

Equipment

1. Rackets,
2. Shuttles (or alternatives),
3. Cones/ Markers,
4. Measuring device.

Challenge Instructions

1. Clear an appropriate space for all the challenges.
2. Take it in turn to have a practice at each activity so everyone knows how to play.
3. Complete each challenge, make sure you cheer everyone on!
4. Keep count of your scores and use the scoreboard on the back of this page to note them down.
5. Share your scores and pictures with us on social media so we can see how you did!



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#OutdoorChallenge



Activity 1 Badminton Tap-ups

1. Each player needs to find a safe space away from others.
2. The aim is for players to hit a shuttle repeatedly into the air as many times as they can.
3. The winner is the player who completes the most consecutive shots.

Adaptations: You can use any type of racket for this activity, if you haven't got any rackets you can try using the palm of your hand. If a shuttle is too hard, try using a soft ball or a pair of rolled up socks. To make the challenge suitable for younger family members, try inflating a balloon lightly and let them have a go with that.

Points: 1 point per consecutive tap-up.



Activity 2 Throwminton

Players to spread out within a set area and throw a shuttle between each other for a set time (try one minute to start with).

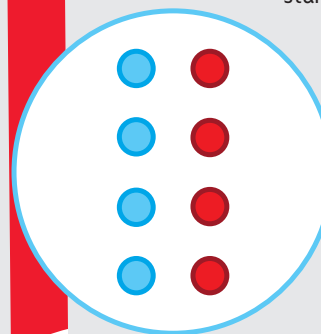
1. Keep count of every time you successfully throw the shuttle to a team mate and they catch it.
2. You need to make sure your throws are as accurate as possible so that the other players have a good chance of catching them.
3. When the time is up, write down everyone's score on the scoreboard.

Adaptations: If a shuttle is too challenging, try using a ball. Decrease the gaps between younger players so that they have a good chance of making a catch and completing their throw.

Points: 1 point is scored for each consecutive throw and catch. Each player should keep a tally of their completed throws.

Activity 3 Switch

1. This is a timed activity, with each player trying to complete as many switches as possible in their 30-seconds.
2. Set out cones as displayed and place a shuttle or ball on top of each of the blue cones.
3. Players start the activity by moving to the first blue cone, picking up the shuttle or ball and moving it to the first red cone.
4. They then move across to the second blue cone, pick up the shuttle and move it onto the second red cone and so on.
5. When moving the shuttles, try to face the same direction throughout the game.
6. Once you have moved all 4 shuttles, turn around and start moving them back from the red cones to the blue cones.



Adaptations: If you have no shuttles, you can use balls. If you have no cones, then just place the balls on the floor next to a marker.

Points: 1 point is awarded per completed switch within the settime.

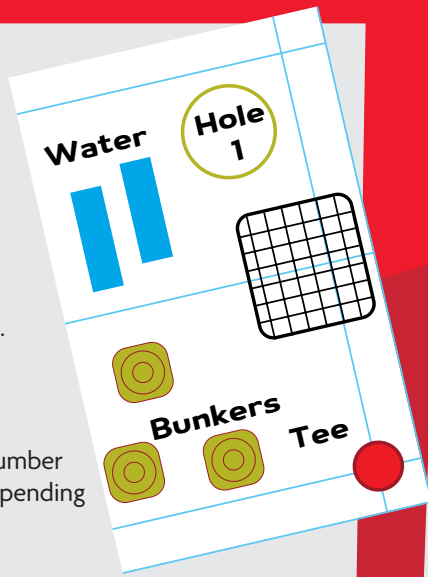


Activity 4 Badminton Crazy Golf

1. Create several golf-style holes in your space using whatever equipment you have available. This could include; buckets, toys, other sports equipment, rope, hoops of different sizes, garden furniture etc.
2. Make sure that you have a clearly marked 'tee' to start from and that everyone knows where the hole is.
3. Assign each hole a par (this is the number of shots it should take to finish) depending on their level of difficulty.
4. Take it in turns to try each hole.
Serving the shuttle or ball from your hand at the tee, around the obstacles and into the hole.
5. If you get the shuttle in to the hole within the par, you score the points

Adaptations: Older players have a different par, you could introduce penalties for landing in/ on an obstacle. If you don't have any rackets you could play this game by throwing a ball or shuttle.

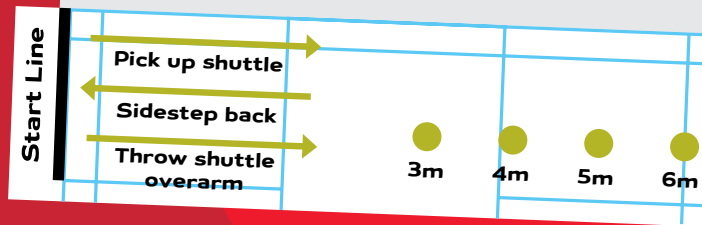
Points: 5 points per golf hole completed on par.



Activity 5 Ready Steady Throw

1. Place a shuttle or ball on the floor, a few paces in front of a throwing line (mark this with a throwdown line or piece of rope if available).
2. Players take it in turn to run forward and pick up the shuttle with their throwing hand. Then, turn sideways on and side-step back over the throwing line to perform an overarm throw as far as possible.
3. Measure the distance each player throws the shuttle.
4. Each player can have 5 attempts to throw the furthest distance, give points based on their furthest throw.

Points: 3 points per metre thrown, round up or down to the nearest 50cm (use a measuring tape if available or you could pace out a measuring scale).



Activity 6 Sharks

1. This is a timed, competitive game that focuses on players movement and balance. You can decide the time limit for this round.
2. Each player holds a racket and then balances a shuttle on their racket with the cork facing upwards.
3. Players then move around the space and try to knock other players' shuttles off their racket, using only their non-racket hand. Once a player's shuttle falls from their racket, the shark scores a point.

Adaptations: You can use any type of racket for this activity, if you haven't got any rackets you can try using the palm of your hand. If you don't have any shuttles, try exchanging them for a pair of rolled up socks.

Points: Each player keeps a running total of their points, scoring 1 point for every shuttle knocked off in the set time.



Scoreboard

Player Name:	Tap Ups	Throwminton	Switch	Crazy Golf	Ready Steady Throw	Sharks	Total
1.							
2.							
3.							
4.							
5.							
						Family Score	

