

BADMINTON

PACKET # 2

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court — in fact, games can last anywhere from thirty to sixty minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football and does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It's a fun sport and also is a means to better physical fitness.



HISTORY OF THE GAME

Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military service in India. There the game was called "poona."

In 1900, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today,

Physical Education Badminton Packet 2 Answer Key

Yan Bai



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