FUN PRACTICES
AND GAMES
FUN PRACTICES AND GAMES

This section includes a number of fun games in which children can develop and practise their body skill in moving and their skill in using their rackets. The teacher can devise others.

Games to develop racket skill.

1. Individual rally game.
Each player has a racket and shuttle.
The aim of the game is to keep hitting the shuttle and count the number of hits. The players try to improve on their best score each time. See Plate 8.

2. Hitting the ceiling.
The players try to hit the ceiling using a forehand grip and then a backhand grip. Count the best score when using each grip.

3. Target games.
(a) Hoops.
The player stands behind the line and tries to serve the shuttle into the hoop. Two points are gained in the inner hoop and 1 point in the outer hoop. The game ends when one player reaches 10 points.
Note: Chalk circles may be drawn on the floor or on the wall.
Racket head covers also may be used see Plate 9.

(b) Shuttle in the Bucket.
The player stands behind the line but this time tries to hit the shuttle into a bucket, basket or bowl. One point is gained on each successful attempt. The game ends when one player has gained 5 points. See Plate 10.
Plate 8. Individual rally game.
(c) Distance.

The players stand behind the line. The intention is to see which player can hit the shuttle the furthest out of five attempts.

*Game 1.* The players use an underarm stroke - the serve action.

*Game 2.* The players use an overhead stroke - the clear. In this game one player tosses the shuttle up from the side for the other to hit it from overhead.

4. Relay Games.
The players stand in teams behind the line.
One player from each team has to race to the far line and return while hitting the shuttle up on the racket. If the shuttle falls to the ground the player must stop, pick it up and start from that place.
When the player crosses the line the next player goes. The first team to finish is the winner.

5. Catch-out Game.

The players stand on the outer lines of the court spaced out around the court. One player rallies alone inside the court and then hits the shuttle high and calls a name/number.
The player whose name/number is called must run and hit the shuttle up before it touches the ground. That player then rallies alone until he/she calls a name. If the player does not get to the shuttle before it hits the ground then that player is OUT. The game continues until one or two players are left in.

**MOVEMENT GAMES**

Badminton is a game which provides scope for a variety of movement. The player has to start and stop quickly, run and sprint, change direction, stretch, twist and turn, jump and land. All the sorts of movement that children enjoy.

Typical playground games offer the opportunity to develop children’s skill in moving and can be used both as a warm up in the lessons and to develop skill in moving.
1. **Starting and Stopping games.**

   Statues. One child is the Stopper.
   The children run inside the court until the Stopper shouts STOP! The children must stop still immediately in statue like form with no part moving. Any child who is caught moving is OUT. The game ends when everyone is out.

   **Comment:** A game for balance and control.

2. **Dodging games.**

   These are good games for changing direction and developing agility.
   (a) One child is HE. The players run inside the court chased by HE. The players must stay within the court boundary lines. If HE touches a player then that player becomes HE and the game continues.

   (b) Two children are HE. When another child is touched he/she must stand still until touched (‘released’) by another player.

   (c) One child is HE. When another child is touched he/she is OUT. The game ends when all the children are OUT.
   **Comment:** A game for four or five players.

   (d) Shadows: The children stand with a partner. One player has to try to lose the shadow (the other player) by the time the teacher calls STOP.

3. **Hopping games.**

   Good games for balance, control and agility.

   (a) **Cross the court**
   The players start behind the line on one side of the court. One player is HE in the centre. The idea of the game is for the players to hop across the court without being knocked onto two feet by HE. All the players, including HE must hop on one leg with their arms tightly folded. Players who are knocked onto two feet will be OUT.

   A variation is for OUT players to assist the HE player.

   (b) **King of the Court.**
   All the players hop inside the court space with their arms folded. The idea of the game is for each player to try to knock other players onto two feet. The player who is left is King of the Court.
(c) Hopping relay race.

The players form teams with four players in a team numbered from 1 to 4. The players line up behind the court side line in their teams ready to race against each other. The first player in each team must hop across the court, touch the side line and hop back on the other leg. The next player goes when the first player returns across the line. The game ends when all the players have had a turn. The first team to finish are the winners.

4. **Games for speed.**

(a) Shuttle race.

The players are divided up into two or three teams of equal numbers. Four shuttles are placed on marks spaced out down the hall about 3 metres apart. See Fig 6. The first player in each team runs and collects all the shuttles before running back to give them to the second player who runs and places them all back in position again. No. 3 collects and No. 4 deposits and so on. Each shuttle must be placed accurately on the mark or the player must go back and do so. The winning team is the first to complete the course accurately.

*Comment:* This race is suitable for younger children, e.g. 7/8 year olds.
(b) Shuttle Race.
The course is laid out as above. This time each player has to pick up a shuttle and run back with it before going to collect the next shuttle. When all four shuttles have been collected the second player puts each one back in position one at a time. Comment: This race is more suitable for the older children. There are numerous games similar to these all of which are enjoyable and suitable for developing skill in moving as well as being an excellent form of exercise for children. The teacher can devise more of these games and use them as a warm up or a fun game during the lesson.