

Year 8 badminton Homework

1a. which joint is located in the neck?

Ans.....

b. What joint is used during a press up?

Ans

c. How many hinge joints are located in the human body?

Ans.....

d. What joint is responsible for the rotation of limbs?

Ans.....

e. How many saddle joints are in the human body?

Ans.....

Hinge					three	
	Two	Ball and socket	Pivot	gliding	four	Saddle

2a. How many different serves can you use in a game of Badminton?

Ans.....

b. How is a point scored in Badminton?

Ans.....

c. How do you score in a game of badminton?

Ans.....

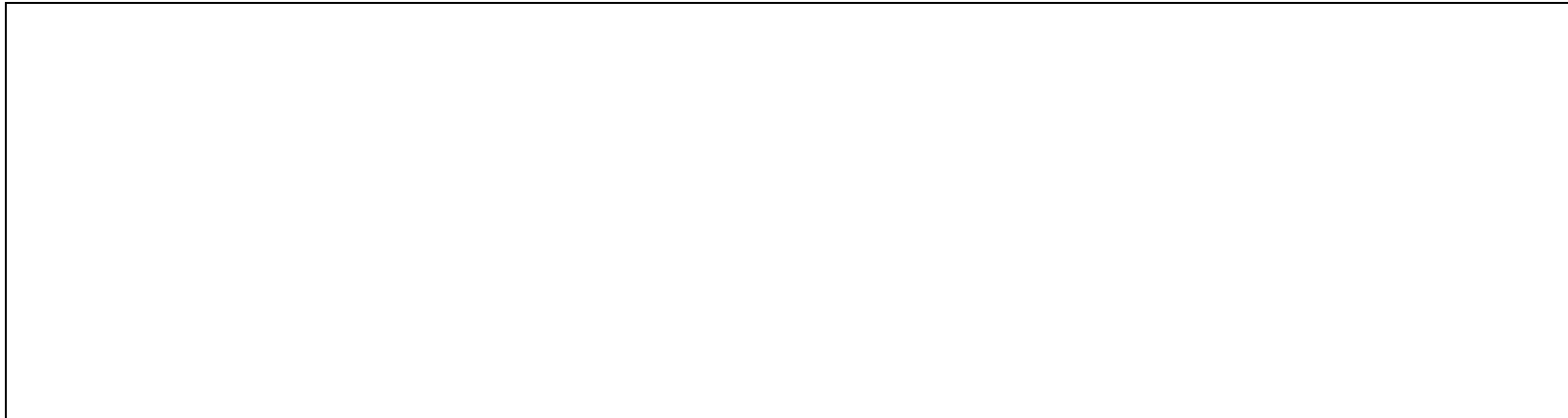
d. What is it called when two players are continuously hitting a shuttlecock back and forth?

Ans.....

e. How does the rule of the Badminton court differ during singles and double games?

Ans.....

3a. Draw and label a Badminton court.



4. Research a famous Badminton player.

a. Name:

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b. What is their position in world ranking?

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c. What components of fitness would you describe as being their main attributes?

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Fitness components

Component	Definition	Example of why it is needed in Badminton.
Muscular strength		
Muscular endurance		
Agility		
Cardiovascular endurance		
Coordination		