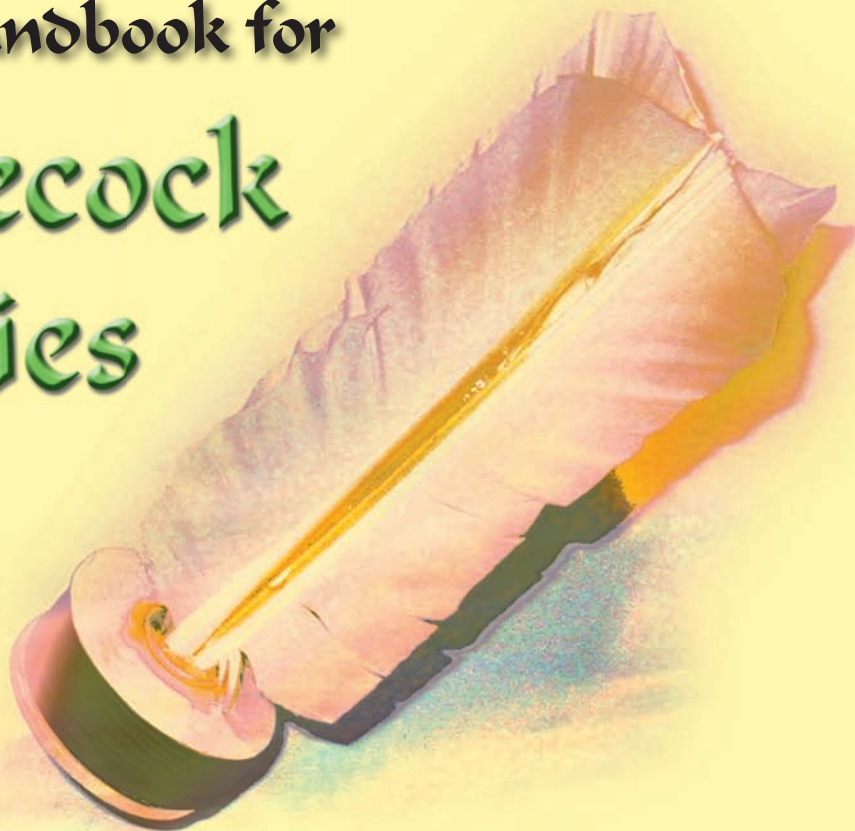


# Teacher's Handbook for Shuttlecock Activities



Physical Education Section  
Curriculum Development Institute  
Education Bureau  
HKSARG  
2010



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## Preface

Physical Education (PE) is "education through the physical". It aims at developing students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students' life-long and life-wide learning and equip them to embrace the challenges in the twenty-first century.

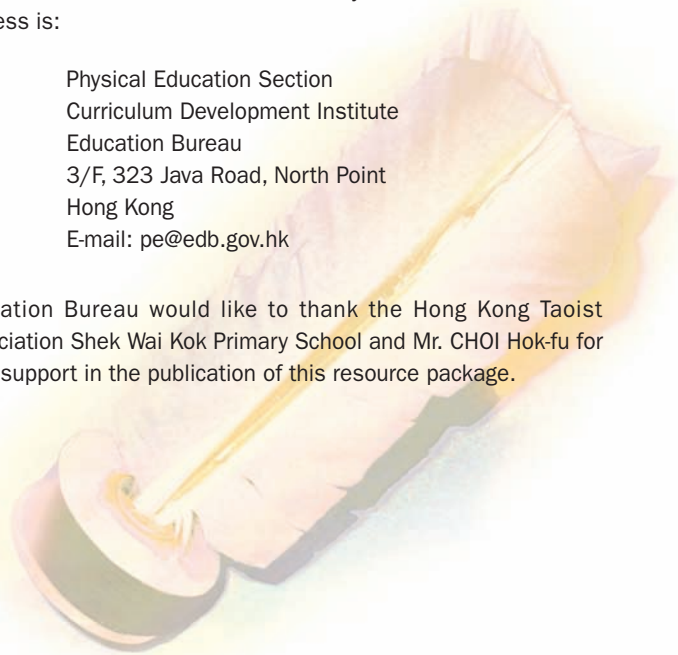
In recent years, Hong Kong Taoist Association Shek Wai Kok Primary School (AM) has designed and implemented a "Shuttlecock Activities Promotion Programme" under the leadership of Mr. CHOI Hok-fu. It aims to help the students understand shuttlecock activities, master shuttlecock skills and undergo physical and mental training. It also raised their interest in sports for developing an active and healthy lifestyle. The programme includes a feature of "Student Shuttlecock Leaders". It cultivates the spirit of service among students, develops their potential and strengthens their generic skills as well as positive values and attitudes. The contents of the programme are rich and practical. The learning and teaching materials provided and the activities proposed have all been satisfactorily tried out in the above school. In view of this, the Curriculum Development Institute produced this resource package for teachers' use and

reference. As the programme was originally designed to meet the needs of that school, teachers should make flexible adjustments to suit their students' abilities and the school's circumstances, so as to achieve the expected outcomes.

Curriculum development is an on-going collaborative improvement process. We welcome the views from all sectors of the public on this reference material. Please send us your valuable advice. Our address is:

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Education Bureau would like to thank the Hong Kong Taoist Association Shek Wai Kok Primary School and Mr. CHOI Hok-fu for their support in the publication of this resource package.



## **(I) History of Shuttlecock**

## 1. Origin and History of Shuttlecock Sport

Shuttlecock is a game, also a popular sport in China. It evolved from a game called “leather ball” (a football game invented during the Emperor’s time) in the ancient army and has more than a thousand years of history.

An ancient record of Tang Dynasty mentioned that a 12-year old monk kicked a shuttlecock for more than 500 times continuously beside a city courtyard of a Luoyang street, which attracted a lot of onlookers and won their praise.

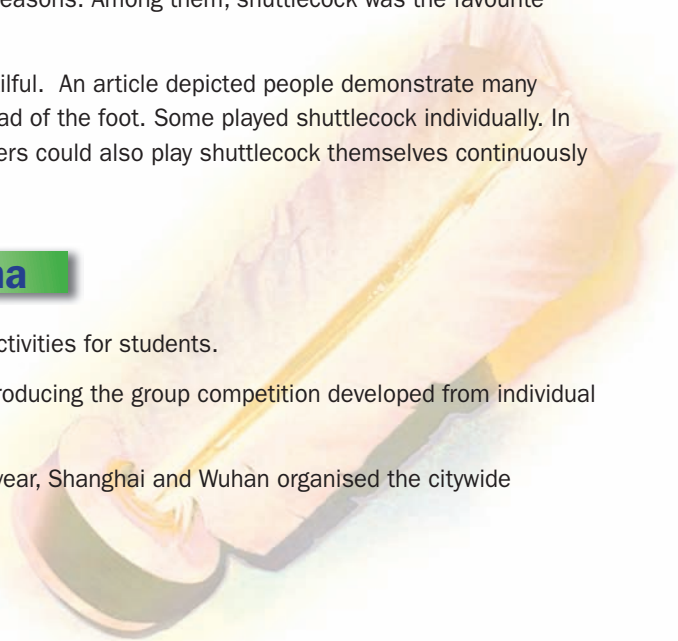
An article in Sung Dynasty recorded that children made their own shuttlecock with materials like lead, tin and chicken feather and called it “arrow”. There were different “arrows” and skills. Children liked to play in groups.

An article in Ming Dynasty described different games played in various seasons. Among them, shuttlecock was the favourite sport in autumn and winter.

Shuttlecock became more popular in Ching Dynasty and players were skilful. An article depicted people demonstrate many advanced skills, including kicking with the forehead, the chest, etc instead of the foot. Some played shuttlecock individually. In some games, a player played against several opponents. Individual players could also play shuttlecock themselves continuously on a whole day.

## 2. Shuttlecock Sport Development in China

- 1913: The Chung Hua University in Wuchang organised shuttlecock activities for students.
- 1928: Shanghai organised the first shuttlecock open competition, introducing the group competition developed from individual playing. It laid down the blueprint of team events.
- 1933: Nanking organised the first national competition. In the same year, Shanghai and Wuhan organised the citywide competitions.



- 
- 1936: A female athlete from Jiangsu demonstrated shuttlecock at the 11th Olympic Games held in Berlin, Germany. She received praise from different sectors for her excellent skills.
- 1937: Tan Jun-chuan, who was 78, demonstrated a non-stop 23 sets of skills and made a record of over 6,000 continuous kicks in an individual event.
- 1956: Guangzhou set the rules of net shuttlecock and related competition. The Central Newsreel and Documentary Film Studio helped to film a movie called “Flying Shuttlecock”. The film was broadcast nationwide with fruitful results.
- 1963: Shuttlecock was listed as “to be developed PE activity” designated by the state. PE curricula for primary and secondary schools were also designed.
- 1984: Shuttlecock was formally listed as one of China’s national sports competition events.
- 1987: The “China Shuttlecock Association,” was set up in Beijing to oversee the nationwide competitions and training. It also laid down the “Terms of Reference of China Shuttlecock Association”.

### 3. Shuttlecock Sport Development in Hong Kong

- 70s: The “Hong Kong Amateur Shuttlecock Association” was set up in 1980 as advocated by a group of veteran PE personnel.
- 80s: The “Hong Kong Amateur Shuttlecock Association” co-organised the annual “Urban Services Cup Shuttlecock League” and “Urban Services Cup Shuttlecock Knock-out Competition” with the then Urban Services Department. At the same time, the Association jointly organised the annual “China Association Cup Shuttlecock Knock-out Competition” with the Chinese Amateur Physical Education Association.
- 1983: With the sponsorship from the Hong Kong Tourist Association, there was roving demonstrations held in other Asian regions such as Japan to promote shuttlecock activities.

- 1986: On the invitation of the Guangzhou Shuttlecock Association, Hong Kong sent a team to Guangzhou for a competition. After that, the two regions had close co-operation with each other and took turns to send teams to their counterpart for friendly matches and shuttlecock skills exchange.
- 1988: The Association joined the Amateur Sports Federation & Olympic Committee of Hong Kong (ASF & OC) as an observer member, and jointly organised the annual President's Cup with ASF & OC. In recent years, it organised the school invitational shuttlecock competition. With over 50 primary and 20 secondary teams, the competition proved the potential development of shuttlecock in the school sector.
- 1994: The “Hong Kong Amateur Shuttlecock Association” was renamed as the “Hong Kong Shuttlecock Association” (Association).
- 1995: The Association jointly organised the first "International Shuttlecock Invitational Competition" with the then Urban Services Department. Participating teams included China, Germany, Taiwan, Vietnam and Hong Kong. It also organised the "Shuttlecock Fun Show", which gave shuttlecock demonstrations in 10 Hong Kong and Kowloon districts as well as roving demonstrations in primary schools, secondary schools and tertiary institutions.
- 1998: The Association jointly organised the “Elementary Shuttlecock Training Course” and “Skills Improvement Course for Shuttlecock” with the then Provisional Urban Services Department.
- From 1998 to 2000: The Association co-organised the “Learning and Teaching Course for Teachers” with the former Education Department.





## **(II) Learning and Teaching Objectives and Expected Learning Outcomes**

# 1. Learning and Teaching Objectives

- 1.1 To let students learn shuttlecock skills and understand such a Chinese traditional sport;
- 1.2 To encourage students to participate in sports more frequently for training their body and mind and enhancing their vitality, which lead to an active and healthy lifestyle; and
- 1.3 To enhance students' generic skills and affective development, including values and attitudes, to lay a good foundation for life-long learning.



## 2. Expected Learning Outcomes

### 2.1 Skills

Assuming that students learn shuttlecock in PE lessons from primary three onwards, the expected learning outcomes are listed in the following table. They are progressive and coherent, graded from basic to creative movements.

Topics Levels	Knee Kick	Inside Kick	Instep Kick	Outside Kick
Primary 3	Drop shuttlecock, knee kick, catch shuttlecock	Drop shuttlecock, inside kick, catch shuttlecock	Drop shuttlecock, instep kick, catch shuttlecock	
Primary 4	Continuous knee kick (one side knee kick and / alternate knee kick) on the spot	Continuous inside kick (left foot / right foot) on the spot	Continuous instep kick (single foot) on the spot	Continuous outside kick (single foot) on the spot
Primary 5	Forwards moving, continuous knee kick (one side knee kick / alternate kick)	Continuous forwards inside kick (left foot / right foot / alternate feet) on the spot	Level and distance	Continuous outside kick (left foot / right foot / alternate feet) on the spot
Primary 6	Creative knee kick	Creative inside kick (high / low / turn around)	Direction and curvature	Creative outside kick (high / low / turn around)

## 2.2 Affective development

Shuttlecock activities enhance students' generic skills such as communication skills, critical thinking skills, collaboration skills, creativity and aesthetic sensitivity; and nurture their positive values and attitudes.

## 2.3 Knowledge

We can also deepen students' knowledge of the history, equipment, skills and rules of shuttlecock game through shuttlecock activities.



### **(III) Learning and Teaching Contents**

# 1. Four Basic Skills

## 1.1 Knee Kick



### Key points

- Support the body with single leg.
- Bend the knee of other leg.
- Hit the shuttlecock with the thigh near the end of the knee.

## 1.2 Inside Kick



### Key points

- Support the body with single leg.
- Swing up the calf with the driving thigh (right / left) with bent knee.
- Hip joint as the axis.
- Flex and lock the ankle when hitting the shuttlecock.
- Kick up the shuttlecock using the arch of the inside foot.

### 1.3 Instep Kick



#### Key points

- Two kicking methods: bent knee and straight leg.
- Support the body with single leg.
- Drive the calf with thigh, bend the knee and dorsiflex the ankle and kick up the shuttlecock; or
- Use the foot to touch the base of the shuttlecock. The calf exerts force and dorsiflex the ankle, use the toes to kick up the shuttlecock.
- Drive the calf forwards with the thigh. Foot straightly locked. Move the calf forwards quickly.
- Pay attention to co-ordination, relaxation and exerting force.



## 1.4 Outside kick



### Key points

- Support the body with single leg.
- Drive the calf with the thigh.
- The hip as the axis.
- Abduct the lower leg upwards with bent knee.
- Toe up at the kicking moment.
- Abduct and lock the flat ankle.
- Use the outside of foot to kick up the shuttlecock.

## 2. Exemplars of Learning and Teaching Syllabus

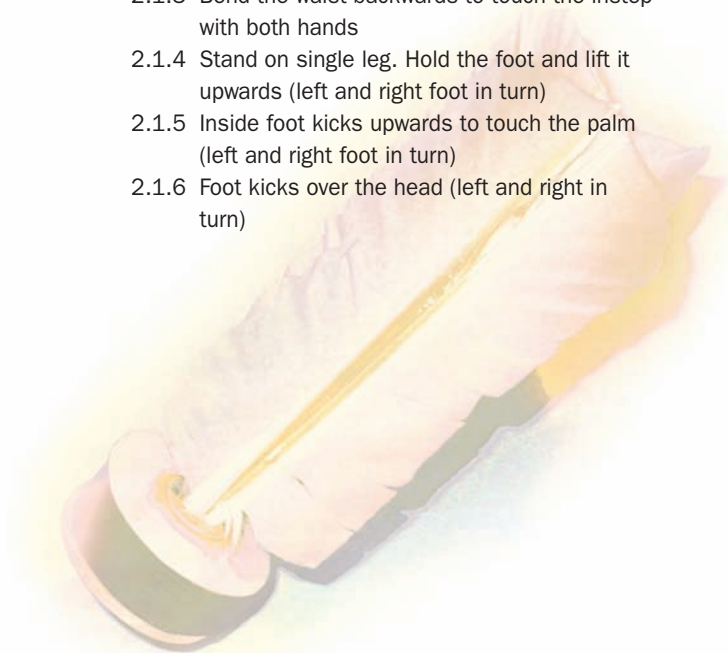
### Primary 3: For four lessons

#### 1. Lesson One (35 minutes)

- 1.1 Watch a video
- 1.2 Questioning
- 1.3 Complete the worksheets
- 1.4 Warm-up activities
  - 1.4.1 Head and neck (left, right, forwards, backwards)
  - 1.4.2 Dorsiflex the ankles
  - 1.4.3 Plantar flex the ankles
- 1.5 Basic activities
  - 1.5.1 Feel the shuttlecock: using the hand
- 1.6 Group activities
  - 1.6.1 Hit the shuttlecock with the left and right palms alternately
- 1.7 Cool-down activities
  - 1.7.1 Hands stretch forwards
  - 1.7.2 Two hands stretch forwards to touch the tiptoes

#### 2. Lesson Two (35 minutes)

- 2.1 Warm-up activities
  - 2.1.1 Head and neck (left, right, upward and downward movements)
  - 2.1.2 Bend the waist to touch the shoe surface with both hands
  - 2.1.3 Bend the waist backwards to touch the instep with both hands
  - 2.1.4 Stand on single leg. Hold the foot and lift it upwards (left and right foot in turn)
  - 2.1.5 Inside foot kicks upwards to touch the palm (left and right foot in turn)
  - 2.1.6 Foot kicks over the head (left and right in turn)



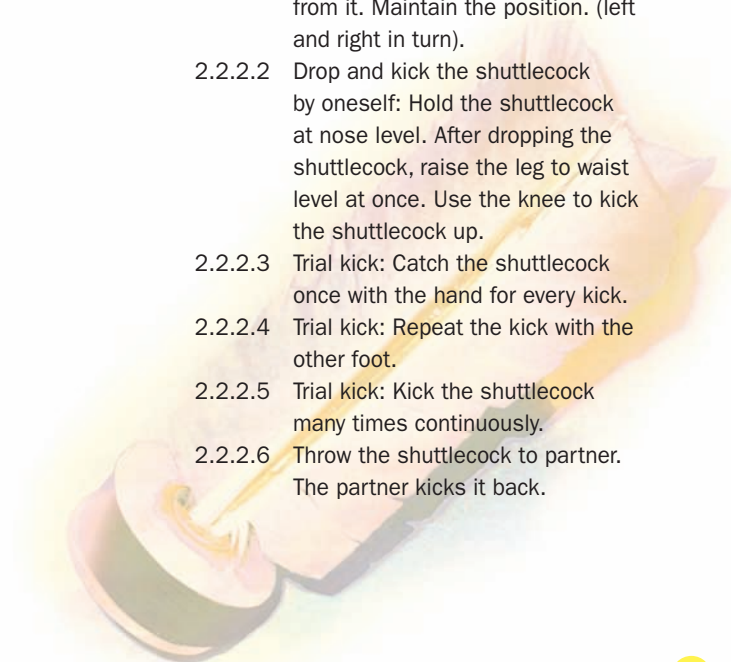
## 2.2 Basic activities

### 2.2.1 Inside kick

- 2.2.1.1 Feel the shuttlecock: Stand on single leg and place the shuttlecock on the arch of the inside foot (left and right in turn).
- 2.2.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at the nose level. After dropping the shuttlecock, raise the footstep at once.
- 2.2.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
- 2.2.1.4 Trial kick: Repeat the kick with the other foot.
- 2.2.1.5 Trial kick: Kick the shuttlecock many times continuously.
- 2.2.1.6 Throw the shuttlecock to partner. The partner kicks it back.

### 2.2.2 Knee kick

- 2.2.2.1 Feel the shuttlecock: Put the shuttlecock on the knee at a position about a fist's distance from it. Maintain the position. (left and right in turn).
- 2.2.2.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, raise the leg to waist level at once. Use the knee to kick the shuttlecock up.
- 2.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
- 2.2.2.4 Trial kick: Repeat the kick with the other foot.
- 2.2.2.5 Trial kick: Kick the shuttlecock many times continuously.
- 2.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.



### 2.3 Group games

2.3.1 Hit the target (rattan hoops / sieves)

2.3.2 Stand in a circle and kick the shuttlecock

### 2.4 Cool-down activities

2.4.1 Leg stretching

2.4.2 Stoop

2.4.3 Take a deep breath

## 3. Lesson Three (35 minutes)

### 3.1 Warm-up activities

3.1.1 Move the head and the neck

3.1.2 Rotate the arms

3.1.3 Stand on single leg and hold the outside foot, bent-knee

3.1.4 Inside and outside foot kick upwards in turn to touch the palms

3.1.5 Foot kicks over the head

### 3.2 Basic activities

3.2.1 Revise the inside kick and knee kick (focus on the key points and correction of wrong movements)

#### 3.2.2 Instep kick

3.2.2.1 Feel the shuttlecock: Lock the instep and kick forwards.

3.2.2.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After releasing the shuttlecock, use the instep (around the spot of the shoelace) to kick the shuttlecock upwards at once.

3.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

3.2.2.4 Trial kick: Repeat the kick with the other foot.

3.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

3.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.

- 3.3 Group games
  - 3.3.1 Individual kick (long and short, high and low)
  - 3.3.2 Stand in a circle and kick the shuttlecock
  - 3.3.3 Group relay
- 3.4 Cool-down activities
  - 3.4.1 Legs stretching
  - 3.4.2 Stoop
  - 3.4.3 Take a deep breath

#### 4. Lesson Four (35 minutes)

- 4.1 Warm-up activities
  - 4.1.1 Head and neck
  - 4.1.2 Hand and trunk
  - 4.1.3 Legs
- 4.2 Revise the movements (focus on key points and correction of wrong movements)
  - 4.2.1 Inside kick
  - 4.2.2 Knee kick
  - 4.2.3 Instep kick
- 4.3 Games
  - 4.3.1 Individual competition, counting the number of hits
  - 4.3.2 Group competition, counting the number of hits
  - 4.3.3 Accuracy competition
- 4.4 Cool-down activities
  - 4.4.1 Take a deep breath
  - 4.4.2 Tuck squat
  - 4.4.3 Stretching

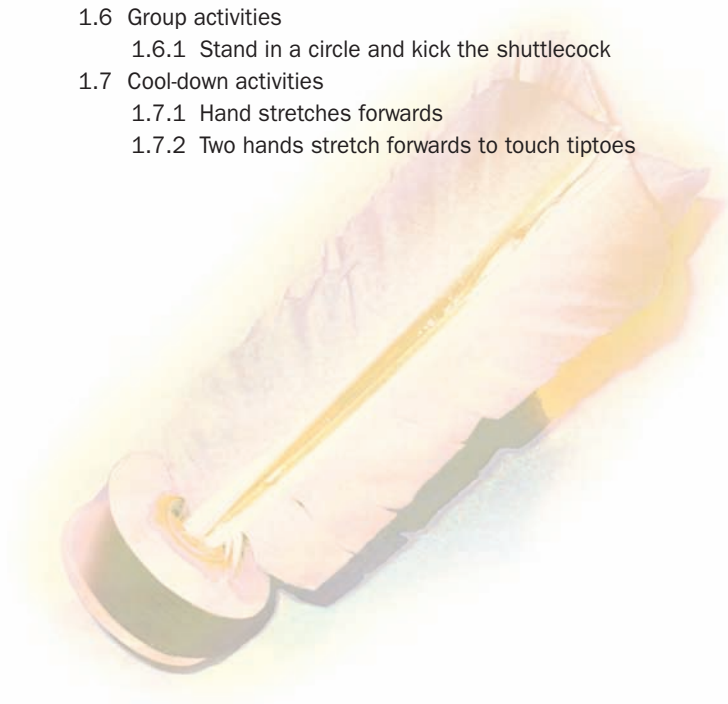


# Exemplars of Learning and Teaching Syllabus

## Primary 4: For four lessons

### 1. Lesson One (35 minutes)

- 1.1 Watch videos
- 1.2 Ask questions and complete the worksheets
- 1.3 Warm-up activities
  - 1.3.1 Head and neck (left, right, forwards, backwards)
  - 1.3.2 Rotate the arms
- 1.4 Revise the movements
  - 1.4.1 Hit the shuttlecock with the palm and back of the hand
  - 1.4.2 Hit the shuttlecock with the left and right palms alternately
- 1.5 Basic activities
  - 1.5.1 Feel the shuttlecock
  - 1.5.2 Hit the shuttlecock with the palm and foot alternately
  - 1.5.3 Kicking exercise for two
- 1.6 Group activities
  - 1.6.1 Stand in a circle and kick the shuttlecock
- 1.7 Cool-down activities
  - 1.7.1 Hand stretches forwards
  - 1.7.2 Two hands stretch forwards to touch tiptoes



## 2. Lesson Two (35 minutes)

### 2.1 Warm-up activities

- 2.1.1 Turn the head and neck slowly to the left and right
- 2.1.2 Shoulder stretching
- 2.1.3 Stand on single leg. Hold the inside foot and lift it upwards (left and right foot in turn)
- 2.1.4 Inside foot kicks upwards to touch the palm (left and right in turn)
- 2.1.5 Foot kicks over the head (left and right foot in turn)
- 2.1.6 Lateral stretching of left and right legs

### 2.2 Basic activities

#### 2.2.1 Inside kick

- 2.2.1.1 Feel the shuttlecock: Stand on single leg and place the shuttlecock on the arch of the inside foot (left and right in turn).
- 2.2.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, the sole immediately bends upwards to kick it up.
- 2.2.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
- 2.2.1.4 Trial kick: Repeat the kick with the other foot.

2.2.1.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.1.6 Throw the shuttlecock to partner. The partner kicks it back.

#### 2.2.2 Knee kick

2.2.2.1 Feel the shuttlecock: Put the shuttlecock on the knee at a position about a fist's distance from it. Maintain the position. Left and right in turn.

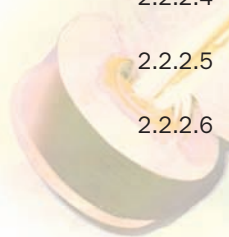
2.2.2.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, raise the leg to the waist level at once. Use the knee to kick up the shuttlecock.

2.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

2.2.2.4 Trial kick: Repeat the kick with the other foot.

2.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.



## 2.3 Group games

2.3.1 Hit the target: Put three rattan hoops (small, medium and large sizes) on the ground. Students take turns to throw and kick the shuttlecock into the target hoop by themselves, using the inside foot kick skills or the knee kick skills alternately

2.3.2 Alternate kick towards each other's court using a rope as the divider

## 2.4 Cool-down activities

2.4.1 Leg stretching

2.4.2 Stoop

2.4.3 Take a deep breath

## 3. Lesson Three (35 minutes)

### 3.1 Warm-up activities

3.1.1 Move the head and the neck

3.1.2 Rotate the arms

3.1.3 Stand on one leg. Hold the foot of the free leg with the hand besides the body. (left and right foot in turn)

3.1.4 Inside and outside foot kick upwards to touch the palms (left and right foot in turn)

3.1.5 Foot kicks over the head

3.1.6 Lateral leg stretching

### 3.2 Basic activities

3.2.1 Revise the inside kick and knee kick (focus on the key points and correction of wrong movements)

#### 3.2.2 Outside kick

3.2.2.1 Feel the shuttlecock: Stand on single leg. Put shuttlecock on the outside foot (left and right foot in turn).

3.2.2.2 Drop and kick the shuttlecock by oneself: When the shuttlecock is falling beside the body, the leg bends outwards and kicks the shuttlecock upwards.

3.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.



3.2.2.4 Trial kick: Repeat the kick with the other foot.

3.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

3.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.

### 3.2.3 Instep kick

3.2.3.1 Feel the shuttlecock: Lock the instep and then kicks forwards.

3.2.3.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, use instep (around the spot of the shoelace) to kick it up at once.

3.2.3.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

3.2.3.4 Trial kick: Repeat the kick with the other foot.

3.2.3.5 Trial kick: Kick the shuttlecock many times continuously.

3.2.3.6 Throw the shuttlecock to partner. The partner kicks it back.

### 3.3 Group games

3.3.1 Practice of individual medley of four exercises

3.3.2 Stand in a circle and kick the shuttlecock

3.3.3 Competition for counting the number of hits

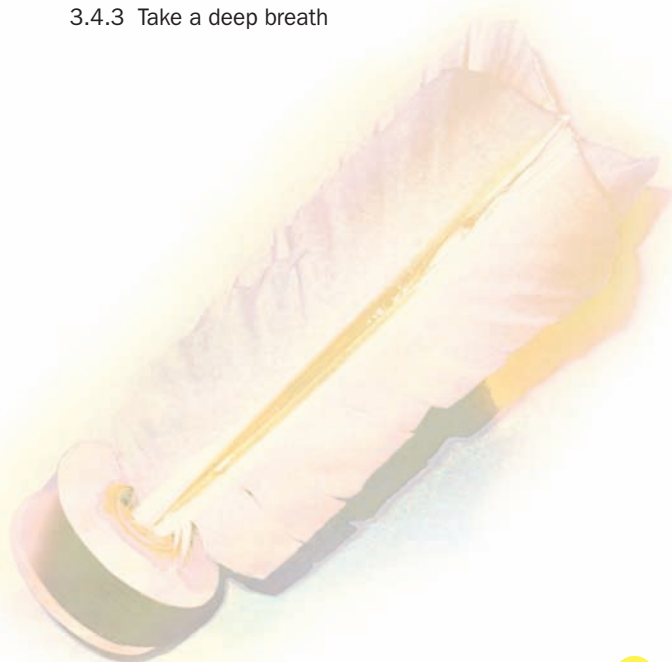
3.3.4 Group Relay: Take turns to run to the designated front position. Each player takes three kicks, runs back and claps hands. Next member takes over the task. (the type of shuttlecock kick may be decided by the teacher)

### 3.4 Cool-down activities

3.4.1 Leg stretching

3.4.2 Stoop

3.4.3 Take a deep breath



#### 4. Lesson Four (35 minutes)

##### 4.1 Warm-up activities

- 4.1.1 Turn the head and neck to the left and right slowly
- 4.1.2 Turn the body with hand clasped
- 4.1.3 Lateral stretching of left and right legs
- 4.1.4 Foot kicks over the head

##### 4.2 Revise the movements (focus on the key points and correction of wrong movements)

- 4.2.1 Inside kick
- 4.2.2 Outside kick
- 4.2.3 Knee kick
- 4.2.4 Instep kick

##### 4.3 Games

- 4.3.1 Individual competition, counting the number of hits (individual)
- 4.3.2 Individual competition, counting the number of hits (in groups)
- 4.3.3 Group Relay
- 4.3.4 Shuttlecock serving competition (with specified landing location / distance)

##### 4.4 Cool-down activities

- 4.4.1 Take a deep breath
- 4.4.2 Tuck squat
- 4.4.3 Stretching



# Exemplars of Learning and Teaching Syllabus

## Primary 5: For four lessons

### 1. Lesson One (35 minutes)

- 1.1 Watch videos
- 1.2 Questioning
- 1.3 Warm-up activities
  - 1.3.1 Head and neck (left, right, upward and downward movements)
  - 1.3.2 Bend the waist to touch the instep with both hands
  - 1.3.3 Knee-lifting run
- 1.4 Basic activities
  - 1.4.1 Knee kick
    - 1.4.1.1 Feel the shuttlecock. Put the shuttlecock on the knee at a position about a fist's distance from it. Maintain the position (left and right foot in turn).
    - 1.4.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, raise the leg to waist level and use the knee to kick it up at once.
    - 1.4.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
    - 1.4.1.4 Trial kick: Repeat the kick with the other foot.
    - 1.4.1.5 Trial kick: Kick the shuttlecock many times continuously.
    - 1.4.1.6 Throw the shuttlecock to partner. The partner kicks it back.
- 1.5 Group games
  - 1.5.1 Hit the target (rattan hoops, sieves)
  - 1.5.2 Competition for counting the number of hits
- 1.6 Cool-down activities
  - 1.6.1 Leg stretching
  - 1.6.2 Take a deep breath



## 2. Lesson Two (35 minutes)

### 2.1 Warm-up activities

- 2.1.1 Head and neck (left, right, upward and downward movements)
- 2.1.2 Bend the waist, with two hands touching the ground at three positions (on the left, in the middle, on the right)
- 2.1.3 Stand on single leg. Hold the sole with the hand. Left and right feet in turn
- 2.1.4 The inside foot kicks upwards to touch the palm (left and right foot in turn)
- 2.1.5 Cross leg kick (right foot kicks upwards to touch left hand; left foot kicks upwards to touch right palm)

### 2.2 Basic activities

#### 2.2.1 Inside kick

- 2.2.1.1 Feel the shuttlecock: Stand on single leg. Put the shuttlecock on the arch of the inside foot (left and right foot in turn).
- 2.2.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, the sole immediately bends upwards to kick it up at once.
- 2.2.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

2.2.1.4 Trial kick: Repeat the kick with the other foot.

2.2.1.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.1.6 Throw the shuttlecock to partner. The partner kicks it back.

#### 2.2.2 Knee kick

2.2.2.1 Feel the shuttlecock: Put the shuttlecock on the knee at a position of about a fist's distance from it. Maintain the position (left and right foot in turn).

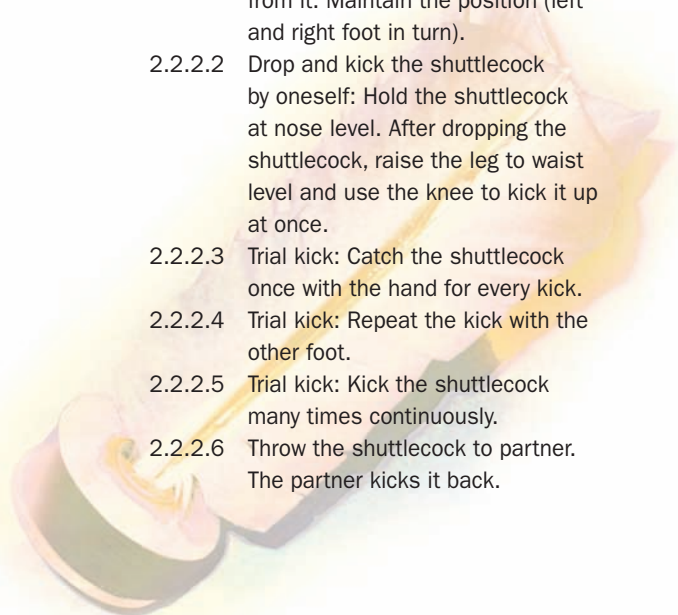
2.2.2.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, raise the leg to waist level and use the knee to kick it up at once.

2.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

2.2.2.4 Trial kick: Repeat the kick with the other foot.

2.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.



## 2.3 Group games

2.3.1 Individual kick (combined with the inside, instep and knee kicks)

2.3.2 Group kick

2.3.3 Alternate kicks (Six players are divided into two groups: Each group consists of three players. A jumping rope is placed on the ground as boundary for alternate kicks. Each side takes turns to kick the shuttlecock to the opponents' court area in not more than four kicks)

## 2.4 Cool-down activities

2.4.1 Leg stretching

2.4.2 Take a deep breath

## 3. Lesson Three (35 minutes)

### 3.1 Warm-up activities

3.1.1 Move the head and the neck

3.1.2 Rotate the arms

3.1.3 Stand on single leg. Hold the foot of the free leg beside the body with the hand (left and right foot in turn)

3.1.4 Inside and outside foot kick to touch the palm (left and right foot in turn)

3.1.5 Foot kicks over the head

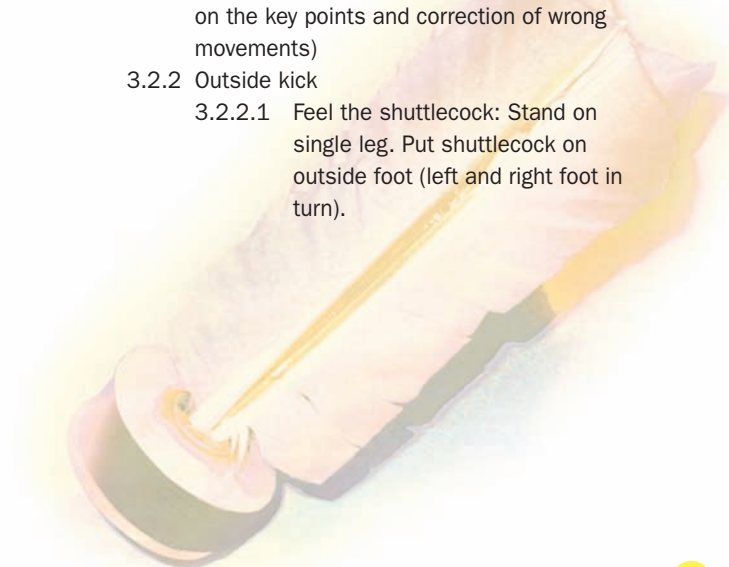
3.1.6 Lateral stretching the left and right legs

### 3.2 Basic activities

3.2.1 Revise the inside kick and knee kick (focus on the key points and correction of wrong movements)

3.2.2 Outside kick

3.2.2.1 Feel the shuttlecock: Stand on single leg. Put shuttlecock on outside foot (left and right foot in turn).



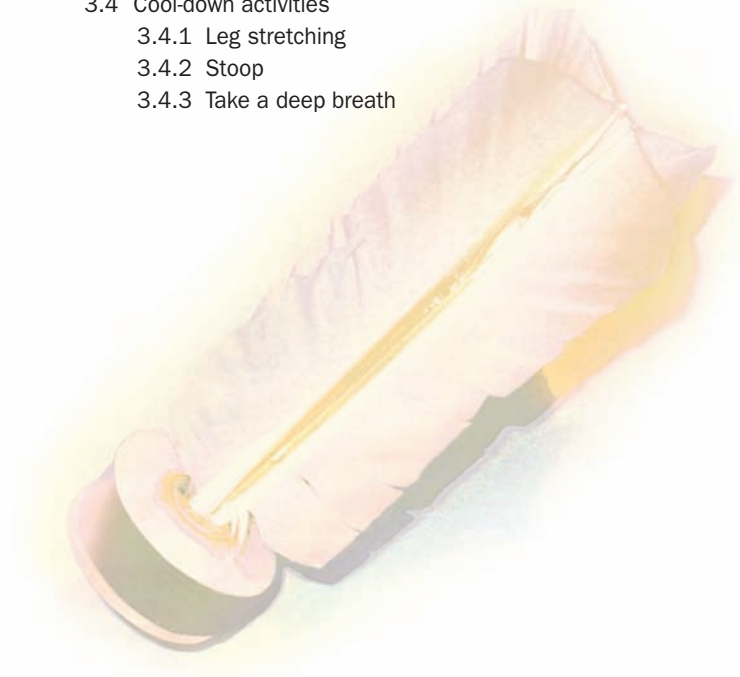
- 3.2.2.2 Drop and kick the shuttlecock by oneself: When the shuttlecock is falling beside the body, the leg bends outwards and kicks the shuttlecock upwards.
- 3.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
- 3.2.2.4 Trial kick: Repeat the kick with the other foot.
- 3.2.2.5 Trial kick: Kick the shuttlecock many times continuously.
- 3.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.
- 3.2.3 Shuttlecock serve (key points: lock the ankle, dorsiflex the instep to form a bow shape, kick the shuttlecock with the flexed instep, which is driven by the thigh.)
  - 3.2.3.1 Group of two: Throw and kick individually / throw and kick with partner who catches the shuttlecock.
  - 3.2.3.2 Kicking exercise for two.
  - 3.2.3.3 Stand in a circle and kick the shuttlecock to group mates.

### 3.3 Group games

- 3.3.1 Shuttlecock serving competition: Mark a score area in the shuttlecock court (badminton court). The groups take turns to kick the shuttlecock to the score area. The group which scores most points wins
- 3.3.2 Shuttlecock serving competition: compete in a designated court area (winning or losing depends on degree of accuracy)

### 3.4 Cool-down activities

- 3.4.1 Leg stretching
- 3.4.2 Stoop
- 3.4.3 Take a deep breath



#### 4. Lesson Four (35 minutes)

##### 4.1 Warm-up activities

- 4.1.1 Head and neck movement
- 4.1.2 Rotate the arms in big movements
- 4.1.3 Jogging
- 4.1.4 Forwards kick
- 4.1.5 Leg kicks towards the left and right
- 4.1.6 Leg stretching

##### 4.2 Revise the movements

- 4.2.1 Inside kick
- 4.2.2 Outside kick
- 4.2.3 Knee kick
- 4.2.4 Instep kick

##### 4.3 Group competition

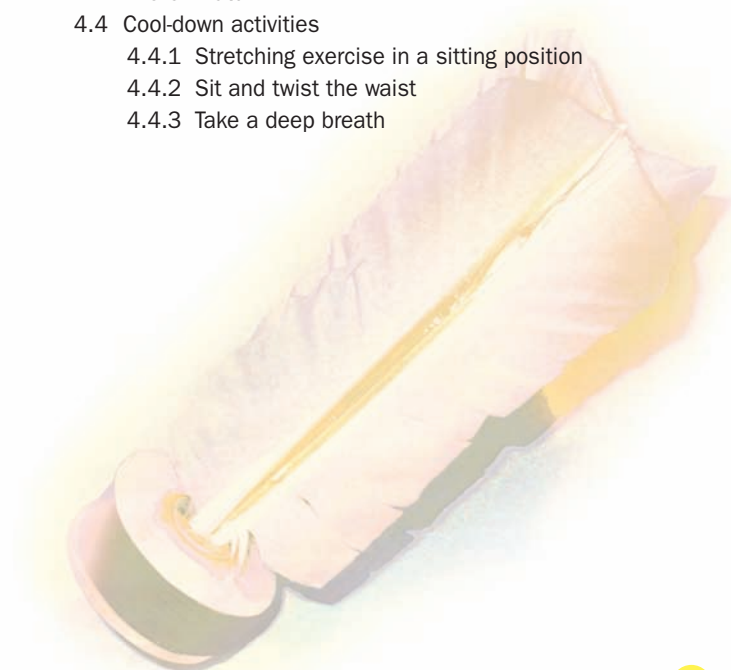
- 4.3.1 Brief students on the simple rules: Not more than four kicks on each side / one successive kick for each player, no hand is allowed / be proactive, and have to move / serve only after hearing the whistle within the serving area

##### 4.3.2 Demonstration match

##### 4.3.3 Match

##### 4.4 Cool-down activities

- 4.4.1 Stretching exercise in a sitting position
- 4.4.2 Sit and twist the waist
- 4.4.3 Take a deep breath



# Exemplars of Learning and Teaching Syllabus

## Primary 6: For four lessons

### 1. Lesson One (35 minutes)

- 1.1 Watch videos
- 1.2 Questioning
- 1.3 Warm-up activities
  - 1.3.1 Head and neck
  - 1.3.2 Bend the waist to touch the instep with right and left hands alternately
  - 1.3.3 Knee-lifting run
- 1.4 Basic activities
  - 1.4.1 Knee kick
    - 1.4.1.1 Feel the shuttlecock: Put the shuttlecock on the knee at a position about a fist's distance from it. Maintain the position (left and right foot in turn).
    - 1.4.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, raise the leg to waist level and use the knee to kick it up at once.
    - 1.4.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
    - 1.4.1.4 Trial kick: Repeat the kick with the other foot.
    - 1.4.1.5 Trial kick: Kick the shuttlecock many times continuously.
    - 1.4.1.6 Throw the shuttlecock to partner. The partner kicks it back.
- 1.5 Group games
  - 1.5.1 Hit the target (rattan hoops / sieves)
  - 1.5.2 Competition for counting the number of hits
- 1.6 Cool-down activities
  - 1.6.1 Leg stretching
  - 1.6.2 Take a deep breath





## 2. Lesson Two (35 minutes)

### 2.1 Warm-up activities

- 2.1.1 Head and neck (left, right, upward and downward movements)
- 2.1.2 Bend the waist, with two hands touching the ground at three positions (on the left, in the middle, on the right)
- 2.1.3 Stand on single leg. Hold the foot with the hand (left and right foot in turn)
- 2.1.4 The inside foot kicks upwards to touch the palm (left and right foot in turn)
- 2.1.5 Cross leg kick (right foot kicks upwards to touch left palm; left foot kicks upwards to touch right palm)

### 2.2 Basic activities

#### 2.2.1 Inside kick

- 2.2.1.1 Feel the shuttlecock: Stand on single leg. Put the shuttlecock on the arch of the inside foot (left and right foot in turn).
- 2.2.1.2 Drop and kick the shuttlecock by oneself: Hold the shuttlecock at nose level. After dropping the shuttlecock, the instep immediately bends upwards to kick in up.
- 2.2.1.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

2.2.1.4 Trial kick: Repeat the kick with the other foot.

2.2.1.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.1.6 Throw the shuttlecock to partner. The partner kicks it back.

#### 2.2.2 Knee kick

2.2.2.1 Feel the shuttlecock: Put shuttlecock on the knee at a position about a fist's distance from it. Maintain the position (left and right foot in turn).

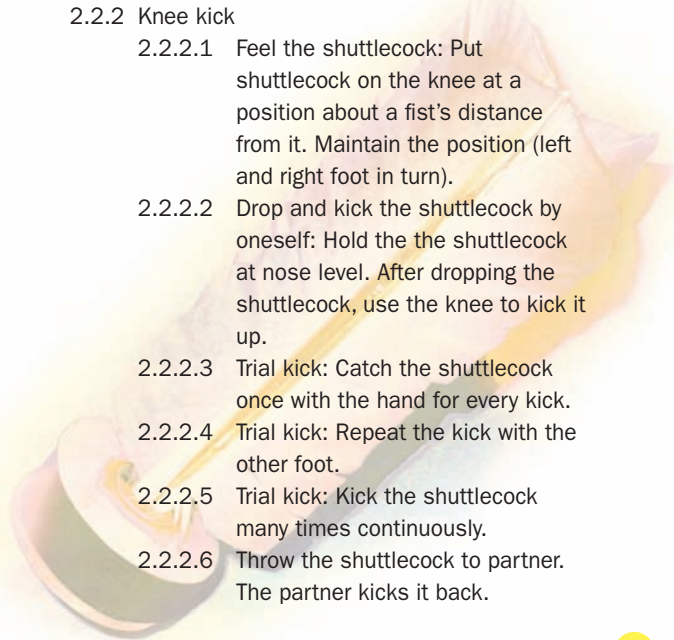
2.2.2.2 Drop and kick the shuttlecock by oneself: Hold the the shuttlecock at nose level. After dropping the shuttlecock, use the knee to kick it up.

2.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.

2.2.2.4 Trial kick: Repeat the kick with the other foot.

2.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

2.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.



### 2.3 Group games

- 2.3.1 Individual kicks (combined with the inside, instep and knee kicks)
- 2.3.2 Group kick
- 2.3.3 Alternate kicks (two groups of three, using a rubber band rope tied to the upright canes inserted into the marker cones, as the boundary for alternate kick. Each side may take turns to kick the shuttlecock to the opponents' court area in not more than four kicks)
- 2.3.4 Introduce sportsmanship: Not to be noisy / not to be clamorous to the opposite side / before the net, do not harass or intimidate the opposite side / be polite when picking up the shuttlecock for the opposite side / absolutely obey the decisions of the referee

### 2.4 Cool-down activities

- 2.4.1 Leg stretching
- 2.4.2 Take a deep breath
- 2.4.3 Stretching



### 3. Lesson Three (35 minutes)

#### 3.1 Warm-up activities

- 3.1.1 Move the head and the neck
- 3.1.2 Rotate the arms
- 3.1.3 Stand on single leg. Hold the foot of the free leg with the hand besides the body (left and right foot in turn)
- 3.1.4 Inside and outside foot kick upwards to touch the palm (left and right foot in turn)
- 3.1.5 Foot kicks over the head
- 3.1.6 Lateral stretching of left and right legs

#### 3.2 Basic activities

- 3.2.1 Revise the inside kick and knee kick (focus on the key points and correction of wrong movements)
- 3.2.2 Outside kick
  - 3.2.2.1 Feel the shuttlecock: Stand on single leg. Put shuttlecock on the outside foot (left and right foot in turn).
  - 3.2.2.2 Drop and kick the shuttlecock by oneself: When the shuttlecock is falling besides the body, the leg bends outwards and kicks the shuttlecock upwards.
  - 3.2.2.3 Trial kick: Catch the shuttlecock once with the hand for every kick.
  - 3.2.2.4 Trial kick: Repeat the kick with the other foot.

3.2.2.5 Trial kick: Kick the shuttlecock many times continuously.

3.2.2.6 Throw the shuttlecock to partner. The partner kicks it back.

3.2.3 Shuttlecock serve (key points: lock the ankle, dorsiflex the instep to form a bow shape, and kick the shuttlecock with the flexed instep, which is driven by the thigh)

3.2.3.1 Groups of two: Catch and kick individually, catch and kick with partner who catches the shuttlecock.

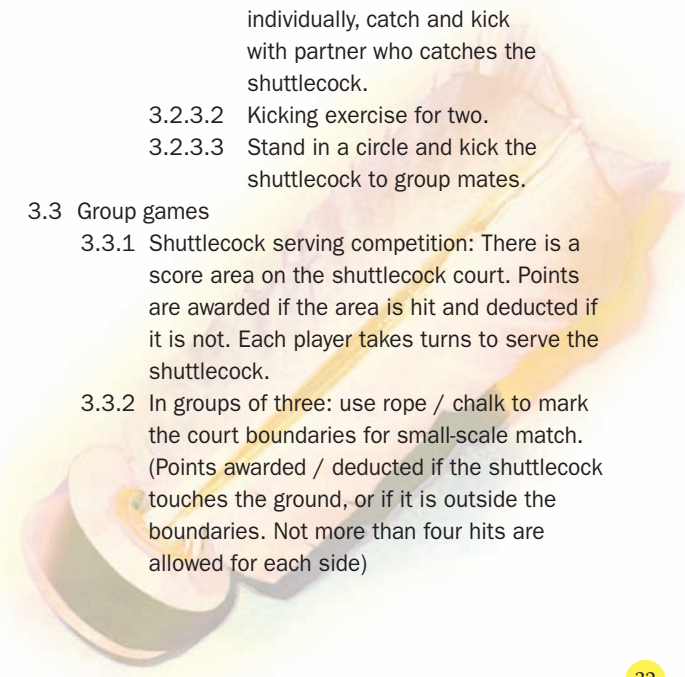
3.2.3.2 Kicking exercise for two.

3.2.3.3 Stand in a circle and kick the shuttlecock to group mates.

#### 3.3 Group games

3.3.1 Shuttlecock serving competition: There is a score area on the shuttlecock court. Points are awarded if the area is hit and deducted if it is not. Each player takes turns to serve the shuttlecock.

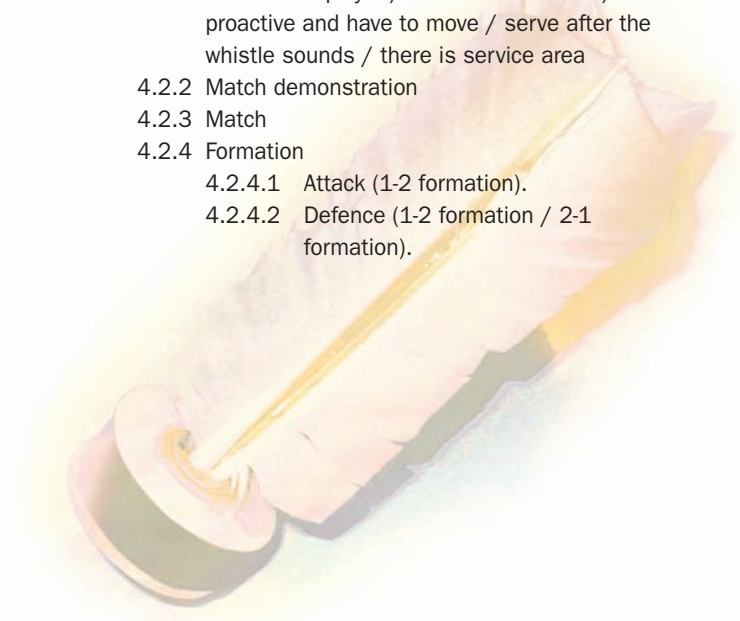
3.3.2 In groups of three: use rope / chalk to mark the court boundaries for small-scale match. (Points awarded / deducted if the shuttlecock touches the ground, or if it is outside the boundaries. Not more than four hits are allowed for each side)



- 3.4 Cool-down activities
  - 3.4.1 Leg stretching
  - 3.4.2 Stoop
  - 3.4.3 Stretching

#### 4. Lesson Four (35 minutes)

- 4.1 Warm-up activities
  - 4.1.1 Move the head and the neck
  - 4.1.2 Rotate the arms in big movements
  - 4.1.3 Jogging
  - 4.1.4 Forwards kick
  - 4.1.5 Left and right kicks
  - 4.1.6 Leg stretching
- 4.2 Group competition
  - 4.2.1 Explain the simple rules: four hits are allowed for each side / only one successive hit for each player / no hand is allowed / be proactive and have to move / serve after the whistle sounds / there is service area
  - 4.2.2 Match demonstration
  - 4.2.3 Match
  - 4.2.4 Formation
    - 4.2.4.1 Attack (1-2 formation).
    - 4.2.4.2 Defence (1-2 formation / 2-1 formation).



#### 4.3 Cool-down activities



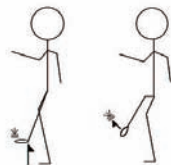
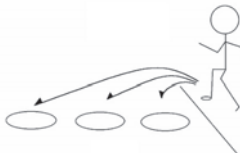





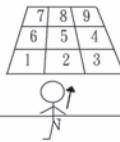
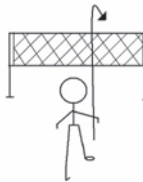

4.3.1 Stretching exercise in a sitting position

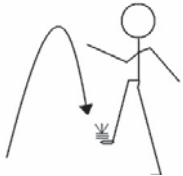
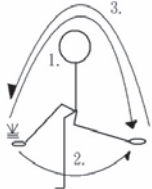
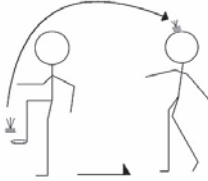
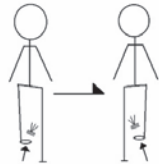

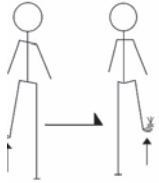
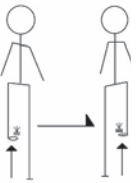
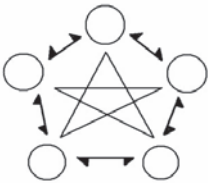
4.3.2 Sit and twist the waist

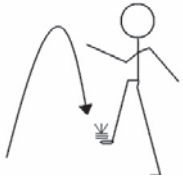
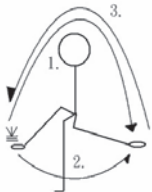
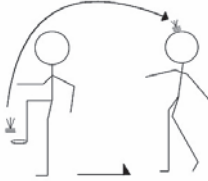
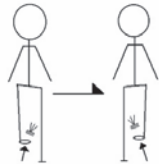

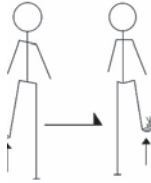
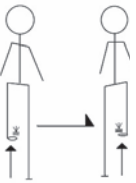
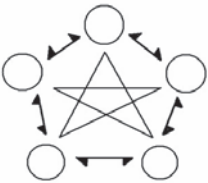
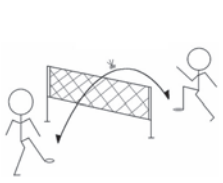

4.3.3 Take a deep breath



### 3. Examples of Group Games

Year	Games						
P3	1. Inside kick	2. Knee kick	3. Instep kick	4. Distance	5. Height		
	<div>Individual kick</div> 	<div>Individual: Throw, successive kicks</div> 	<div>Throw, successive kicks</div> 				
P4	1. Inside kick	2. Outside kick	3. Knee kick	4. Instep kick	5. Distance	6. Height	7. Individual kick
	<div>Individual kick</div> 	<div>Individual: Throw, successive kicks</div> 	<div>Throw, successive kicks</div> 	<div>Throw, successive kicks</div> 			

Year	Games				
P5	1. Control the shuttlecock on the instep	2. Front and back kicks	3. Control the shuttlecock on the forehead	4. Alternate kicks with the left and right foot	5. Continuous instep kicks
	<p>Throw the shuttlecock high and control it with the instep</p> 				
	6. Continuous outside kicks	7. Continuous inside kicks	8. Group kicks		
		<p>Alternative kicks with the left and right foot</p> 			

Year	Games				
P6	1. Control the shuttlecock on the instep	2. Front and back kicks	3. Control the shuttlecock on the forehead	4. Alternate kicks with the left and right foot	5. Continuous instep kicks
	<p>Throw the shuttlecock high and control it with the instep</p> 				
	6. Continuous outside kicks	7. Continuous inside kicks	8. Group kicks	9. Kick the shuttlecock to each other's side over the net	10. Competition on a court with a dividing net
		<p>Alternative kicks with the left and right foot</p> 			



## **(IV) Assessment**

This chapter consists of the following three parts:

1. Assessment tasks for four basic skills are presented in the form of summary table. It covers the basic skills at various class levels enabling the readers to understand the requirements at a glance.
2. This part covers examples of skills and affective assessment criteria for P.3 to P.6. Assessment modes include teacher assessment, self-assessment or peer assessment; and
3. Examples of worksheets for P.3 to P.6 are given in this part. The worksheets test students' knowledge of shuttlecock, develop their thinking skills and creativity. They can be done together with the practical skills.

## 1. Assessment Tasks for the Four Basic Skills

Item Class	Knee Kick	Inside Kick	Instep Kick	Outside Kick
Primary 3	Release, knee kick and catch	Release, inside kick and catch	Release, instep kick and catch	—
Primary 4	Continuous knee kick on the spot (single knee / double knees)	Continuous inside kick on the spot (left / right leg)	Continuous instep kick on the spot (single leg)	Continuous outside kick on the spot (single leg)
Primary 5	Continuous knee kick with forwards movement (single knee / double knees)	Continuous inside kick on the spot (left / right leg / alternate leg)	Level and distance	Continuous outside kick on the spot (left / right leg / alternate leg)
Primary 6	Creative knee kick	Creative inside kick (high / low / body turn)	Direction and curvature	Creative outside kick (high / low / body turn)

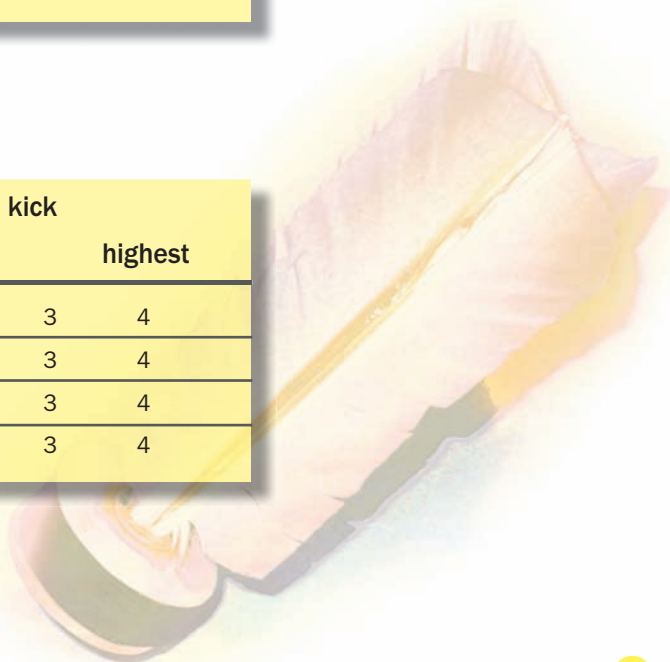
## 2. Criteria of Skills and Affective Assessment for P.3 to P.6

### Assessment criteria for P.3 (skills)

Item	Knee kick	Inside kick	Instep kick
Key points	<ul style="list-style-type: none"> <li>• Timing in releasing the shuttlecock</li> <li>• Demonstrate correct foot shape in kicking the shuttlecock</li> <li>• Keep the eyes on the shuttlecock</li> <li>• Can catch the shuttlecock accurately after kicking</li> </ul>		

### Example – Assessment on knee kick (release, kick, catch)

Assessment criteria \ Item	Knee kick			
	lowest			highest
Timing in releasing the shuttlecock	1	2	3	4
Use the knee to kick the shuttlecock accurately	1	2	3	4
Keep the eyes on the shuttlecock	1	2	3	4
Can catch the shuttlecock accurately after kicking	1	2	3	4



### Assessment criteria for P.3 (affective)

Able to ask students or teachers for the key points of kicking the shuttlecock	Yes	No
Able to observe others' kicking skills	Yes	No
Adopt correct attitudes towards kicking the shuttlecock	Yes	No
Active / positive in trying and practising	Yes	No

\*Grades such as 1, 2, 3, 4 or a simple “yes” or “no” can be used in skills and affective assessment.

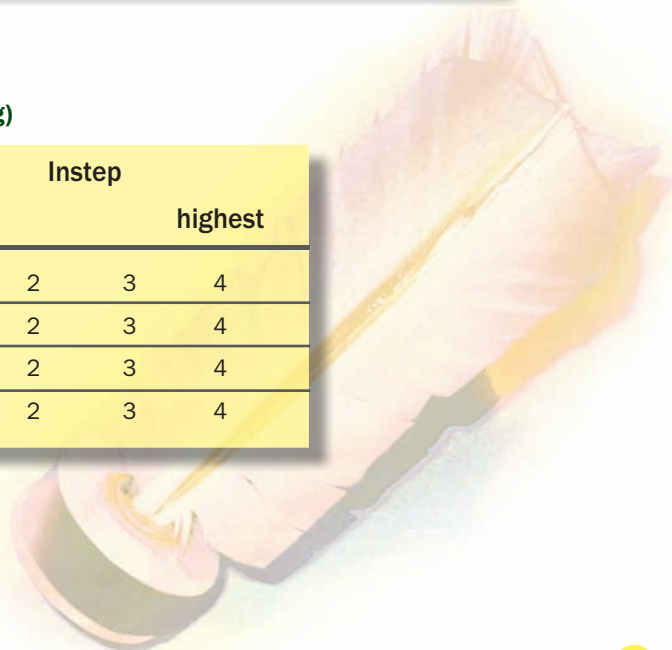


### Assessment criteria for P.4 (skills)

Item	Knee kick	Inside kick	Instep kick	Outside kick
Key points	<ul style="list-style-type: none"><li>• Demonstrate correct foot shape in kicking the shuttlecock</li><li>• Rhythmically and continuously kick the shuttlecock</li><li>• Able to use different parts of the foot to kick the shuttlecock (such as using the knee in knee kick. The assessment criterion is the ability to use different parts of the suitable foot to kick the shuttlecock)</li><li>• Able to relax the foot for a rest before kicking</li></ul>			

### Example - Assessment of continuous instep kick on the spot (single leg)

Criteria of assessment \ Item	Instep			
	lowest			highest
Demonstrate correct foot shape in kicking the shuttlecock	1	2	3	4
Rhythmically and continuously kick the shuttlecock	1	2	3	4
Able to use the instep to kick the shuttlecock	1	2	3	4
Able to relax the foot for a rest before kicking	1	2	3	4



### Assessment criteria for P.4 (affective)

Willing to listen to others' advice to improve technique	Yes	No
Able to cooperate with others in shuttlecock kicking	Yes	No
Willing to accept challenge, to learn and practise difficult movements	Yes	No
Willing to work hard, not to be afraid of failure and persevere in practising	Yes	No

\* Grades such as 1, 2, 3, 4 or a simple “yes” or “no” can be used to indicate in skills and affective assessment.



### Assessment criteria for P.5 (skills)

Item	Knee kick	Inside kick	Instep kick	Outside kick
Key points	<ul style="list-style-type: none"><li>• Able to demonstrate consistent and continuous kicking</li><li>• Able to kick the shuttlecock to an appropriate height (such as high, medium or low)</li><li>• Able to kick the shuttlecock to an appropriate distance (such as far or near)</li></ul>			

(For example, single knee kick / alternate knee kicks should be included in the assessment of knee kick. Left foot kick / right foot kick / alternate kicks should be included in assessing other skills.)

### Example - Assessment of continuous inside kick on the spot (Left foot kick / right foot kick / alternate kicks)

Criteria of assessment	Item	Instep			
		lowest		highest	
Able to demonstrate consistent and continuous kicking		1	2	3	4
Able to kick the shuttlecock to an appropriate height (such as high, medium or low)		1	2	3	4
Able to kick the shuttlecock to an appropriate distance (such as far or near)		1	2	3	4

### Assessment criteria for P.5 (affective)

Willing to discuss with others to solve the difficulties encountered while kicking the shuttlecock	Yes	No
Able to appreciate others' shuttlecock skills	Yes	No
Respect others' comments on shuttlecock skills	Yes	No
Willing to share shuttlecock skills with others and politely correct someone's mistakes	Yes	No

\* Grades such as 1, 2, 3, 4 or a simple “yes” or “no” can be used in skills and affective assessment.





### Assessment criteria for P.6 (skills)

Item	Knee kick	Inside kick	Instep kick	Outside kick
Key points	<ul style="list-style-type: none"> <li>• Able to use / create the same or different kicking methods to demonstrate different shuttlecock movements</li> <li>• Able to pass the shuttlecock to different directions</li> <li>• Able to control the flight of the shuttlecock in an appropriate parabolic direction</li> <li>• Use various basic skills to create different kicking combinations</li> </ul>			

(For example, single knee kick / double knee kick should be included in assessment of knee kicks. Left leg kick / right leg kick / alternate kicks should be included in assessing other skills.)

### Example - Assessment of continuous inside kick on the spot (left / right / alternate leg)

Assessment criteria	Item			
	Instep kick			
	Lowest			Highest
Able to use / create the same or different kicking methods to demonstrate different shuttlecock movements	1	2	3	4
Able to pass the shuttlecock to different directions	1	2	3	4
Able to control the flight of the shuttlecock in an appropriate parabolic direction	1	2	3	4
Use various basic skills to create different kicking combinations	1	2	3	4

### Assessment criteria for P.6 (affective)

Know how to set goals and identify practice methods	Yes	No
Willing to try and create various shuttlecock movements	Yes	No
Serve others: such as transport equipment	Yes	No
Commitment: Be a referee	Yes	No

\* Grades such as 1, 2, 3, 4 or a simple “yes” or “no” can be used in skills and affective assessment.



### 3. Examples of Worksheet for P.3 to P.6

Worksheets can be completed in classroom or after the lesson. Its aims to enrich students' knowledge of shuttlecock (e.g. question 2 for P3), develop creativity (e.g. question 1 for P3) , inspire thinking (e.g. question 3 for P4) , and combine with the practical skills (e.g. question 4 for P4).

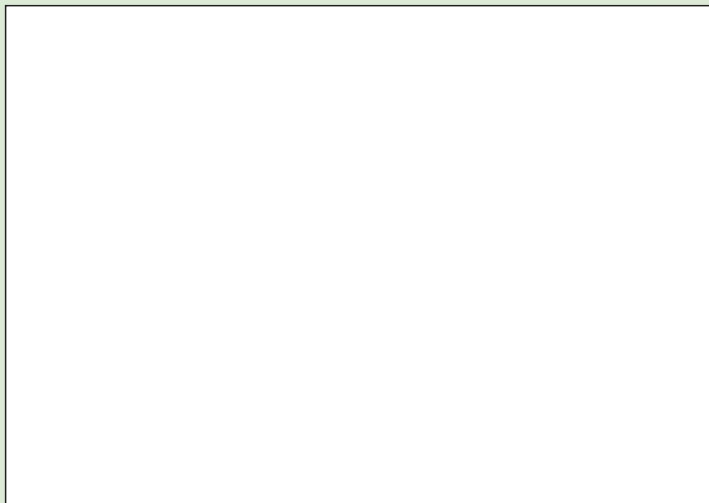
#### P.3 Worksheet

Name of student: \_\_\_\_\_

Class: \_\_\_\_\_

Date : \_\_\_\_\_

1. Imagine how the shuttlecock looks like and paint it in the box below.      2. From which dynasty of China did shuttlecock originate?



3. How many times could Wai Kwong kick a shuttlecock continuously when he was 12-year old? Imagine how many hits you can do when you are 12-year old?

4. Could you compete with Wai Kwong? Try to see how many hits you can do?

Yes / No (circle the correct answer)

Trial :      hits

## P.4 Worksheet

Name of student: \_\_\_\_\_

Class: \_\_\_\_\_

Date : \_\_\_\_\_

1. According to history, from which dynasty of China did shuttlecock originate?

\_\_\_\_\_

2. What are the important components of a shuttlecock?

\_\_\_\_\_

3. What materials will you use if you need to make a shuttlecock ?

\_\_\_\_\_

4. Can you kick a shuttlecock 15 times continuously? Please approach your PE teacher, and kick the shuttlecock in front of him / her with your score recorded?

Yes / No (circle the correct answer)

\_\_\_\_\_

Trial : I can kick the shuttlecock continuously for \_\_\_\_\_ times.

\_\_\_\_\_

## P.5 Worksheet

Name of student: \_\_\_\_\_

Class: \_\_\_\_\_

Date : \_\_\_\_\_

1. According to history, from which dynasty of China did shuttlecock originate?

\_\_\_\_\_

2. What are the four basic skills of shuttlecock kick?

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

3. What kind of skills will you first teach a six-year-old kid if you teach him / her shuttlecock kick? Please explain.

I will first teach knee kick / inside foot kick / instep kick / outside foot kick (circle the correct answer).

Reasons: \_\_\_\_\_

4. The correct way to hold a shuttlecock is:

Use \_\_\_\_\_ to hold the base of the shuttlecock or use \_\_\_\_\_ to stabilise it. Never pull the feather with hand as the feather will easily fall off or become damaged.

5. Before playing with shuttlecock, we must do \_\_\_\_\_ exercise. After playing, we need to do \_\_\_\_\_ exercise.

## P.6 Worksheet

Name of student: \_\_\_\_\_

Class: \_\_\_\_\_

Date : \_\_\_\_\_

1. According to history, from which dynasty of China did shuttlecock originate?

\_\_\_\_\_

2. In team game, which of the following activities do we have? (Use ✓ to represent)

a. Serve the shuttlecock      b. Control      c. Attack      d. Defence

(i) a and b      ☐

(ii) a, b and c      ☐

(iii) a, b, c and d      ☐

3. What kind of venue and equipment do we use for shuttlecock competitions?

\_\_\_\_\_

4. Shuttlecock is welcome because

\_\_\_\_\_

## **(V) "Student Shuttlecock Leaders" Programme**

On the Student Shuttlecock Leaders Programme, we use the co-curricular activities time to train the potential leaders. It aims to strengthen their knowledge and skills of shuttlecock, so as to enable them to coach the fellow students in shuttlecock activities. On one hand, the programme can promote shuttlecock activities for achieving better results with less effort. On the other hand, it enables the Student Shuttlecock Leaders to apply their talents, develop their generic skills and nurture their positive values and attitudes. Through serving other people, the Programme can also strengthen their self-confidence, as well as the sense of belonging to the school. It can also foster their interest in shuttlecock, and turn shuttlecock game into a regular leisure sport activity.

## Schedule

Date	Content
Before term starts	<ul style="list-style-type: none"> <li>• Set forth the frequency and outline of co-curricular activities</li> </ul>
September to November	<ul style="list-style-type: none"> <li>• Watch demonstrative videos to learn the history, knowledge and skills of shuttlecock</li> <li>• Learn shuttlecock skills on alternate Saturdays</li> <li>• Mutual study and exchange of skills through activity groups</li> </ul>
December to March	<ul style="list-style-type: none"> <li>• Recruit Student Shuttlecock Leaders</li> <li>• The leaders receive training</li> <li>• The school presents Certificates of Appointment (see page 59), identity cards (see page 60) and service record cards (see page 60) to the Student Shuttlecock Leaders</li> <li>• Arrange for students to form “groups of four” to join the promotion scheme (see page 55). They will teach fellow P1 to P6 students the knowledge and game of shuttlecock during the class teacher period (7:40 – 7:55 am) after the morning assembly</li> </ul>
March to June	<ul style="list-style-type: none"> <li>• Teach those students who are interested in shuttlecock activities at the basketball court / covered playground before lesson time (7:15 to 7:35 am) every Thursday</li> <li>• Leaders with better performance will be selected as school representatives for participation in external shuttlecock competitions</li> </ul>

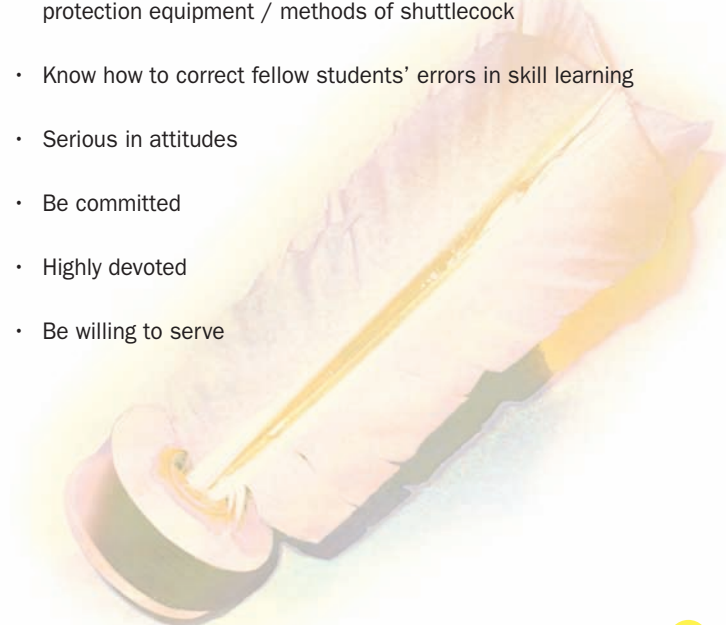


## Training Contents for “Student Shuttlecock Leaders”

- Four basic skills (knee kick, instep kick, inside kick, outside kick)
- Application of basic skills
- Tactics of play – Defence
- Tactics of play – Attack
- Individual and team practice
- Rules of the game

## Notes and Requirements for "Student Shuttlecock Leaders"

- Know how to lead warm-up and cool-down activities
- Be polite
- Leadership
- Can control discipline of the group
- Be quite knowledgeable about the history, skills and protection equipment / methods of shuttlecock
- Know how to correct fellow students' errors in skill learning
- Serious in attitudes
- Be committed
- Highly devoted
- Be willing to serve



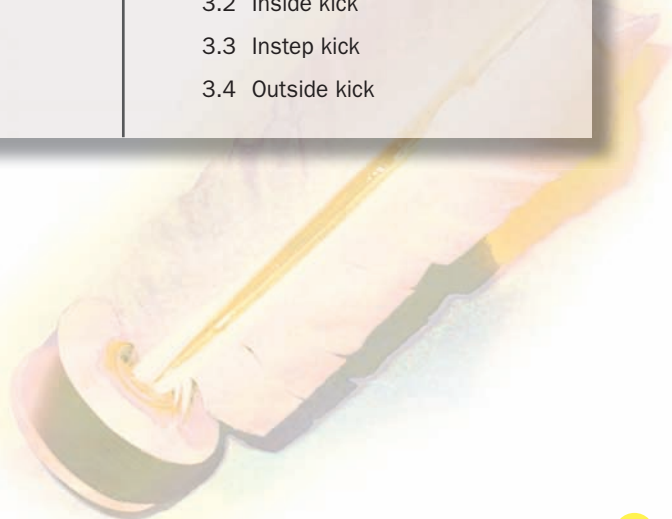
### Examples of Schedule for “Student Shuttlecock Leaders” Promotion Scheme:

From 7:40 to 7:55 am every Tuesday and Thursday, which is the class teacher period after the morning assembly, one of the classes takes part in shuttlecock activities at the basketball court or covered playground and be trained by the Student Shuttlecock Leaders.

Date	Class (A class at a time, from P.1 to P.6)	Group (Four leaders in each group, who are from P.4 to P.6 students)	Remark
2/3 (Thursday)	A	A	
7/3 (Tuesday)	B	B	
9/3 (Thursday)	C	C	
21/3 (Tuesday)	D	D	
...	...	...	...

## Training Guidelines for “Student Shuttlecock Leaders” Promotion Scheme

(Junior Primary) (Primary 1 to 2)	(Middle Primary) (Primary 3 to 4)	(Senior Primary) (Primary 5 to 6)
<ol style="list-style-type: none"> <li>1. Warm-up methods</li> <li>2. Know the shuttlecock               <ol style="list-style-type: none"> <li>2.1 Origin</li> <li>2.2 History</li> <li>2.3 Protect the shuttlecock</li> </ol> </li> <li>3. Games               <ol style="list-style-type: none"> <li>3.1 Palm</li> <li>3.2 Knee / thigh</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1. Warm-up methods               <ol style="list-style-type: none"> <li>1.1 Know the shuttlecock</li> <li>1.2 Origin</li> <li>1.3 History</li> <li>1.4 Protect the shuttlecock</li> </ol> </li> <li>2. Games               <ol style="list-style-type: none"> <li>2.1 Knee kick</li> <li>2.2 Inside kick</li> <li>2.3 Instep kick</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1. Warm-up methods</li> <li>2. Know the shuttlecock               <ol style="list-style-type: none"> <li>2.1 Origin</li> <li>2.2 History</li> <li>2.3 Protect the shuttlecock</li> </ol> </li> <li>3. Games               <ol style="list-style-type: none"> <li>3.1 Knee kick</li> <li>3.2 Inside kick</li> <li>3.3 Instep kick</li> <li>3.4 Outside kick</li> </ol> </li> </ol>



## “Student Shuttlecock Leaders” Questionnaire

After the annual promotion scheme, the teachers ask the leaders to complete a questionnaire. The teachers also explain to them the gains of being a leader, encourage them to discuss their feel and arouse their affective sense. This is beneficial to their growth. The question items touch upon different skills and affective connections, including generic skills as well as values and attitudes.

Questions 1 and 3	—	Communication ability	Question 8	—	Facing the challenges
Questions 2 and 4	—	Skills	Question 9	—	Values
Question 5	—	Problem-solving ability	Question 10	—	Self confidence
Question 6	—	Collaboration ability, problem-solving ability, adaptation ability	Question 11	—	Values and self-confidence
Question 7	—	Correct attitudes	Questions 12 and 13	—	Serve others
			Question 14	—	Ability of critical thinking

	Strongly Disagree				Agree			
1. Through participation in the Leaders scheme, I have got more opportunities to meet the students of lower classes.	1	2	3	4				
2. Through participation in the Leaders scheme, I have learnt how to improve my shuttlecock skills.	1	2	3	4				
3. I have learnt how to use suitable tone and attitudes in training fellow students.	1	2	3	4				
4. I know the key points of various skills better so that I can play shuttlecock more skillfully.	1	2	3	4				
5. If fellow students cannot master the skills when I train them, I need to think out some new training methods.	1	2	3	4				
6. When fellow students cannot master a particular skill, I will train them in co-operation with other leaders.	1	2	3	4				

	Strongly Disagree			Agree
7. I will be patient and friendly in training naughty students.	1	2	3	4
8. Each student's skill level is different from that of the other. It is therefore a great challenge to me to coach them.	1	2	3	4
9. I am proud of myself when the trainees respect me.	1	2	3	4
10. Being a Student Shuttlecock Leader, I feel more confident.	1	2	3	4
11. Being a Student Shuttlecock Leader, I have higher self-esteem and am more confident in other tasks (for example, getting along with others and doing academic work).	1	2	3	4
12. As a leader, I need to go to school earlier to prepare the shuttlecock equipment, but I feel happy and satisfied as I can serve other students.	1	2	3	4
13. Though I have to use my own leisure time, I will continue to be a Student Shuttlecock Leader.	1	2	3	4
14. I will continue to be a Student Shuttlecock Leader, because (for reasons different from the above)				

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**Hong Kong Taoist Association Shek Wai Kok Primary School (AM)**  
**School-based Curriculum (Shuttlecock Promotion Scheme in Primary School)**

**20xx-20xx**



**Certificate of Appointment**

**This is to Certify that**

\_\_\_\_\_, Student of Class \_\_\_\_\_

is appointed by the School as

Student Shuttlecock Leader

of the “Shuttlecock Promotion Scheme in Primary School” (20xx-20xx)

Group Leader of Shuttlecock Promotion Scheme in Primary School \_\_\_\_\_

School Head \_\_\_\_\_

Date \_\_\_\_\_

### Student Shuttlecock Leader Uniform



### Student Shuttlecock Leader Identity Card

Name \_\_\_\_\_

Class \_\_\_\_\_

Service Period \_\_\_\_\_

Photo

Name of Teacher-in-charge / Group Leader \_\_\_\_\_

Signature \_\_\_\_\_

### Student Shuttlecock Leader Service Record Card

Number	Name of Student Leader	Signature	Remark
1			
2			
3			
4			
...	...	...	...





## Conclusion

Shuttlecock is an inexpensive, safe sport which is suitable for people of all ages and genders and any number of players. People may practise the sport themselves. Moreover, it is not limited by time, space, venue and affected by weather. It is very suitable to be promoted in schools.

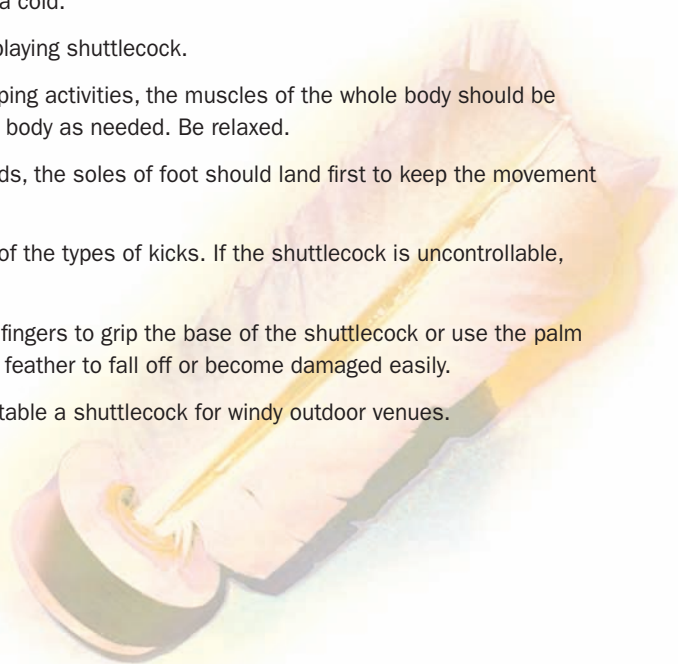
This booklet outlines the learning objectives of shuttlecock activities in schools, the expected learning outcomes, the teaching and learning contents, as well as the assessment methods. It gives detailed description of the contents of the “Student Shuttlecock Leader Scheme”. It can be used as reference for promoting other sports. Some other aspects, such as the organisation of and activities for elite school teams, are not covered in this booklet, as they are similar to those of other sports.



# Appendix 1

## Notes for Shuttlecock Activities

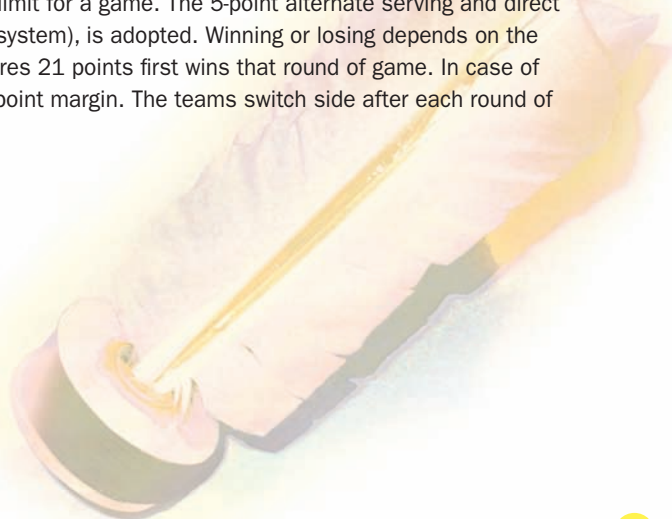
- No shuttlecock activities after meals if you are still full.
- No shuttlecock activities if you are too tired.
- Avoid practising the same skill too long because it may easily cause swelling of blood vessels or overload your leg muscles.
- Playing shuttlecock is a vigorous activity that easily leads to heavy sweating. Therefore, students should dry their body with a towel immediately after practice, and keep away from the wind to avoid getting a cold.
- Must do warm-up and cool-down exercises respectively before and after playing shuttlecock.
- Swaying of arms should be natural when kicking the shuttlecock. For jumping activities, the muscles of the whole body should be relaxed to keep good body posture. Adjust the centre of the gravity of the body as needed. Be relaxed.
- Eyes on the shuttlecock but not the foot when kicking. When the foot lands, the soles of foot should land first to keep the movement agile.
- Shuttlecocks should move vertically upwards and downwards regardless of the types of kicks. If the shuttlecock is uncontrollable, catch it with the palm as far as possible. Do not let it fall on the ground.
- The correct method of holding the shuttle is to use the middle and index fingers to grip the base of the shuttlecock or use the palm to stabilise it. Never pull the feather with the hand, as this will cause the feather to fall off or become damaged easily.
- Venue should be flat, without strong wind and well-ventilated. Choose suitable a shuttlecock for windy outdoor venues.



## Appendix 2

### Rules for Competition

1. Venue: A standard badminton court with a net of standard height is the main venue. Its size is 11.88m long x 6.1m wide. The venue is divided by a middle line into two equal-sized halves, each of which is about 5.94m wide. The two halves are separated in the middle by a net which is 1.5m high.
2. Clothing: sportswear, shorts, socks, non-marking sports shoes.
3. Game: There are two teams in each match, one on each side. The play begins by having one of the teams serving the shuttlecock at the serving zone (Serving zone is the area between the badminton net and the service line). A player will throw the shuttlecock at the serving zone to the server who kicks it across the net to the opponents' side (the kick is valid only if the shuttlecock is kicked across the net). The play then immediately starts. For any team, a foul is committed for more than four team kicks or more than two successive individual kicks during the play, before the shuttlecock is kicked to the opponents' side. Players can use any part of the body, except arms and palms, to hit the shuttlecock. There is no time limit for a game. The 5-point alternate serving and direct scoring system, which is the similar to that of table tennis match(2-point system), is adopted. Winning or losing depends on the number of points scored. For each round of the game, the team which scores 21 points first wins that round of game. In case of score of 21-21, that round of game must continue until it is won by a two-point margin. The teams switch side after each round of game.



## References

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蔡學富、阮俊堅。《小學輔助遊戲教學班「足毬課程探索」講稿》。1998年。

Website of Hong Kong Shuttlecock Association: <http://www.hkshuttlecock.org>









**Teacher's Handbook for**

# **Shuttlecock Activities**

Physical Education Section  
Curriculum Development Institute  
Education Bureau  
HKSARG  
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