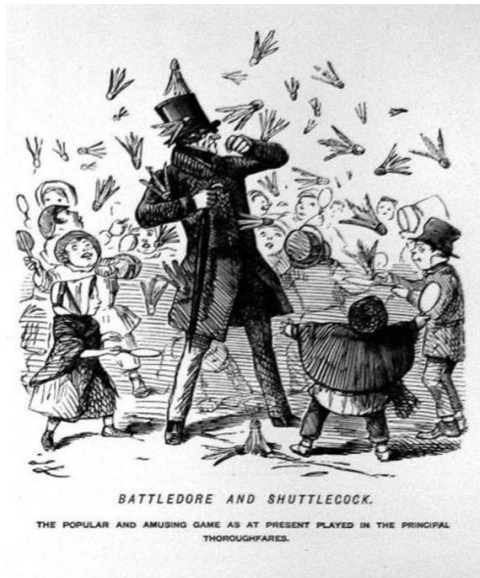


Early Badminton: Battledore and Shuttlecock



Background:

Peasants played Battledore and Shuttlecock in medieval England and by the late 16th century, it had become a popular children's game. In the 17th century, Battledore or Jeu de Volant was an upper class pastime in many European countries. Battledore and Shuttlecock was simply two people hitting a shuttlecock backwards and forwards with a simple bat as many times as they could without allowing it to hit the ground.

What is needed:

- Rackets (badminton or tennis)
- Birdies, or light ball
- Net or some sort of dividing line

Instructions:

1. Two or more players divide into equal teams on either side of the court. The gym would work with the center line acting as the net. Players will have to stay close to the line since the birdie or light ball will not go very far.
2. Choose a side to serve the birdie first.
3. Swing the racket underhand hitting the rubber part of the birdie up into the air and over the line or net to the other side.
4. The player (s) on the other side will hit the ball back, underhand, to the serving team ... much like tennis.
5. Keep track of how many time the birdie is hit back and forth without touching the

ground and keep trying to break your record.