

PHE II Badminton Assignment

Video Analysis

Learning Objectives

Students will learn:

1. What the skill related fitness components are and how they relate to the sport of Badminton.
2. How to self assess their level of skill related fitness.

Assessment Description:

You need to consider how the skill related component of fitness are essential for the sport of Badminton. The Skill related components are agility, power, reaction time, speed, coordination, and balance.

View Olympic athletes in this sport and explain how these athletes require a high level of ability in all of these six components. Then compare your performance to an Olympic Athlete.

Using your self-analysis, what you have learned in class and a video of your performance, explain what you would need to do to improve each of the skill related components of fitness to become a better badminton player.

Grading Rubric (Total out of 20)

	Completed with little detail.	Completed with some detail.	Completed with good detail.	Complete and very detailed.
	2 Points	3 Points	4 Points	5 Points
Analysis of an Olympic Athlete				
Self – Analysis				
Improvement Plan				
Presentation				

Badminton Components of Fitness Assignment

Students will create an iMovie containing the following

Step	iMovie Content	
1	Youtube clip	Find a clip of an Olympic Athlete playing Badminton and download it.
2	Observation Worksheet	On the worksheet: Give examples of what the Olympic Athlete does to be successful in each area when playing Badminton.
3	Video yourself	<p>i) Have a partner video you in a game of Badminton. Then edit the video so you have 30 seconds of rallying.</p> <p>ii) Watch the video and complete the worksheet to consider how you compare to the 6 components of skill related fitness.</p> <p>iii) On the worksheet complete the area of 'Improvements' to state how you can improve you performance based on your differences between you and an Olympic Athlete.</p>
4	iMovie	<p>Create an imovie with all of the information from steps mentioned above and explaining how you would to improve in areas of skill related fitness.</p> <p>Submit: You must submit the video onto the SAS video portal or to Youtube and then email Ms. Van Dijk the LINK to your video.</p>

Observation Worksheet

Fitness Component	Definition	Olympic Athlete	Your Performance	Improvements
Agility	Agility: The ability to rapidly and accurately change the direction of the whole body in space.	- <i>E.g. Moves quickly to the front of the court</i> - -	- <i>E.g. I stay mostly at the back of the court</i> - -	
Power	Power: The amount of force a muscle can exert.	- - -	- - -	
Reaction time	Reaction Time: The ability to respond quickly to stimuli.	- - -	- - -	
Speed	Speed: The amount of time it takes the body to perform specific tasks.	- - -	- - -	
Coordination	Coordination: The ability to use the senses and body parts in order to perform motor tasks smoothly and accurately.	- - -	- - -	
Balance	Balance: The ability to maintain equilibrium while stationary or moving.	- - -	- - -	

The submission deadline for this is Tuesday November 27.