



SHUTTLE TIME

BWF SCHOOLS BADMINTON

Updated in April 2023

Shuttle Time

Shuttle Time is the BWF's Schools Badminton Programme. This programme aims to make badminton one of the world's most popular sports in schools.

WHY

- ◀ In 2010 only 54 of the 174 BWF Members said they had badminton teaching materials for schools.

AIM

- ◀ assist teachers to plan and deliver safe, fun, and inclusive badminton lessons;
- ◀ ensure that all children can experience success in badminton;
- ◀ achieve general physical education objectives through the badminton activities;
- ◀ enable teachers to deliver a positive image and experience of badminton.
- ◀ covers badminton techniques, tactics and physical elements.
- ◀ enable children will experience the nature of badminton, without over complicating the content for teachers or children who are new to badminton.

Why Badminton?

- ▶ Olympics and Other Global Games – global sport played at all levels.
- ▶ Accessibility – a sport for all ages, abilities and disabilities – a sport for life.
- ▶ Social – boys/girls/men/women playing and competing together.
- ▶ Health – supports a healthy lifestyle
- ▶ Established programmes – pathways from schools to Olympic podiums.

Shuttle Time - Elements

- ◀ Teachers' Manual - 'how to' guide
- ◀ Lesson Plans - 22 lessons for teachers, including 10 'Starter Lessons' (badminton basics)
- ◀ Inclusivity Guide for Teachers – Guide teachers on developing inclusive practice
- ◀ 92 video clips - Demonstrating the learning activities
- ◀ Training for Teachers – Support and delivery of lesson content
- ◀ Provision of Badminton Equipment - Rackets, Shuttles, Nets
- ◀ Supplementary material - BWF website

BWF Shuttle Time Website:
www.shuttletime.sport

Badminton- The Ideal School Sport

- ▶ Both boys and girls can play it – social benefits.
- ▶ Is both an individual and team sport.
- ▶ It is a safe, low impact sport for school children.
- ▶ Indoor and outdoor participation.
- ▶ Mass participation in small spaces- 20+ pupils on space of 1 court.
- ▶ Badminton builds fundamental physical skills and develops many life skills.
- ▶ Equipment is inexpensive.
- ▶ People with a disability can play badminton.

Badminton Develops Sporting Skills

Meets schools PE curriculum objectives:

- ▶ Hand-Eye coordination skills
- ▶ Catching and throwing skills
- ▶ Stability and balance
- ▶ Speed (builds aerobic capacity) & agility
- ▶ Jumping and landing skills
- ▶ Tactical awareness / decision making

Benefits of Badminton to School Pupils

- ▶ Boys and girls can play together – Sport for all
- ▶ Safe, low impact and inclusive sport for children.
- ▶ Builds fundamental sporting skills meets PE curriculum objectives.
- ▶ Pupils of all abilities can be successful in developing skills which will allow them to play badminton for life.
- ▶ Suitable for children with physical or intellectual disabilities.
- ▶ Lessons are easily adaptable for children with disabilities.

Shuttle Time Implementation

- ◀ **School teachers** - PE teachers / sports teachers who are responsible for taking PE classes or sports classes with children. They may not have previous badminton experience.
- ◀ **Children** - The badminton exercises and activities in ***Shuttle Time*** can cater for children from 5 – 15 years. ***Shuttle Time*** provides an introduction to badminton for life.



Implementation Process

Shuttle Time Training Course

Face-to-Face Teacher Training Course

1-2 days course designed to give teachers the necessary skills, knowledge and confidence to plan and deliver safe and enjoyable badminton lessons for children using the Shuttle Time resources as a guide. These courses are delivered by Shuttle Time Tutors.

Blended Teacher Training Course

Designed to cover theoretical aspects of the Shuttle Time programme through an online learning component. Practical elements of the Shuttle Time programme are then delivered during a reduced face-to-face course. These courses are delivered by Shuttle Time Tutors.

International Certificate from BWF

Physical Education in Schools

Teachers delivering Shuttle Time Lesson Plans and activities to school pupils aged 5-15 years of age.

Access to Shuttle Time Online Component:

<https://shuttletime.bwfbadminton.com/online-component>

Key Partners

BWF

- Responsible for providing the teaching / training resources, supplementary support material and providing seed funding for pilot projects for national / regional implementation of *Shuttle Time*.

Continental Confederations

- Badminton Asia, Badminton Europe, Badminton Pan Am, Badminton Africa and Badminton Oceania will continue the systematic implementation of the Shuttle Time programme across each region.

National Badminton Associations

- Central to the success of the programme, National Associations must have government backing – Sports Ministry, NOC or Education Ministry, to qualify for incentives from the BWF and Continental Confederations.

Government

- National and regional government endorsement for the programme is important. Endorsement should ensure badminton becomes part of the school PE curriculum. Badminton at universities / teachers colleges may then become an official sport in the curriculum for PE teacher training.

Equipment Suppliers

- Partnerships with equipment manufacturers and suppliers are critical to meet the current and potential equipment needs for *Shuttle Time*.

Key Partners

Coordinators

- *The key “driver” for Schools Badminton in each country.* Coordinates the implementation of *Shuttle Time* nationally. Main contact person.

Shuttle Time Trainers

- *Responsible for training the Schools Badminton Tutors Trainers* 1) are very familiar with the BWF Schools Badminton Resources, 2) are educators or badminton coaches, 3) may have an education / school background and 4) have knowledge and experience of adult learning/training.

Shuttle Time Tutors

- *Tutors deliver the 8 hour Teacher Training Course.* Tutors are most likely are badminton coaches or PE teachers with badminton experience, ideally with a schools / teaching background. Familiar with the resources and teaching situations - badminton in schools.

School Teachers

- *PE teachers / sports teachers* who are responsible for taking PE classes or sports classes with children. They may not have badminton experience.

Children

- *5 – 15 year old school children.* The badminton exercises and activities in *Shuttle Time* can cater for children from 5 -15 years of age. *Shuttle Time* provides an introduction to badminton for life.

Statistics

Access to Shuttle Time Global Project:
<https://shuttletime.bwfbadminton.com/global-project>



- ▶ **155** Member Association Implementing
- ▶ **70,604** certified Shuttle Time Teachers
- ▶ **2,797** certified Shuttle Time Tutors
- ▶ **263,225** Shuttle Time Mobile App Downloads
- ▶ **3.9M** viewers on the Shuttle Time videos



Approx. 3,869,681
Pupils participated



50%

50%

Resources

- ▶ Teachers' Manual & Lesson Plans (25 languages)
- ▶ Inclusivity Guideline for Teachers
- ▶ 92 Instructional Videos (4 languages)
- ▶ User-friendly Mobile App (24 languages)
- ▶ Online Component
- ▶ Youth Leadership Workshop (3 languages)
- ▶ University Course (6 languages)

**Access to BWF Shuttle
Time resources:**

<https://shuttletime.bwfbadminton.com/teachers-overview>

<https://shuttletime.bwfbadminton.com/video-clips>

<https://shuttletime.bwfbadminton.com/shuttle-time-app>

All resources are available for FREE ONLINE!

Photos



More information:
www.shuttletime.sport
Contact:
shuttletime@bwf.sport

