

# VIRTUAL BADMINTON RACKET PACK FESTIVAL (Y3-6)



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## ENTRY DATES & HOW TO ENTER

Document Version: **2**

Intention to Enter: **Friday 30<sup>th</sup> April 2021**

i. Deadline for School Games Organisers to submit their ITE to London Youth Games via survey.

Submit Entry: **Friday 9<sup>th</sup> July 2021**

i. Deadline for School Games Organisers to submit their school and overall participation information.

For schools competitions the School Games Organiser will co-ordinate entries. Entries are submitted online.

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## TEAM INFORMATION

Age: Primary

Likely School Year: Y3-6

Gender: Mixed

Team Size: This is a participation event. We encourage as many young people in your borough to take part as possible.

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## COMPETITION INFORMATION

Competition Intent : To engage new audiences

Competition Format: There is not a strict format to this virtual event. Schools can adapt where needed, the format below should be used as guidelines.

Final Positions: London Youth Games will share an overall London-wide participation leader board.

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## SUGGESTED SPACE, KIT & EQUIPMENT

We appreciate schools have varied provision, therefore the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them.

Space: Ideally this should be delivered in a Sportshall with line markings already laid down. However, the Badminton Racket Pack Festival can be delivered anywhere that is safe and allows students to socially distance where needed.

Kit & Equipment:

- Badminton Rackets
- Shuttlecocks
- Throw Down Lines (Markers)
- Cones



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## SPORT SPECIFIC GUIDELINES

1. Prior to taking part in the Badminton Racket Pack Virtual Festival, schools can participate in additional activities to focus on learning the core skills. The activities include:
  - Grips
  - Footwork
  - Overhead
  - Underarm
  - Serving

All activity instructions can be found within the Badminton England resources document [here](#).

2. For schools taking part in the Virtual Badminton Racket Pack Festival, teachers will need to do the following prior to starting:
  1. Mark out each activity in your space
  2. Split your group into teams
  3. Each team will spend 5 minutes on each of the 5 activities

## FESTIVAL ACTIVITY STATIONS

1. **Egg & Spoon**
  - Split the players into groups of 3-5 and mark out a social distanced waiting area for each pupil.
  - Place 2 throw down lines approximately 3-5 metres apart in front of each group.
  - Each child will need their own racket and shuttle.
  - Players take it in turns to try and balance their shuttle on their racket, with the cork facing upwards whilst completing the following movements:
    - a. Walk to the marker and back without the dropping the shuttle.
    - b. Walk to the marker, sit down, get back up and return to start.
    - c. Walk to the marker, sit down, lie down, stand up and return to start.
    - d. Walk to the marker, sit down, lie down, roll on to their front, stand up, return to the marker.
2. **Volcanoes & Mountains**
  - Zone your space so each player has a socially distanced area. Mark this with hoops or cones or use existing lines if you are in a sports hall.
  - Give each player a number of cones to flip over.
  - From a designated start point, players perform the following action:
    - a. Split Step.
    - b. Lunge out to cone with racket leg.
    - c. Reach out to cone with racket hand.
    - d. Recover back to start point.
  - Repeat this movement pattern until all cones are flipped out.
  - Ensure that all players are performing each stage of the movement correctly.
3. **Launch Pad**
  - Allocate each player a shuttle for this activity.
  - In a socially distanced space, each player is to replicate the movement required for an overhead shot before throwing a shuttle.



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- Players perform a split step from their start point, before moving forwards and touching a throw down spot with their foot. They then turn sideways on and chase back before throwing their shuttle overarm. Players then recover back to their start point before collecting their shuttle.
- Score points for distance or points for successfully completing the movement pattern.

#### 4. Service Shoot Out

- On an empty court, set up a target zone in the forecourt area (no net in place). If you have no courts, drop a service line down and lay out some targets 3-5 metres away from the line.
- Players will be split into groups of 3-5 and all allocated a socially distanced waiting area.
- Players can take it in turn to serve from the rear court aiming at the targets. Score points for a successful shot.
- After serving, players must collect their shuttle and return to their waiting area.
- This can be a timed activity for points individually. Or as a team activity to see who can score the most points.

#### 5. Throw & Go

- Split the players into groups of 3-5 and mark out a socially distanced waiting area for each pupil.
- Place a throw down line in front of each group.
- Each child will need their own shuttle for this game.
- Players take it in turns to approach the line and perform a high underarm throw for maximum distance. Their action should be similar to that of performing a high forehand serve.
- Each group can have a cone to mark their furthest throws, players can only move the cone with their foot to mark their distance.

## RECORDING PARTICIPATION

1. Schools will be required to submit a [Participation Spreadsheet](#) to their SGO's recording their overall school participation in the Virtual Badminton Racket Pack Festival.
2. SGO's will be then required to submit their Overall Borough Participation to LYG by the deadline.

