



Badminton for SGOs

PRIMARY

What's unique about Badminton

Badminton is a fully inclusive activity. The non-negotiable of our sport is a shuttlecock, it separates us from all the other racket sports. The 'Shuttle Stars' Festival delivers badminton fundamentals in a carousel format, with no emphasis on scoring, to encourage young people to have a go! The Festival allows any young person to achieve success, through using suitable adaptations enabling true inclusion. Games can be played seated, assorted equipment (balloons) can replace shuttles and tennis rackets can replace badminton rackets. We are a lifelong sport played until old age in 1000s of cases. If young people can enjoy and achieve success at primary school, they can play forever. So, why not give us a try?

What is the intent of your format



Increase regular participation and motivation



Provide inclusive opportunities



Create positive experiences

The emphasis of the 'Shuttle Stars' Festival is for young people to try, enjoy and understand badminton. The Festival has been designed to provide varied activities linked back to four fundamental principles: grips, lunge, backhand serve and the throwing action used to complete a clear.

These principles underpin our sport and are delivered through short 10-minute activity stations, allowing for success not boredom. The skills being developed are transferable in many cases, with some being specific to our sport. All activities are designed to engage 10 children for 8-10-minutes, with minimal queueing.

Success is not measured on scoring but on personal achievement and teamwork.

It's just not badminton if you...

1

Don't use a shuttlecock!

2

Don't play fair, with honesty and integrity!

3

Do not enjoy playing the game!

Target group benefits



All young people



Behavioural challenges



Ethnically diverse communities



SEND



Targeted groups of young people

The Festival can be adapted for young people with SEND so they can fully take part in all activities. Badminton rackets are lightweight, and a shuttlecock naturally travels more slowly than a ball, which can support young people with limited motor skills or strength. If needed, you can substitute different rackets and use a range of balls or even a balloon to give everyone more time, and help all participants succeed. For further support and practical ideas, see the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the NDSOs.

The short 8-10minute station format keeps children moving and engaged in activities that change with each station attempted.

Our membership is split 60/40 between men and women, and we are successful in engaging girls and boys in our sport. Our ability to encourage ethnically diverse groups is unmatched. We have a reach to many typically harder to reach communities, including faith groups, women, and diverse cultural communities.



How to run inter-competition: Shuttle Stars Festival



How to set up

- The number of stations and choice of activities should be determined by the number of participants and their ability level, as well as the time and space available
- Example set up and rotation of the stations are provided on the activity cards. So, use the [Shuttle Stars Festival resources](#) to set up the games with the equipment required
- Break schools into groups and have them spend a set amount of time on each activity
- Rotate groups, to ensure everyone has a go at every activity.



Age group

KS2 (7-11 years old)



Gender

Mixed



Participant numbers

The Festival is flexible to run for 4 to 100 young people. Each activity is designed for participation of 8-10 children.

- One court = 30 YP • Two courts = 50 YP • Four courts = 100 YP
- Stations are based on 8-10 children per station but can be adapted for smaller numbers. For example:
- Games that include having two teams, can have the team element removed and instead, the young people can be challenged with time or numbers
- 'Badders baseball' could have one batter (rather than a team) with everyone else fielding
- 'Switch' could have one team of four and the skill could be timed with young people challenged to reduce time on their next attempt.



Target audience

- Shuttle Stars Festival is a fantastic first introduction to badminton suitable for beginners, those new to the sport, or those who are currently inactive.



Benefits for YP

The Shuttle Stars Festival gives young people the opportunity to:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Aspire to improve and challenge themselves.



Roles for YP

- The Festival is designed to be delivered by secondary school young leaders. The resources have been reviewed, improved and piloted by leaders so each game card can be picked up and led by a young person.



Progression

The Festival is the start of the badminton journey, the lesson plans use the Festival games and link them to core badminton skills to enable school staff to deliver badminton within the curriculum for young people aged 5-11 years in a fun and engaging way. Lesson plans are available to download for free. Find them here for [years 1 & 2](#), here for [years 3 & 4](#), and find them here for [years 5 & 6](#).



How to run inter-competition: Half court competitive singles



How to set up

- This format utilises a standard badminton court. With two matches being played per court.
- If available throwdown markers / lines can be used to provide the additional central line from serving T to the net. Cones are not advised as young people could slip
- Set up a round robin, or knockout competition format depending on your numbers, time and space available
- Consider grouping young people of similar abilities to encourage fair competition.



Age group

Upper KS2 (9-11 years old)



Gender

Mixed



Participant numbers

- 8 young people per court (four playing and four waiting).



Target audience

- Half court singles is an introductory game-based version for those wanting a more competitive offer that is suitable for all.



Benefits for YP

Half court singles give young people the opportunity to:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Aspire to improve and challenge themselves.



Roles for YP

Young leaders can be utilised to:

- Officiate the games, especially as primary pupils do not always understand the rules
- Score the matches and input results
- Manage the teams (teams are required to be organised into ability seeding from 1-4) to ensure the young people play the correct opposite seed number.



Progression

Badminton England has a set of Year 5 & 6 lesson plans, [available here](#) to support schools develop badminton and game-based skills in curriculum time.



Additional support

Badminton is a fully inclusive sport in its sitting format. The game can be further adapted using lighter-weight balls or even balloons, and by altering the size of the court area, the height of the net and the number of players on each side of the court.

To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by Youth Sport Trust and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support, and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special educational needs and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

Physical Literacy

We have designed these formats with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.

NGB regional contacts

- We have a regional development team that can support with any enquiries. Meet the team, via [this web link](#) to find out who can help near you
- If you have a generic enquiry, please email Development@badmintonengland.co.uk
- Find out more about the sport and Badminton England by visiting our website via [this link](#).

Personal development

- If you wish to hire a coach for delivery in schools please use our coach finder to discover affiliated coach members in your area. [Click here](#) to find out more
- Badminton England offers various training opportunities for teachers to develop their coaching skills. If you wish to attend a foundation or Level 2 course, please use [this link](#).

Where to participate next?

Badminton England supports a network of clubs, offering pathways for children and young people to get involved in Badminton.

- To search for your local affiliated club, [click here](#). (NB: to access this link you will need to create a login).

Where to compete next?

- We have a number of opportunities for young people to compete on our junior circuit, [click this link](#) to view the opportunities in your area.



Why Badminton for your school?

We believe badminton is a truly inclusive activity. It can be played seated, indoors or outdoors. The weight and design of the shuttle allow the game to be played indoors with little risk of damage, and we can adapt the equipment used to meet the needs of the players, for example using balloons rather than shuttles. Our core movements (fundamental movement skills) are generic to all sports and are completely transferrable. Our competition pathway from The Shuttle Stars Festival progressing to half court singles allows young people to progress in easily deliverable steps.

The Shuttle Stars Festival will be delivered in clubs and is ideal for schools. It begins with a version that fits inside one badminton court or a small school hall, upscaling, depending on space, to activities spread across four courts. For more information, [click here](#) to access the full Shuttle Stars Festival pack.

How to use activities in curriculum time

Badminton England has developed a 6-week lesson plans for year 1 & 2, year 3 & 4 and year 5 & 6 to provide the 'what next' to a Shuttle Stars Festival. Find them here for [years 1 & 2](#), here for [years 3 & 4](#), and find them here for [years 5 & 6](#). All sessions have been designed so that the only specialised equipment required is a shuttle, as this is our identity as a sport. Any racket can be used, as the skills required to start to play can be done with with any racket.

At the end of the 6-week block of lessons, a scaled-down version of the Festival should be played. It is flexible to fit on a single court, with young people completing several challenges in a carousel format. Badminton England has also created a resource that takes badminton into the classroom with a KS2 cross curricular resource. 60-minute lessons have been created for 8 areas of the curriculum; history, geography, English, mathematics, music, science, art and physical education. This resource can be [downloaded here](#). If you wish to utilise badminton as part of extra curricular delivery, Badminton England have created a set of activity cards to support breakfast and after school clubs. [Found here](#).

Additional support

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Physical Literacy

These formats and activities have been designed with physical literacy at their heart. We want all young people to have a positive experience with physical activity from an early age. As far as possible, we've considered opportunities for young people to move, think, feel and connect through our activities, and given you suggestions to make adaptations. But, if they don't work for you and your young people, then use the THRIVE principle to remove barriers, make changes and give ownership to your young people to have a positive experience with the activities to see their true value.

Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.





Personal development

- Badminton England offers various training opportunities for teachers and young leaders. To find out more, use the following links:
- To book a coaching course [click here](#)
- We have developed a 90-minute young leader course. The tutor notes required to deliver the training to young leaders can be [found here](#).

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How to run intra-competition: Shuttle Stars Festival



How to set up

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- Example set up and rotation of the stations are provided on the activity cards. So, use the Shuttle Stars Festival resources to set up the games with the equipment required
- Divide young people into groups and have them spend a set amount of time on each activity
- Rotate groups, to ensure everyone has a go at every activity
- Either play for skill development or include scoring to determine a winner.



Age group

KS2 (7-11 years old)



Gender

Mixed



Participant numbers

The Shuttle Stars Festival is flexible to run for 4 to 30 young people on one court.

Stations are based on 8-10 children per station but can be adapted for smaller numbers. For example:

- Games that include having two teams, can have the team element removed and instead, the young people can be challenged with time or numbers
- 'Badders baseball' could have one batter (rather than a team) with everyone else fielding
- 'Switch' could have one team of four and the skill could be timed with young people challenged to reduce time on their next attempt.



Target audience

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Benefits for YP

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- Aspire to improve and challenge themselves.



Roles for YP

- The Festival is designed to be delivered by secondary school young leaders. The resources have been reviewed, improved and piloted by leaders so each game card can be picked up and led by a young person.



Progression

The Festival is the start of the badminton journey, the lesson plans use the Festival games and link them to core badminton skills to enable school staff to deliver badminton within the curriculum for young people aged 5-11 years in a fun and engaging way. Lesson plans are available to download for free. Find them here for [years 1 & 2](#), here for [years 3 & 4](#), and find them here for [years 5 & 6](#).



How to run intra-competition: Half court competitive singles



How to set up

- This format utilises a standard badminton court. With two matches being played per court
- If available throwdown markers / lines can be used to provide the additional central line from serving T to the net. Cones are not advised as young people could slip
- If no court is available, mark out a space 2m x 6m using throwdown markers, divided by a bench or washing line for the net
- Games can be played to 5 points to speed up change
- Set up a round robin, or knockout competition format depending on your numbers, time and space available
- Consider grouping young people of similar abilities to encourage fair competition.



Age group

Upper KS2 (9-11 years old)



Gender

Mixed



Participant numbers

- 4+
- Two young people playing with two scoring/umpiring in a small space minimum 2m wide and 6m long
 - Games can be played to 5 or 7 points to enable fast rotation of players.



Target audience

- Half court singles is an introductory game-based version for those wanting a more competitive offer that is suitable for all.



Benefits for YP

Half court singles give young people the opportunity to:

- Have fun and enjoy themselves
- Become more determined and demonstrate resilience
- Understand and demonstrate the importance of respect for others
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Aspire to improve and challenge themselves.



Roles for YP

- Young people can umpire themselves, alternatively, in 3's one young person umpires whilst two play.

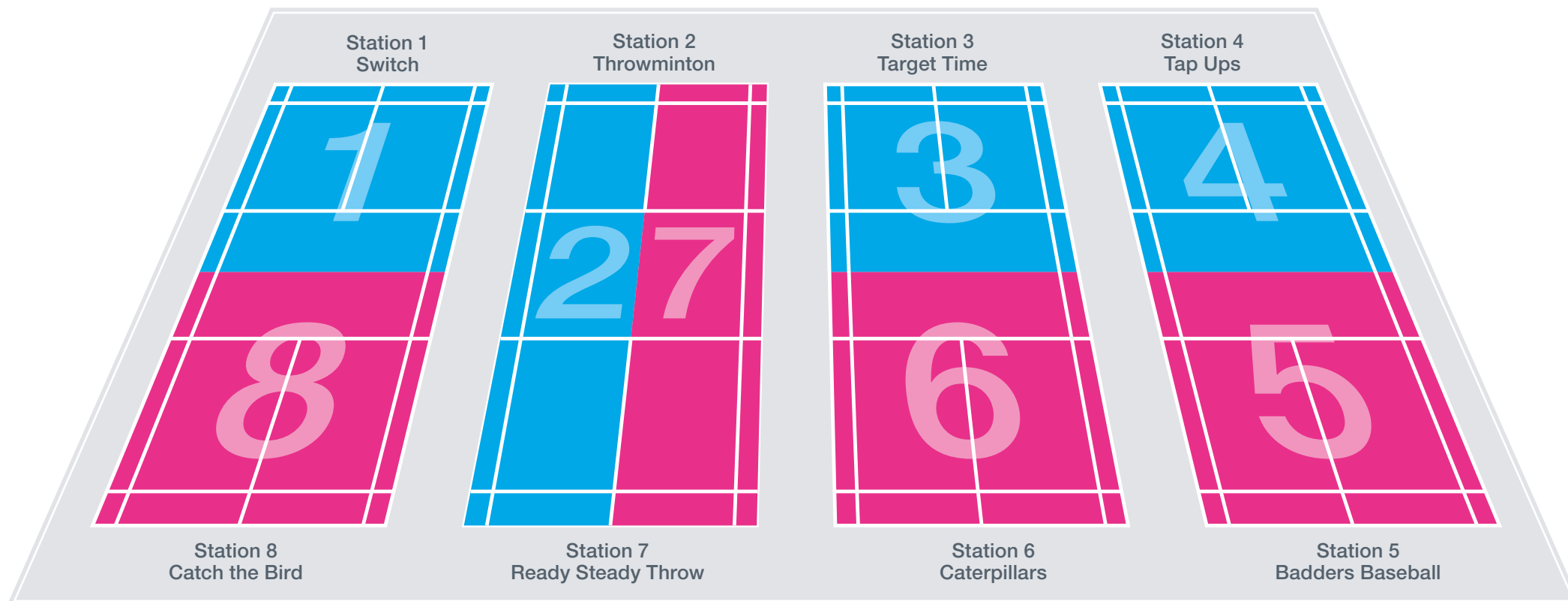


Progression

The intra-competition can develop into an inter-school event. So, ask your SGO about further competitive opportunities. To support progression in curriculum time – access the year 5 & 6 lesson plans, [available here](#).



Court Plan



Space required

- Four court sports hall
- The number of activity stations can be increased or decreased depending on the space available.

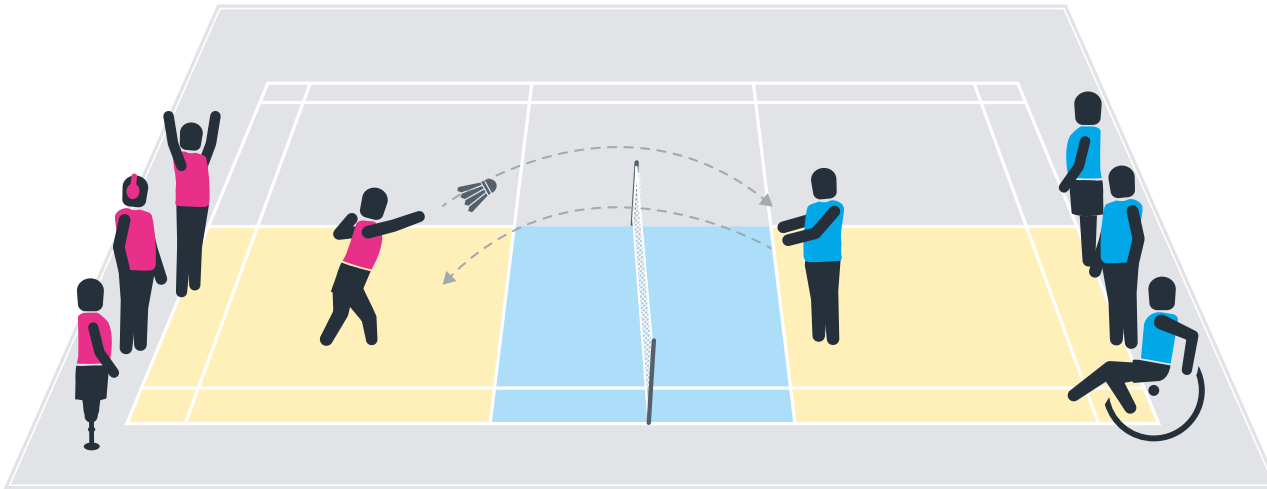
Estimated set-up time

- 15 minutes.



2. Throwminton

PRIMARY



How to play

- Split players into two teams on opposite sides of the court
- Up to five players per side (one player on court and four players lined up behind the court)
- First player starts with a shuttle in middle of yellow box and throws overarm (Usain Bolt pose) over the net, and joins back of the line
- First player from opposite team catches the shuttle and throws it back
- Each player gets one throw and then goes to the back of the line
- The catching player must throw the shuttle from where they catch it
- Aim to score 'Winners' by landing the giant shuttle on the opponent's court floor
- When throwing from between the net and the service line (blue zone), you must throw the giant shuttle underarm (same racket hand as racket leg)
- When throwing from the service line and the baseline (yellow zone) use an overarm throw.

Safety

- Large shuttles can be heavy, do not allow young people close to the net to throw overarm.

Equipment required

- Large shuttle (foam javelin, small foam ball)

Space required

- Half a court from baselines to centre line.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Remove the net and play over a bench
- Use a soft ball or small shuttle
- Allow children to throw shuttle from closer range

How to make it harder

- Introduce court rules (areas of court that are out)
- Start the game with a diagonal throw
- Underarm to start service
- Use badminton scoring system
- Only catch with your racket hand

Spirit of the Games



- When the shuttle landed did you always give a point to the other team?
- How can you encourage others to be honest when taking part?



- Did you try to throw it from far away to challenge yourself?
- How did it feel when you got the shuttle over the net from a faraway distance?



3. Target Time

PRIMARY



How to play

- Split players into two teams and line up on the service line facing the back of the court
- Player 1 runs to the cross and throws three shuttles, one at a time, underarm (same racket hand and leg) at the targets
- The player gets one point for every shuttle that lands in a hoop and two points for every shuttle that lands in a cone
- The player collects the shuttles, puts them on the cross and the second player does the same, until all players have had a go.

Safety

- Ensure each target is minimum of 50cm apart so when collecting targets participants cannot trip or bump into each other.

Equipment required

- Hoops x6 (box, bucket, bin, racket)
- ▲ Cones x10 (objects to test accuracy, shoe, book, paper plate)
- ♣ Shuttles x6
- Throwdown markers x2 (lines on the floor, cones)

Space required

- Half a court.

Estimated set-up time

- 5-7 minutes.

Difficulty level



How to make it easier

- Make targets bigger
- Bring players closer

How to make it harder

- Use smaller targets
- Place bench/net between the players throwing and the targets

Spirit of the Games



- What did you do to encourage your teammates to keep going when they found it difficult to hit the target?
- How could you help everyone to do better next time?

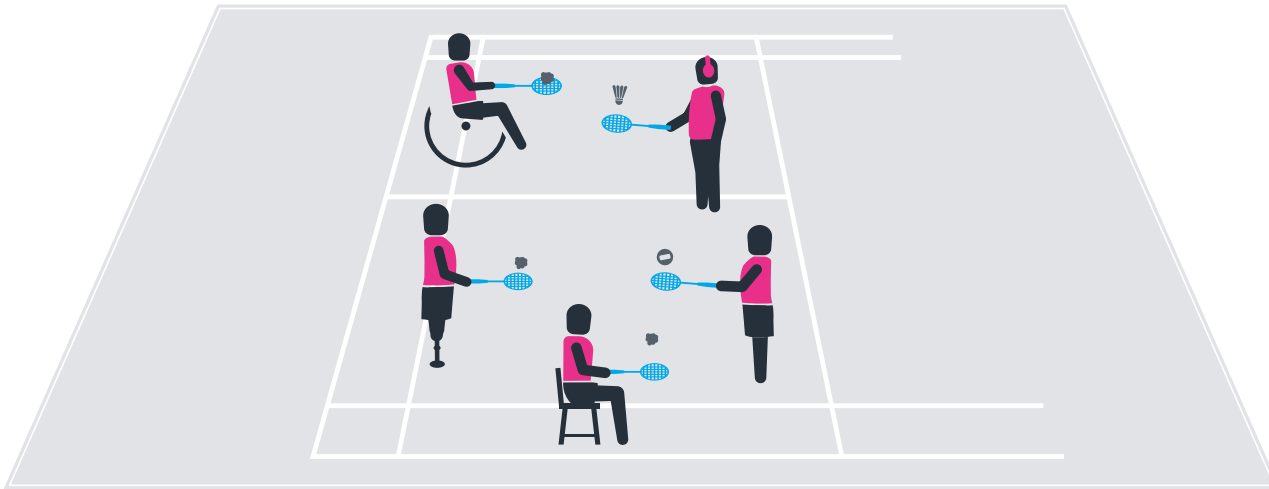


- What did you do if you weren't sure which target your shuttle hit? How did you decide how many points to score yourself?
- How can you encourage others to be honest when taking part?



4. Tap Ups

PRIMARY



How to play

- This is an individual activity
- Each player has a racket and a fluff ball and finds a space
- Players do 10 tap ups using a forehand grip
- Once players successfully achieve 10 forehand tap ups, they do 10 backhand tap ups
- If players can achieve success, swap fluff ball to a success ball and finally a shuttle
- Tip! When tapping a shuttle, the higher the shuttle is hit the easier it is to tap!

Safety

- Do not progress young people onto more challenging items (shuttles) until they have full control
- Split group in half, five tapping, five counting and swap.

Equipment required

- Rackets/Paddles x 10 (alternative rackets can be used or balloons and hands)
- Success balls x10 ([can be purchased from Amazon](#))
- Fluff balls x10 (bean bags can replace the fluff balls)
- Shuttles x10

Space required

- Half a court.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Use a balloon
- Balance the ball/shuttle rather than tap

How to make it harder

- Alternate the grips
- Increase the number of taps
- Progress difficulty from fluff ball, to Success Ball to shuttlecock

Spirit of the Games



- What did you do to ensure you were respectful of other players space?
- How did you congratulate others when they'd completed their tap ups and you were still trying?

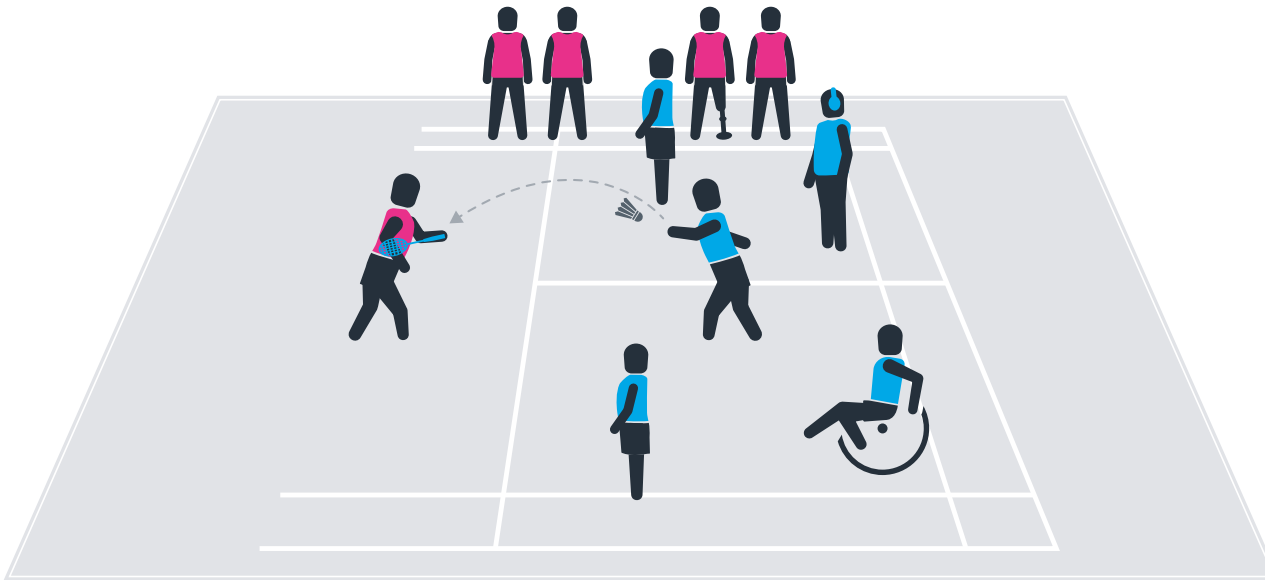


- How did it feel when you got 10 tap ups? What did you do to encourage yourself to keep trying?
- How can believing in yourself help you to improve your badminton skills?



5. Badders Baseball

PRIMARY







How to play

- Divide players into two teams – batters (red), fielders (blue)
- Select a pitcher from the blue team
- Pitcher feeds underarm to the hitter three times
- Batter uses backhand grip to try and hit the shuttle
- Catchers try and catch the shuttles. Catchers receive a point for every shuttle caught
- After three hits, the batter changes position with their teammate until all the team have had a go at hitting
- Swap roles (batters become fielders and fielders become batters).

Safety

- Ensure the fielders are a safe distance apart.

Equipment required

-  Racket/Paddle x1 (alternative rackets are suitable)
-  Cones/throwdown markers x6
-  Success balls x3 ([can be purchased from Amazon](#))
-  Shuttles x3

Space required

- Half a court.

Estimated set-up time

- 2-3 minutes.

Difficulty level



How to make it easier

- Use a soft ball instead of a shuttle
- Place ball/shuttle on the racket and flick up into the air
- Self-drop the shuttle/ball onto the racket and hit

How to make it harder

- Change grip for the batter
- Get the batter to stand in a neutral position, when the shuttle is fed it may be hit using a backhand or forehand

Spirit of the Games



- How did you ensure all your teammates had an equal opportunity to catch the shuttles?
- How does being respectful help make the game more fun for everyone?

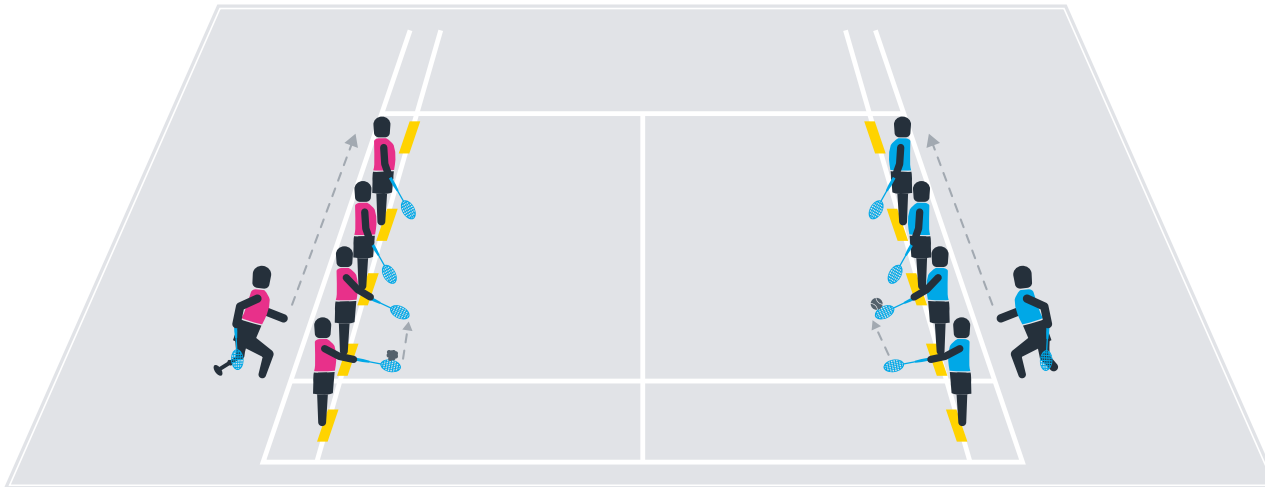


- How did you work together as a team?
- Give another player in your team a piece of positive feedback about what they did well in the game.



6. Caterpillars

PRIMARY



How to play

- Divide players into two teams
- Each player needs a racket and a throwdown marker to stand on facing forward
- Using a forehand grip, player 1 with a fluff ball on their racket passes the ball down the line to player 2, then to player 3, to player 4 and to player 5
- Player 5 moves behind all the players to position 1 and everyone moves down a position
- Start with a forehand grip and have a go without dropping the ball while using only their racket hand.

Safety

- Two lines of players are set apart so they do not bump or knock into each other.

Equipment required

- Rackets x10 (any racket can be used)
- Throwdown marker x10
- Shuttles
- Fluff balls x2 ([available here](#))
- Bean bags x2
- Balls x2

Space required

- Half a court.

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Place non-racket hand on the ball/shuttle to prevent it falling off
- Allow two hands on the racket during transfer to the next player
- Use a bigger racket

How to make it harder

- Replace fluff ball with a success ball, then a success ball for a shuttle
- Pass the shuttle by flicking it to the next person to catch it on their racket
- Attempt to pass the shuttles between the legs to the next player

Spirit of the Games



- What did you do to give your team the best chance to win by passing the ball/shuttle carefully?
- How did you work together on the activity?

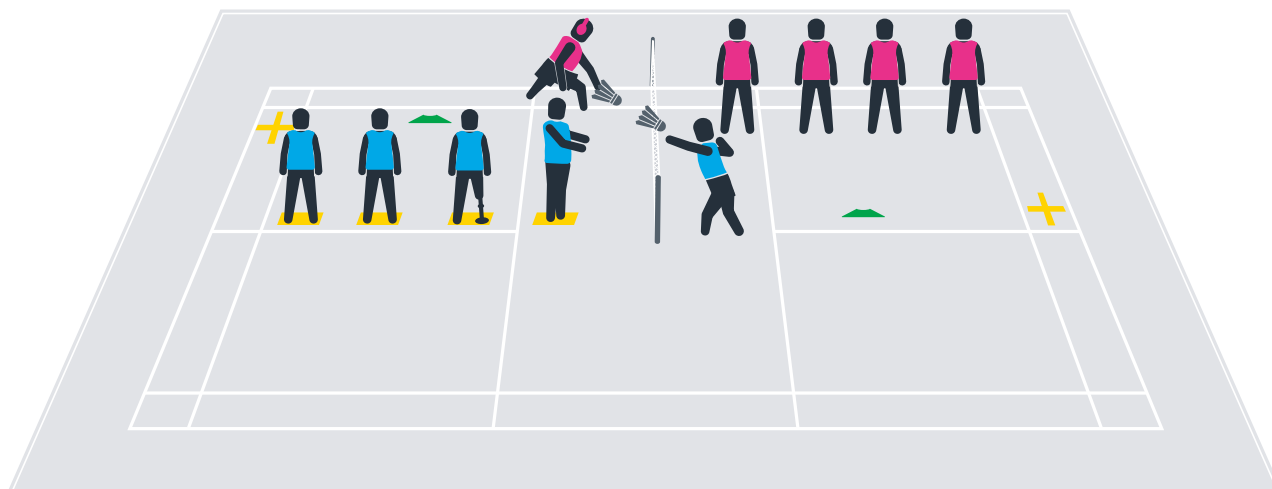


- How can your passion help you stay focussed on the activity?
- What did you do to concentrate your hardest to not drop the ball/shuttle?



7. Ready Steady Go

PRIMARY




How to play

- Divide players into two teams
- Stand 4 players on throwdown markers and 1 player on the yellow cross (player X)
- Player 1 moves to the large shuttle, picks it up and uses a gliding step (in which one foot is kept in advance of the other) to the green floor spot/cone and throws shuttle using overarm action to players on spots/cones on their team (across the net)
- If a player catches it, they return the shuttle to net and sit down on their spot
- Player 1 has 4 goes trying to throw to all 4 players on their team
- Rotate players to have a new thrower and change spot position.

Safety

- Teams throw in opposite directions, ensure players concentrate on accuracy and their lines are a safe distance apart.

Equipment required

-  Large shuttle (foam javelin, small foam ball)
-  Throwdown marker x12

Space required

- Half a court lengthways.

Estimated set-up time

- 5-7 minutes.

Difficulty level



How to make it easier

- Remove the net and play over a bench
- Move the throwdown markers closer to the net
- If the catchers touch the shuttle rather than catching it, they still score

How to make it harder

- Move throwdown markers further away from the net
- Increase the distance of the catcher's throwdown markers from the net (to stretch accuracy)

Spirit of the Games



- How do you cheer yourself up when you make a mistake?
- Why is it important to keep practicing, even if you're already good at something?

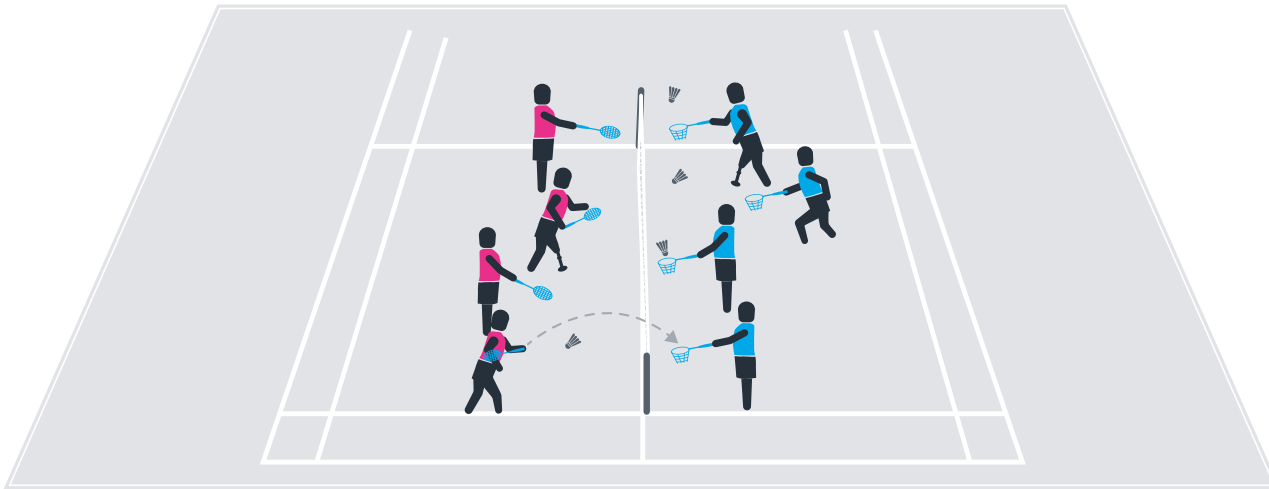


- How did you encourage your team when mistakes were made or if things didn't go well?
- Why is teamwork important?



8. Catch the Bird

PRIMARY








How to play

- Divide the players into two groups on opposing sides of a lowered net or bench
- Red team need a racket and shuttle each
- Blue team need a GetNet each (or something to catch shuttles in)
- Using a backhand serve, the red team serve the shuttle over net/bench for blue team to catch
- Players work in pairs
- Once a player has had 5 goes, swap equipment and ask blue team to serve.

Safety

- Ensure catchers and hitters are a safe distance apart.

Equipment required

-  Rackets x 5 (any is suitable)
-  Get Net x 5 ([available here](#)) (bucket, t-shirt, bin)
-  Shuttles x 5 (soft balls)
-  Net/bench (chairs or washing lines)
-  Stretch activity: Shuttle tubes x 5 (paper cups, upside-down cones)

Space required

- Half a court.

Estimated set-up time

- 3-5 minutes.

Difficulty level



How to make it easier

- Use a bench instead of a net
- Move the catchers closer to the hitters

How to make it harder

- Increase the height of the net
- Move the catchers further away

Spirit of the Games



- Which item in your kitchen could you use to catch the shuttle?
- If you played this in your garden, what could you use as the net?

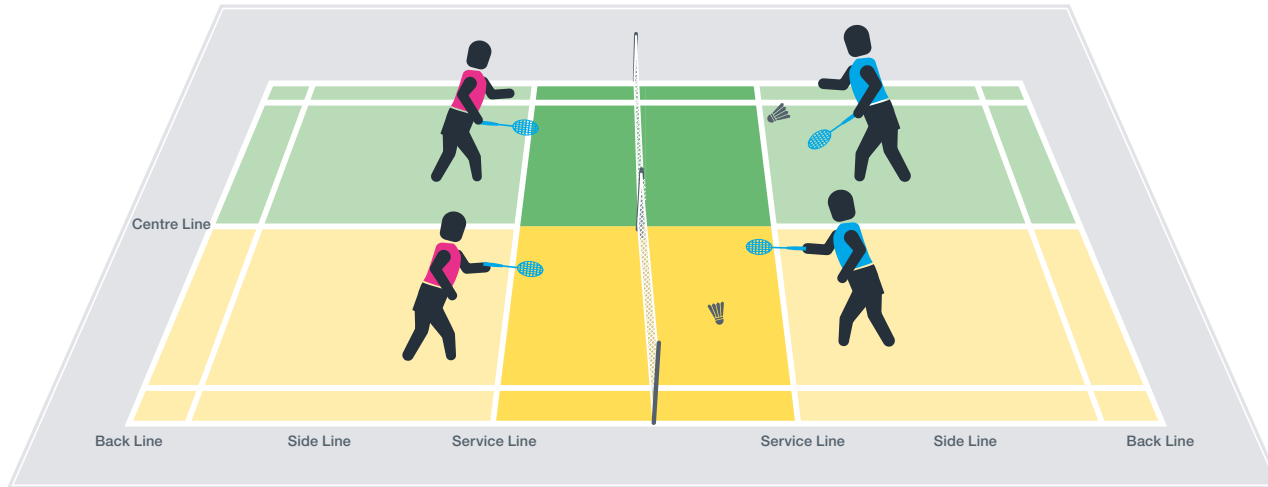


- To make the game more difficult what could you change?
- What challenges could you set yourselves to achieve in a set amount of time, for example a minute?



Half Court Competitive Singles

PRIMARY



How to play

- Players need to be ranked in ability order from 1-4
- Each player plays a game of half-court singles against their opposite number (1 v 1, 2 v 2 etc.) to 11 points (total of 4 games per match)
- Player A starts the game by serving underarm from behind their service line and over their opponent's service line (light area), to player B. If the serve lands in the darker area or outside of the court parameters, the point is awarded to the non-server
- Once the serve is complete all the area displayed in the darker colours becomes active
- The winner of each point serves the next point
- Any shuttle that lands on the line is in.

Safety

- Players should not retrieve their shuttle should it land in another court. They need to wait until players have stopped before doing so.

Equipment required

- Rackets
- Net
- Shuttles

Space required

- Full Court (8 players per court, 4 playing, 4 waiting).

Estimated set-up time

- 2 minutes.

Difficulty level



How to make it easier

- Play using part inflated balloons, (more inflated the balloon the more it holds in the air. Less inflated it acts more like a shuttle)
- Play with large shuttles
- Backhand serving only

How to make it harder

- Use shuttles only
- Ask players to only use forehand serves

Spirit of the Games



- How can you encourage others to be honest when taking part?
- Did you find it difficult to judge if the shuttle was in or out? What did you do if you were unsure?



- If one person is umpiring, why is it important to respect their decisions?
- How did you congratulate your opponent at the end of a badminton match?