go to the backhand backcourt and to the forehand midcourt and return to the center. After 8 repetitions in 3 sets, do it vice versa.
3. In the 6-corner drill, combine the 3-corner drills or you will go to the forehand forecourt, backhand backcourt, forehand midcourt, backhand forecourt, and forehand backcourt. Then, you have to go to the backhand midcourt before returning to the center. Do it for 4 repetitions in 3 sets and do it vice versa.
4. Record your performance per set and make sure that your time is gradually shortened to add level of difficulty or progression in your performance.
5. Record your Training Heart Rate and your Recovery Rate per set.
Use this table below as your guide. Right-handed students will follow the right side, while the left-handed will follow the opposite side and do it vice versa.



Activity 1.4.1. Making 3-point and 6-point drills

Directions: Complete the table below with the needed information.

3-Point Drill	Training Heart Rate	Recovery Heart Rate
Day 1		
First		
Second		
Third		
Day 2		
First		
Second		
Third		
Day 3		
First		
Second		
Third		
6-Point Drill	Training Heart Rate	Recovery Heart Rate
Day 4		
First		
Second		
Third		
Day 5		
First		
Second		
Third		
Average Training Heart rate:		
Average Recovery Heart Rate:		



Answer Key

What's In

1. Net
2. Shuttle cock
3. Court
4. Racquet/Racket

BADMINTON

What I Have Learned

1. Racquet/ Racket
2. Net
3. Shuttle cock
4. Uniform
5. Court

Answers may vary.

Pre-Assessment

1. B
2. D
3. A
4. B
5. C
6. D
7. C
8. B
9. A
10. B
11. A
12. D
13. A
14. C
15. C

Assessment

1. B
2. D
3. D
4. B
5. D
6. D
7. D
8. A
9. B
10. B
11. A
12. D
13. B
14. B
15. B

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