

## Keeping Fit Playing Badminton

- 1) Me and my friend played badminton  
Together had lots of fun  
My opponent served me the shuttle  
Then we had a long rally with a chuckle
  
- 2) To avoid the shuttle going past me through a smash  
I really had to dash  
I managed to run that led me to sweat  
To return it over the court net
  
- 3) My friend hit the shuttle high  
And to see it had me looking to the sky  
For it I had to run  
We were really having fun
  
- 4) I played a shot with my racket  
That led to a long back hit  
I had my friend having to run to the back of the court  
Further than he thought
  
- 5) We came to the end of our game  
That really was a shame  
We'd had plenty of keep fit  
Both in our badminton kit
  
- 6) We went on our way  
Saying we'd play another day  
Have a lot of running about  
Playing badminton again no doubt