

The Chinese University of Hong Kong P.E. Unit

Badminton Course Content

Week	First Session	Second Session
1	1. General information 2. Introduction of course content 3. Filling of Par-Q form	1. Introduction of Warm up exercise 2. Hand-eye co-ordination 3. Wrist action
2	1. Forehand grip 2. Forehand high serve	1. Forehand clear 2. Motion and impact point
3	1. Forehand clear 2. Motion analysis 3. Footwork (jump and hit)	1. Forehand clear 2. Footwork (forward and backward)
4	1. Forehand lop 2. Motion and footwork	1. Backhand lop 2. Motion and footwork
5	1. Forehand smash 2. Motion and impact point	1. Receive smash – underhand drop 2. Footwork (smash to net)
6	1. Forehand drop 2. Motion and impact point	1. Net shot - forehand 2. Net shot - backhand
7	1. Push 2. Drive	1. Serve low and tactics 2. Half court game and rules
8	1. Whole court Footwork(米 steps) 2. Single Game	1. Single Game and tactics 2. Single Game
9	1. Introduce Backhand strokes: (Clear, Drop, Smash) 2. Single Game	1. Short serve for doubles game 2. Receive of short serve – tap 3. Rules for doubles game
10	1. Doubles game (positioning) 2. Doubles game tactic: (serve and offence, receive serve and offence)	1. Doubles game: introduction of tactics 2. Doubles game
11	Skill practice and Games	Skill practice and Games
12	Examination	Examination
13	Examination	Examination and course evaluation