BADMINTON

Here you will find links to documents and videos that you will use to complete your assignments in canvas

Day 1: Strokes

Exercises:

Secret Agent

Level 2

Day 5:

Exercises:

Sage

Level 2

Day 2: Long Serve Short Serve

Exercises:

Just Trying to Stay Sane

Level 3

Day 6:

Exercises:

Setting Goals

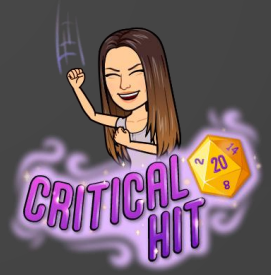
Level 2

Day 3: Different Shots

Exercises:

Pretty Little Monsters

5 Rounds



Day 7:

Exercises:

No Regrets

Level 3

Day 4: Rules

Exercises:

My Best Self

Level 3

Day 8:

Exercises:

Launchpad

Level 2

Day 1: Speedminton

CLICK ON THE BITMOJI & WORD LINK TO ACCESS THE ARTICLE & VIDEO THAT GOES WITH THE QUIZ ON CANVAS. THEN CLICK ON THE EXERCISES WORD LINK TO ACCESS THE VIDEO YOU NEED TO FOLLOW AND VIDEO YOURSELF COMPLETING IN TIMELAPSE MODE. UPLOAD YOUR VIDEO TO CANVAS