

Unit Test Badminton

SPARK™
HIGH SCHOOL PE



NAME: _____ DATE: _____

TEACHER: _____ PERIOD: _____

Circle and write the letter for the best answer for each question.

Skill-it!

- ___ 1. A drop shot...
- a. uses a trajectory that goes low and just over the net.
 - b. uses a steep trajectory that goes toward the mid-court sideline.
 - c. should only be done when you are in the back of the court.
 - d. All of the above
- ___ 2. Where on the court can you hit the shuttle to make it harder for your opponent to return?
- a. Cross-court
 - b. Down-the-line
 - c. Open space
 - d. All of the above

In the Game

- ___ 3. Which is a doubles strategy?
- a. Calling shots and court positions
 - b. Adjusting as your partner moves
 - c. Using a front-to-back formation
 - d. All of the above
- ___ 4. When playing singles badminton, where is usually the best place to be to defend shots?
- a. One of the sidelines
 - b. The center of the court
 - c. At the net
 - d. None of the above

Character Builders

- ___ 5. How can you encourage a partner who is having difficulty hitting the shuttle over the net?
- a. Tell them to find another partner.
 - b. Give them a high-five when they get the shuttle over the net.
 - c. Tell them "Way to go. Now we're going to lose."
 - d. Yell for the teacher. Your partner needs help.

- ___ 6. Which is a good way to cooperate to keep a continuous rally going with a partner?
- a. Hit to open space.
 - b. Use deception to make your shots look similar initially.
 - c. Hit the shuttle lightly and to your partner.
 - d. Make your partner move a lot.

Fitness Facts

- ___ 7. Which exercise is most likely to allow you to reach out to hit a shuttle headed to the ground?
- a. Horizontal Arm Rotations
 - b. Push-ups
 - c. Curl-ups
 - d. Lunges
- ___ 8. Which locomotor movement can increase your heart rate and help you move sideways across the court quickly (facing your opponent)?
- a. Walking
 - b. Hopping
 - c. Carioca or grapevine
 - d. Leaping

Make it Happen

(Remember this section is about YOU.

All answers are acceptable.)

- ___ 9. Which Badminton skill(s) do YOU need more practice with?
- a. Drop Shot
 - b. Serve
 - c. Smash
 - d. All of the above
- ___ 10. How are YOU most likely to use your new Badminton skills?
- a. Play a competitive game against a friend after school.
 - b. Play cooperatively to keep a rally going with a friend after school.
 - c. Join an after school team or take more lessons at a club.
 - d. Play a relaxed game of doubles with a friend or family member on weekends or at family picnics.

Coulda, Shoulda, Woulda!

Badminton

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You really enjoy playing badminton in physical education and you know there are others who like to play. There are no school teams, clubs or leagues in the area. You wish there were more opportunities to play.

Coulda: What could you do?
Briefly list 3 things you could do.

1. _____
2. _____
3. _____

Shoulda: What should you do?
Write 2-3 sentences describing what you should do in this situation.

Woulda: What would you do?
Write a full paragraph describing in detail what you would actually do in this situation.
