



# MERIT & BRONZE1 SKILLS PROGRESSION & ASSESSMENT



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Merit & Bronze Program Goals and Focus

- provide activities to improve overall motor skills, physical movements, flexibility, speed and agility of participants
- provide technical, or skill, and tactical activities with racquet and shuttle
- provide a fun environment in which to learn these activities and skills

Skill	Description	Assessment
<b>Shuttle Balance – Head &amp; Racquet</b>	Can balance the shuttle on top of their head and walk across the width of the court and back again & balance shuttle on the racquet and walk the length ways across the court & back without dropping it (no hands allowed for either)	
<b>Shuttle Throw &amp; Catch</b>	Can throw & catch a shuttle with a partner 5x out of 10	
<b>Shuttle Bounce</b>	Can bounce a shuttle (hit in the air with <b>FH</b> ) on their racquet <b>5x</b> in a row without it dropping on the ground	
<b>Understanding Badminton</b>	Can describe Badminton, name 2 things required to play Badminton and articulate something they have learned about Badminton	
<b>Grips</b>	Can demonstrate what a Forehand (FH) and Backhand (BH) grip looks like	
<b>Footwork</b>	Can demonstrate correct footwork (lunge, split step and chasse) to 4 corners at a moderate speed without hesitation; given 10 opportunities; 4 out of the 10 to each corner required	
<b>Short Serve</b>	Can execute a short serve to land inside the service court with a height no higher than 50cm above the net; 4 out of 10 required	
<b>Backhand Net Shot</b>	Can execute a BH Net Shot to land inside the short service line with confidence and no hesitation; movement is from base/centre of court; 4 out of 10 required	
<b>Forehand Net Shot</b>	Can execute a FH Net Shot to land inside the short service line with confidence and no hesitation; movement is from base/centre of court; 4 out of 10 required	
<b>Knowledge of Laws of Badminton</b>	Can successfully answer 4 out of 10 correctly	

FINAL COMMENTS: