

## Badminton Ireland and the Active School Flag

Badminton Ireland would like to help your school achieve the Active School Flag. We can help and support you in each of the following review areas:

### **The school makes a range of extracurricular activities available to all pupils on an individual and team basis in school**

Badminton is a perfect sport for children and young students to participate in; it is open to all ages and all levels of ability. Activities can be organised for various size groups and it is a sport that boys and girls can participate in equally together.

Primary Schools Badminton Competitions are played in regional areas and also many schools play friendly matches with other schools in their area.

Badminton Ireland also runs a Post Primary Schools All Ireland Schools Badminton Finals. All schools that play badminton can also take part in schools badminton competitions. These are run all over the country leading to provincial finals and then on to All Ireland Finals.

We have a team of Development Officers who would be delighted to assist your school in introducing and promoting badminton at all levels and to promote a strong school/club link in your area.

Contact the Badminton Ireland Office for assistance at +353 1 839 3028 or at [schools@badminton.ie](mailto:schools@badminton.ie)

### **The school takes steps to promote physical activity during breaks and lunch times**

Our Introduction to Coaching Manual, Buntus Badminton and Badminton Basics Programme offer countless ideas on games and activities that can be easily set-up during breaks and lunch times which will help students of all ages to improve their skills in a fun but structured way.

### **The school seeks the assistance of outside agencies such as the National Governing Bodies, Local Sports Partnerships and the HSE to help promote physical activity**

***Badminton for Schools Partnership*** - Our Badminton for Schools Partnership is an ideal programme open to Primary and Post Primary Schools to introduce badminton to your school. A short teacher training course (Introduction to Badminton Coaching Course), a visit to your school by a Badminton Ireland Approved Coach and a starter pack are some of the elements to our Badminton for Schools Partnership which costs just €75. We also have a number of other Schools Programmes aimed at both Primary and Post Primary Schools including:

***Buntus Badminton*** – Buntús Badminton is now available as a follow on option to schools that have successfully completed the generic Buntús programme (please contact your LSP for further details). Buntús Badminton aims to train teachers to deliver the basic skills required for badminton in a fun, safe and organized way. Teachers are given a 2-hour Workshop in which they have the opportunity to learn basic skills and fun co-ordination games that can be used in any primary school PE space. Each school gets equipment for the scheme in their school and are encouraged to utilise the Badminton Ireland Introductory Coaches manual.

**First Badminton for Primary Schools** - The First Badminton Certificate is a 4-week coaching course for students administered by Badminton Ireland to encourage players at the first stage of development. Teachers, who have completed their Introduction to Badminton Coaching Award/are a Badminton Ireland coach or a BI Level 1 coach can both complete the 4 week (40mins-1 hour per week) coaching sessions with the students and they in turn receive their certificate upon completion. (*The times and weeks can be altered to suit the class timetable and size.*)

Students must successfully complete activities under the following 5 headings:

- Keeping it Hot - encourages players to attempt racquet skills
- Throwing Well - encourages players to develop their overarm action
- Smooth Mover - encourages players to develop good footwork patterns for movement around the court
- Slick Serving - encourages players to learn how to serve
- Rally On - encourages players to keep a rally going

Certificates cost 75cent/50p each. BI Level 1 & above coaches are approximately €25ph depending on distance travelling.

**Badminton Transition Year & Badminton Leaving Certificate Applied Programmes** - Our most popular programme for TY's is the Transition Year Programme. This programme gives each student a knowledge of the basic fundamentals of the game as a lifelong sport with the potential to enhance the student's education and future sports and recreation experience.

The Leaving Cert. Applied programme is very similar and is designed to include project work for the participants. The programmes are based on a 6-week coaching course - 1.5 hours each week (includes 15mins of theory). PE Teachers must have completed a BI Introductory Coaching course or above; if not, we can source a coach for you (€150 for 6-weeks) however be sure to contact us first as coaches availability are dependent on where your school is situated.

For an annual fee of €75(no coach) or €225 (with coach), we provide the following:

- Teachers/Coaches Pack with suggested timetable and cross curricular possibilities
- Students Pack
- A copy of the Laws of Badminton
- Introductory Coaching Manual
- Help with locating a coach in your area should your PE teacher have not yet completed the Introduction to Badminton Coaching course
- BI Certificate for all students upon completion - Pass, Merit or Distinction based on effort, progress and attendance (decided by teacher/coach).

**Badminton Basics Programme** - The Badminton Basics programme is a coaching programme and is specifically designed to enable Teachers and TY/5th year students to deliver basic badminton skills to local primary school children and 1<sup>st</sup>-2<sup>nd</sup> year Students in their own school. The participants will be given a 6 hour workshop on how to coach badminton basics and must then use these skills by coaching some sessions within their school. The students are then encouraged to run a competition blitz day.

There are four key elements to the Badminton Basics Programme:

1. The Badminton Basics Coaching Course
2. The Badminton Basics Handbook
3. The Badminton Basics DVD
4. Badminton Basics Transition Year Student Log/Journal

**The school works with parents and the local community to promote physical activity**

There are over 450 badminton clubs, many of which are more than delighted to welcome young juvenile members. Badminton Ireland can help foster a strong link between schools and badminton clubs in their area thus advancing the skills of young players and offering them increased opportunities to play and improve. Contact [schools@badminton.ie](mailto:schools@badminton.ie) to receive contacts for local clubs.

Many badminton clubs and schools run events for National Badminton Week – 15<sup>th</sup>-23<sup>rd</sup> October 2012. This is an opportunity for schools to foster links with their local club by enlisting their help to promote National Badminton Week within the school.

Schools, especially those with limited facilities, may link up with local badminton clubs to use their facility or equipment, where necessary.

**The school encourages staff to attend in-service courses in the areas of PE, physical activity and sport**

Badminton Ireland is constantly striving to increase Teacher Training opportunities.

*The Introductory Badminton Coaching Course* - is specifically designed for coaching of young juvenile players. It is a six hour Coaching Ireland Accredited Course and aims to provide teachers with a wide range of activities to help them introduce the game to beginners. There is an emphasis on group activities in the form of warm up ideas and fun games. Candidates need little or no experience to attend the Badminton Introductory Course.

**The school has adequate equipment to provide pupils with comprehensive PE, physical activity and sports programmes**

Even schools with very limited facilities and resources can introduce badminton – Badminton Ireland has sourced Badminton Schools Kit Bags including 16 rackets, 2 dozen shuttles, badminton nets and additional coaching resources for €100. We can also help schools source badminton posts at competitive rates.



CONTACT US AT

01 8393028 – [schools@badminton.ie](mailto:schools@badminton.ie)

Or

**Brenda Barry**

Development Officer/Women in Sport Coordinator  
Badminton Ireland

087 6412 760 - [brenda.barry@badmintonireland.com](mailto:brenda.barry@badmintonireland.com)