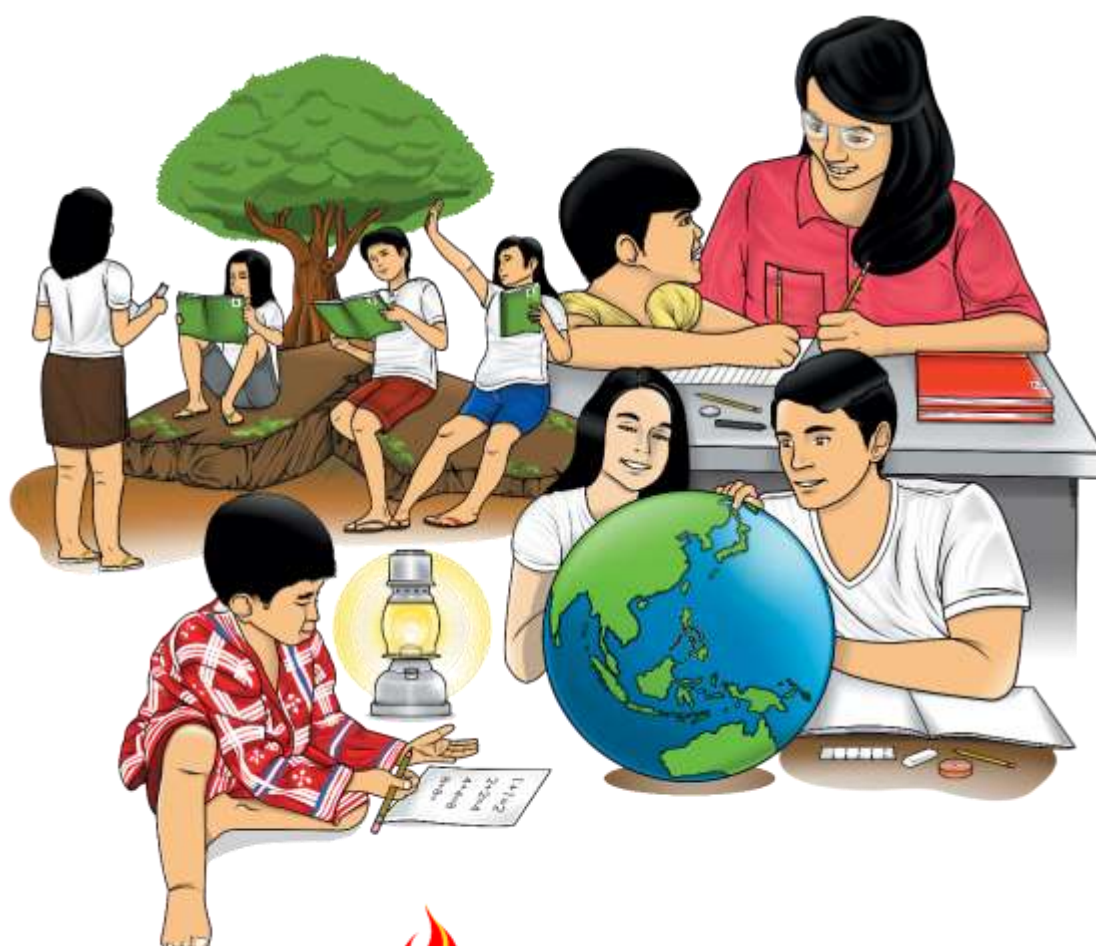


Physical Education

Quarter 4 - Module 2

Active Recreation (Badminton)



Physical Education - Grade 9
Alternative Delivery Mode
Quarter 4 - Module 2: Active Recreation (Badminton)
First Edition, 2020

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Physical Education

Quarter 4- Module 2

Active Recreation (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 your 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

The purpose of this module is to introduce badminton not just as a sport but a simple and fun indoor game which is appropriate in this pandemic time.

CONTENT STANDARD

The learner demonstrates understanding of lifestyle and weight management to promote community fitness

PERFORMANCE STANDARD

- Maintains an active lifestyle to influence the physical activity participation of the community
- Practices healthy eating habits that support an active lifestyle

LEARNING COMPETENCIES:

- Discusses the nature and background of indoor and outdoor recreational activities
- Participates in active recreation
- Advocates community efforts to increase participation in physical activities and improve nutrition practices
- Practices environmental ethics (e.g. Leave No Trace) during participation in recreational activities of the community

OBJECTIVES:

At the end of this module, the learners are expected to:

- Engage in daily activity that promotes physical fitness.
- Understand the benefits of playing badminton during a pandemic situation.
- Participate in playing badminton



What I Know

PRE- ASSESSMENT TEST

Activity 1.

TRUE OR FALSE. Check the column True if the statement is correct and False if the statement is incorrect. Write your answer on a separate paper.

| STATEMENT | True | False |
|--|------|-------|
| 1. Badminton is known as the fastest racket sport with shuttle speed of 300mph | | |
| 2. Badminton became part of Olympic sport in 1992, at the Barcelona games. | | |
| 3. Badminton was known as battledore in India | | |
| 4. The shuttlecock is made from a goose's right-wing | | |
| 5. Badminton is more intense than lawn tennis | | |
| 6. Shuttlecock is also called as birdie | | |
| 7. The standard badminton court is measured 13 m x 5 m | | |
| 8. In international games, athletes compete in best-of-three-games matches. | | |
| 9. The first to reach 21 points wins a match | | |
| 10. The shuttle must be hit above the waistline | | |
| 11. Improves hand-eye coordination with concentration required for serving. | | |
| 12. Badminton net measures 7.1 x 6.1 meter | | |
| 13. A fault is called when players' racket touches the net | | |
| 14. Zero score means lob | | |
| 15. Badminton doubles can only be played by all male and all female. | | |

Lesson

1

ACTIVE RECREATION: BADMINTON



What's In

In module I, nature and background of badminton were being introduced. Which includes the history, basic skills equipment's and some facts? Also, a series of activities were given in order for you to master the topic.

In this course we will dive deeper on the basic badminton skill, facilities, rules of the game and the impact of playing badminton during the pandemic. Moreover, activities will be initiated following the rules mandated by IATF (Inter Agency Task Force), this is to safeguard the health of the students.

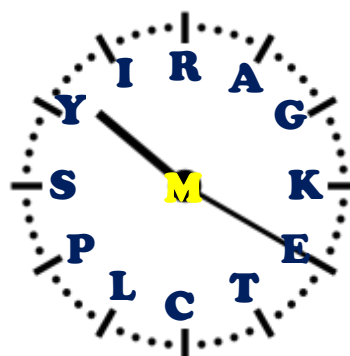
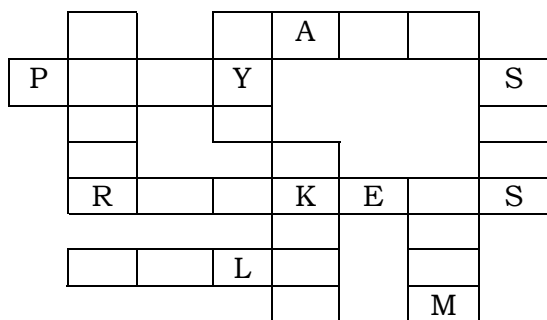


What's New?

Activity 2. It's Time to Think

This activity will challenge the student's mind regarding their previous knowledge on Badminton.

Direction: Observe the clock on the right side. Instead of numbers what you had there are letters. With a clue on the Grid (left) the clock, your challenge is to look for words which are related to badminton. There are 8 words for you to LOOK in to using the letters inside the clock. Write your answer on a separate paper.



Using the words that you've just unlocked, create your own definition of Badminton.
(Note: you can add words, verbs, suffixes, etc.)

Badminton is _____

"Lost TIME is never found again" Benjamin Franklin

What does it mean? _____

How is this related to sports? _____



What Is It

Activity 3: Let's Read

BADMINTON

Equipment and Facilities

1. Racket/Racquet

- Weight not more than 100 grams
- Its length does not exceed 680mm and width does not exceed 230 mm.
- The light material is made of aluminum. Some rackets are made of alloy carbon fiber and boron.



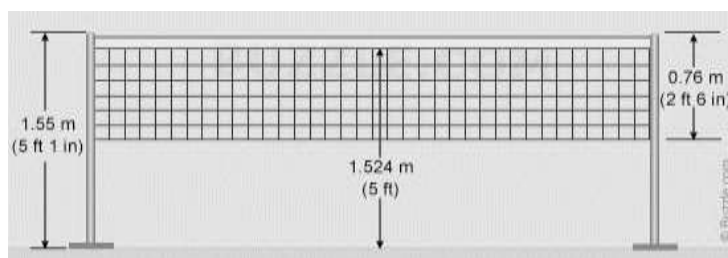
Red badminton racket stock illustration. Illustration of action - 55151454 (dreamstime.com)

2. Shuttlecock

- Also known as the "birdie"
- Consists of 16 goose left feathers. The length of the feather ranges between 2.44 and 2.75 inches.
- It is in a cone shape

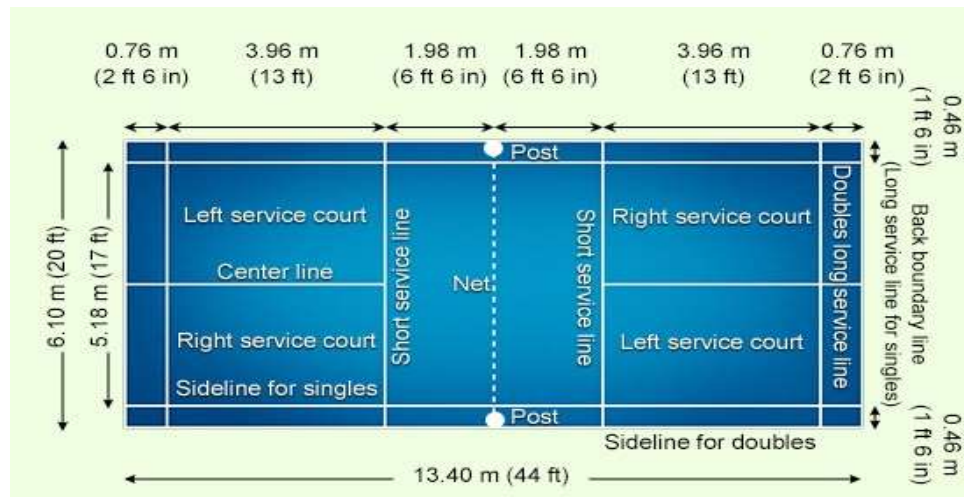
3. Net

- Length of the net varies depending on the game if it is single or a double.



<https://sportsaspire.com/badminton-court-dimensions>

4. Posts/Poles



<https://sportsaspire.com/badminton-court-dimensions>

Basic Rules and Regulations

1. The side winning a rally adds a point to its score.
2. A match consists of the best of 3 games of 21 points
3. The feet of both players must remain in a stationary position until the serve is made
4. Faults:
 - The shuttle should be hit below the waist
 - The shuttle does not land the opposite diagonal court
 - The server steps into the baseline, service line, center line of the service court.
 - The server steps forward as he makes the service
 - Any player balking or feinting his opponent before serve or during serve.
 - When shuttle landed away from the court, landed on short service line or passes under the net
 - Any part of the body/ racket touches the net and post
 - Hitting the shuttle twice
 - Saying foul words
5. A 1-minute interval between each game is allowed.
6. At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
7. If the server wins a rally, the server scores a point and then serves again from the alternate service court.



What's More

The activity will help the learner and it's family members to understand the importance of playing badminton in this time of pandemic in which it can make the learner become active and physically fit.

Note: Safety Protocols should be followed when playing badminton as per IATF Guidelines in Playing Sports. If it is not permitted to play outside, students can play inside their homes with supervision of their parents/guardians.

Activity 3. Mag Comply ka para Makalabas

Through-out this activity you are to observe social distancing and following the IAFT guidelines when using gym, arenas, amusement parks.

(Note: learners may play outside the house or gym. Rules are not necessary. The intention is just to be fit.) I find the note needs to change based on safety protocols during pandemic

Objective(s):

- To indulge physical activity by playing badminton following the IAFT guidelines.
- Enjoy each moment with the family.

Materials Needed:

- Badminton Racket
- Shuttlecock
- Playing attire

Procedure:

- Prior to planning the activity read the guideline of IAFT about recreational activities.
- Prepare the materials needed
- Through-out this activity's students are to observe social distancing.
- Encourage any member of the family to participate the activities

Processing Questions:

1. How is your feeling now in this pandemic situation?
2. Does playing badminton somehow help—relieve anxiety caused by this pandemic?
3. How does it feel to indulge physical activity with a member of the family?
4. What are the values you've learned from the activity?



What I have Learned

Activity 4. *AcroVention is better than Cure*

Objective:

- Know what the Covid-19 Protocols are when playing outside.

Direction: Give a word or statement in every letter of the acronym that suggests ways to avoid contamination of the infectious disease SARS-COV 19. (Note: if possible, WORDS related to Badminton)

Example:

| TIPS FOR PREVENTION OF CORONA VIRUS | |
|--|----------------------------------|
| S | Save life by wearing mask |
| M | Make sure to wash your hands |
| A | Avoid crowded place |
| S | Stay at home as much as possible |
| H | Home is the safest place |

Processing Questions:

1. Do you think it is okay to stay active outside in this pandemic time?
2. Why is it important to stay active?
3. Give at least 5 reasons why anyone needs to indulge in active recreation amidst the pandemic?

Rubric

| CRITERIA | 3 Points | 2 Points | 1 Points | Total |
|--|----------|----------|----------|-------|
| Uses a word to represent staff letters | | | | |
| Words begin with appropriate letters and are spelled correctly | | | | |
| Phrases makes some sense and are memorable way to staff letters | | | | |
| A phrase for letters on lines and phrase for spaces were created | | | | |



What I Can Do

Activity 5: Information Campaign Awareness

After learning about the values of physical activity during the pandemic, the learners will make a picture campaign using the AcroVention.

Objective: Students will develop health campaign awareness and how these may influence attitudes, promote healthy behaviors and improve connection to the community.

Direction:

1. Take a picture using yourself as a model playing badminton (you may ask somebody to take the picture.)
2. Using any picture editor (Snap seed, Camera 360, zcamera, ect), insert the AcroVention as a background or foreground or whichever you like
3. After you're done you can post it to social media like FB, Instagram or the like.
4. Add caption.
5. Tag your friend

Summary

Covid-19 freezes the entire world on its normal activities. While every country is battling the pandemic, it is important to look after your physical and mental health – and badminton can help to attain those intentions. The following are the health benefits of Badminton during pandemic:

- Good for physical and toning muscles, flexibility and muscles strength and endurance
- Improves increased metabolic rate
- Good for weight loss
- Improves cardiovascular function
- Reduces the incidence of diabetes
- Good for mental health
- Improves Sleep



Assessment: (Post-Test)

A. Multiple Choice

Direction: Read the statement carefully. Write your answer on a separate paper.

1. In order to win a set, one has to reach how many points?
A. 25
B. 21
C. 15
D. 11
2. In the game of doubles in badminton, when a player wins a rally, how many points can he or she get?
A. 1
B. 2
C. 3
D. none of the above
3. Which term is used when a player violates the rules?
A. A mistake
B. Violation
C. fault
D. mistakes
4. A shuttlecock is typically composed of how many overlapping feathers.
A. 16
B. 12
C. 18
D. 21
5. When shuttlecock lands on the baseline of the court, it is considered to be?
A. Out
B. Draw
C. let
D. in
6. Is it a fault when a badminton player's racquet touches the net when playing?
A. No
B. Yes
C. Maybe
D. Let
7. What is the standard dimension of the badminton court?
A. 16.1 m x 3.1m
B. 13.61 m x 4.3 m
C. 13.00 m x 6.5 m
D. 13.40m x 6.1 m
8. How many categories are there in badminton?
A. 2 categories: men's singles and women's singles
B. 3 categories: men's singles, women's singles, and mixed doubles
C. 5 categories: men's singles, women's singles, mixed doubles, and men's doubles, women's doubles
D. None of the above
9. From which animal feathers are the best shuttlecocks in badminton?
A. Duck
B. Goose
C. chicken
D. eagle
10. Which body part generates the most force when hitting a shuttlecock?
A. Forearm
B. Shoulder
C. wrist
D. feet

B. ESSAY

1. How can badminton boost your mental and physical health?
2. Give at least 5 steps Protocol when going outdoor activity?
3. How-does COVID-19 affect your physical fitness?



CO_Q4_PE9_Module 2

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