

## BADMINTON – BISI FESTIVAL (YR 5)

SCHOOL GAMES

### Quick introduction

The Bisi Festival has been planned to accommodate 80 pupils (10 teams) in a four court badminton hall and can be easily adapted for varying numbers. Activities are differentiated by outcome and can be refined to reflect the needs of young people with learning disabilities and/or physical disabilities.

For more detail take a look at the Bisi Festival toolkit [www.badmintonengland.co.uk/bisifestivals](http://www.badmintonengland.co.uk/bisifestivals)

### Getting started

- Festival time: One hour and 30 minutes
- Introduction: 10 minutes
- Activities: Each activity runs for four minutes One minute changeover Two minutes familiarization with new activity
- Festivals can be adapted for reduced number of courts i.e. 2 courts, teams of 4, 3-7 activities.



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### Hints and tips

- The BADMINTON England Raw Talent Identification Tool can be used during the Festival to help identification of potential new players who could be invited to a Performance Centre or Premier Club
- Completion of the Raw Talent Identification Tool could be undertaken by a badminton coach or specialised teacher.

### Leadership and volunteering opportunities

- Sports Leaders and Badminton Junior Helper Award (BJHA) students can lead each of the activity stations or manage the individual teams.

### Officiating

- Young Official Award (YOA) students can be used to keep score.

### Think inclusively (STEP)

#### Space

- Distances for the challenges can be adjusted to match the ability of the players.

#### Task

- The time allowed for activities can be flexible; for example, increase the time in certain challenges to enable some players to complete it successfully.

### Equipment

- Use alternative equipment options to increase participation; for example, slower-moving fluff balls instead of shuttles or larger-head rather than standard rackets.

### People

- Balance competition by ensuring a range of abilities across each team.



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## Quick rules

- Festival duration = 1 ½ hours
- Teams of 8
- 4 court hall
- 10 activity stations (each activity runs for 4 minutes)
- Teams work their way around the 10 activity stations and keep score as they progress through the activities. At the end of the Festival the team with the highest score is the winner

## Equipment required

- Bisi Festival Toolkit.
- Bisi rackets and shuttles.
- Throw-down spots and lines.
- Small hoops.
- Bisi shuttles measure.
- Giant shuttle.
- Fluff balls.
- Bisi equipment available at [www.badmintonengland.co.uk/bisiequipment](http://www.badmintonengland.co.uk/bisiequipment)

## Health and safety

- Check knee, heel, toe alignment during lunging activities
- Players to wait at a safe distance behind activity (use throw-down spot for positional guidance)



## FOR YOUNG PEOPLE

### Think tactics

Work out beforehand which part of the circuit is most difficult and ensure you really try hard when you get there.

### Spirit of the Games: Excellence through Competition



After each game give each other positive feedback, and try find a little time to practise shots that were weaker.