

Activity 5: Badminton

Look at the paragraph below about how to perform a forehand shot. Use the words in the box to fill in the blanks.



backhand	shuttle	forehand	body
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If the _____ is on the same side of your _____ as the racket, use a _____ stroke. If the shuttle is on the side of your body that you do not have the racket, use a _____ stroke.

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