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

Ohio Physical Education Assessments

Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.

Please **write a short paragraph** answering the questions to the best of you knowledge and ability.

1. What are strategies and/or tactics for successful performance in this activity?
2. Explain how badminton is similar to other net/wall games and how knowledge of other net/wall games (i.e. volleyball, tennis, pickleball, etc.) can be transferred to help performance in this activity?
3. Describe the biomechanical principles that impact performance (i.e. force, stability, angles, rotation, etc.).

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1. Analyze your own personal performance in badminton or team handball and describe your strengths and weaknesses.
2. Write a detailed practice plan indicating how performance might be improved. The practice plan should document the frequency, duration and intensity of practice (the what, when, where, and how of practice).