

Date: _____

Name: _____



Badminton Self-Assessment & Evaluation



I can...	Not Often (50% or less)	Sometimes (60-70%)	Often (70-80%)	Most of The Time (80% +)
hold the racquet properly				
perform an underhand shot				
perform an overhand shot/smash				
perform a back hand shot				
perform a drop shot/net shot				
serve to the a specific area. <i>(Over the serve line and to the correct person)</i>				
perform a consistent rally <i>(8 or more birdie strikes)</i>				
work cooperatively with my partner in doubles play				
hit the birdie in the court				
determine when a birdie is going to land out of the court				
communicate with my teammate in doubles				
Overall, I think my badminton skills are...	<i>Beginning</i>	<i>Developing</i>	<i>Applying</i>	<i>Extending</i>