

## PE 10 W3-ACTIVITIES



### *What's In*

In this activity, you, the learner, will recall those previous lessons. This will determine if you really understood the lessons well. By having this activity, you will test your mind how fast your memory is, since this is all about the enhancement of the Physical Fitness activity and some activities will help you become wise and conscious of health.

#### **Activity 1: “Arrange Me “**

Analyze and arrange the scrambled letters to form a word. This is the test where you can remember the benefits in participating in recreational activities.

1. ROPEW – -is the ability of the muscle to transfer energy and release maximum force at a fast rate. \_\_\_\_\_
2. THSTRNEG – is the ability of the muscle to generate force against physical objects. \_\_\_\_\_
3. YTLILBIXLEF - is the ability of the joints and muscles to move through its full range of motion. \_\_\_\_\_
4. DPESE— is the ability to perform a movement in one direction in the shortest period of time. \_\_\_\_\_
5. ALITYGI - is the ability to move in different directions quickly using a combination of balance, coordination, speed, strength, and endurance.  
\_\_\_\_\_



## *Assessment*

**Directions.** There are 15-item in this multiple choice test. Its purpose is to assess your understanding on badminton as active recreational activity. Please select the letter of the best answer and write it on your activity notebook.

1. Badminton injuries can be best avoided by \_\_\_\_?
  - a. warming up before the game starts
  - b. playing hard during the game
  - c. wearing jeans and top-crop shirt
  - d. wearing hard hat and steel-toed shoes
2. To begin the game, the opponents do \_\_\_\_\_ for service and side?
  - a. pick up a number
  - b. arm wrestle
  - c. play rock, paper, and scissors
  - d. toss a coin
3. How does badminton start?
  - a. by dropping
  - b. by tossing
  - c. by smashing
  - d. by serving
4. When was the first open tournament of the badminton that was held at Guildford?
  - a. March 1898
  - b. March 1989
  - c. March 1899
  - d. March 1988
5. What is the legal height the player is allowed to serve from?
  - a. above the waist
  - b. on the waist
  - c. below the waist
  - d. above the chest
6. Badminton is played on a netted court. Aside from the shuttlecock, what other equipment is required by a player?
  - a. racket
  - b. club
  - c. bat

- d. ball
- 7. what equipment is designed to give you better traction and grip to stop in time to return a shot
  - a. shoes
  - b. attire
  - c. shuttlecock
  - d. racket
- 8. Who used the badminton game for his house guests to play?
  - a. Duke of Rutland
  - b. Duke of Beaufort
  - c. Duke of Norfolk
  - d. Duke of Cornwall
- 9. Which one of the continents does badminton find its origin?
  - a. North America
  - b. South America
  - c. Africa
  - d. Asia
- 10. How many time(s) the shuttlecock may be hit?
  - a. 1
  - b. 2
  - c. 3
  - d. 4
- 11. In what year did the badminton has been an Olympic sport?
  - a. 1992
  - b. 1993
  - c. 1994
  - d. 1995
- 12. Imagine your opponent has hit and returned a shot to your court but appears to be heading out of bounds. What action is best to take?
  - a. Return the shuttlecock with a drop shot so that they have to run to the very front of the court.
  - b. Return the shuttlecock with a clear so that they have to run to the back of the court.
  - c. Stand back and let the partner decide what to do with it.
  - d. Let the shuttlecock fall to the ground.
- 13. Where did the modern badminton start?
  - a. Asia Pacific
  - b. British India
  - c. Central America
  - d. Middle East

14. Which of the following statements is true in playing badminton?
- a. A player should reach over the net to hit the shuttlecock.
  - b. A player should not touch any of the lines of the court during the serve.
  - c. The shuttlecock hitting the ceiling is not counted as fault.
  - d. The shuttlecock can come to rest on the racket.
15. Where is badminton introduced as it was brought to England?
- a. Springfield
  - b. Gloucestershire
  - c. Holyoke
  - d. Cornwall



## ***Additional Activities***

Directions: Continue engaging in sports activities/workout outside PE time. Log your daily activity in your Week Work-Out Log using the template below.

		WORK-OUT LOG				
		MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<b>F</b>	FREQUENCY					
<b>I</b>	INTENSITY					
<b>T</b>	TIME					
<b>T</b>	TYPE					