



PODAR ENRICHMENT ACADEMY

Learning for Life

→ **Badminton :-**

- Introduction.
- Physical education drills.
- Life skills development exercise.
- Warm up.
- Cool down.
As the kids are too small we don't emphasise much on particular stretching of muscles before starting jogging.
- First we make them jog slowly for about 3min. to improve their heart (pulse) & stamina levels.
- Stretching leg muscles like hamstring, wrist & neck rotation & squats for 2min.
- Wrist rotation.
- Shoulder rotation.
- Side legs running.
- Shuttle picking.
- Throwing shuttles in forward upward direction.
- Make them know the proper gripping of the racket.
- The forehand grip.
- Back hand grip.
- Shadow drills.
- Over hand swinging action.
- Fore hand lifting action.
- Back hand lifting action.
- Proper footwork's.
- Co-ordination racket hand drill.
- Team fun activity: it is a fun as well as practical class for the kids. We sit on a chair or stand at a comfortable distance from them and throw multiple shuttles to their overhead, forehand & backhand sides and make them hit overhead, forehand & backhand strokes, Plan to improve their weakness, as they are too small can't go for more flexible



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stretches, just make them free their legs & thigh muscles, bending and toe to touching, sideways turning exercises. Plus stretch their hands and back. In the end legs up and rest for 1 minute.
