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MARY GRACE LASTRA



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PE 7

QUARTER 2

LESSONS 1-8

BADMINTON



BADMINTON



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Benefits that can be derived from playing Badminton

1. Eye coordination and speed.
2. Reaction time.



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HISTORY OF BADMINTON

The roots of the sport can be traced to ancient Greece, China, and India, and it is closely related to the old children's game battledore and shuttlecock.

**Old terminologies
that are used to
call the game
Badminton:**

**England -
Badimintin**

**Japan -
Hanetsuki**



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EQUIPMENT IN BADMINTON

Racket

Modern Badminton Rackets are light in weight and don't weigh more than 100 grams.

The frame of the Racket can be made of common metals like steel or aluminum.

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