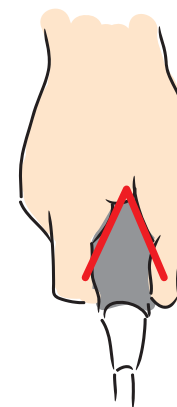
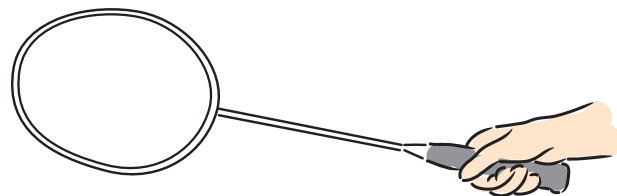
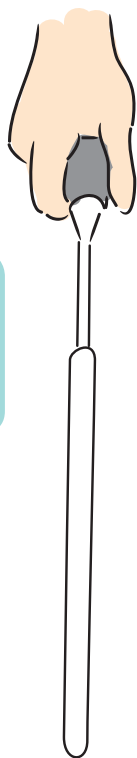


# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 1**

## MAIN LESSON: BADMINTON FOREHAND V-GRIP

Ask pupils to 'shake hands' with the racket. This will help to get the hand in the correct position.



The thumb is placed on one side of the racket, and the fingers are wrapped around underneath the opposite side. There should be a clear V shape between the thumb and fingers as seen in the picture.

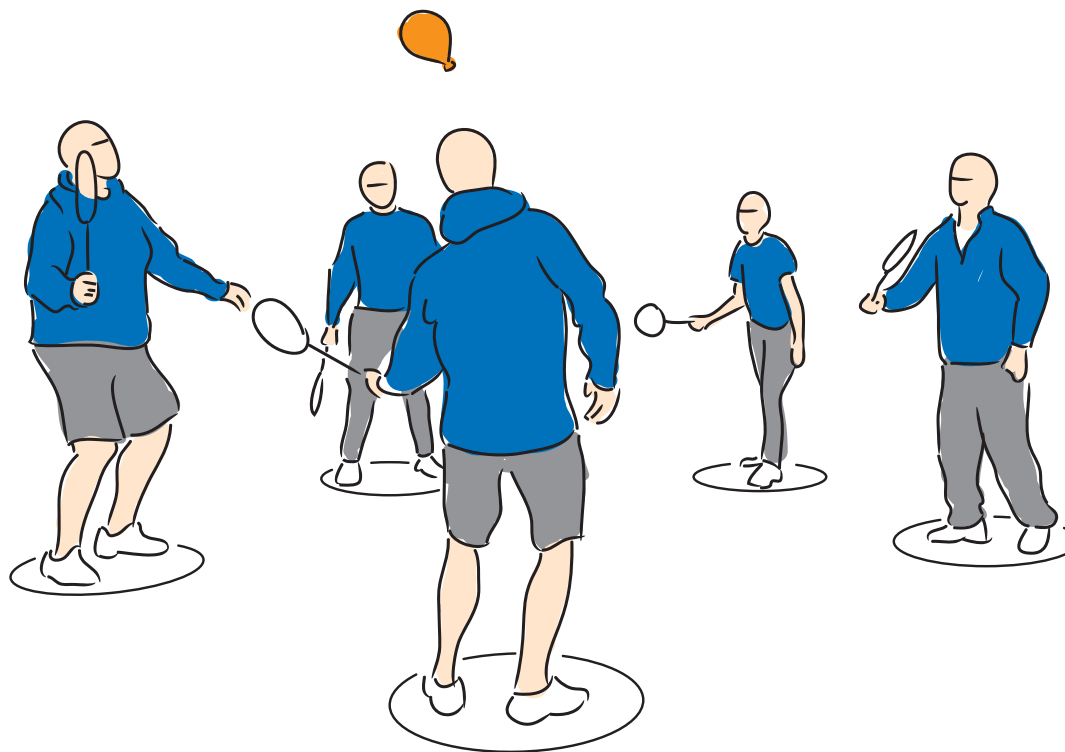
# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 1**

## MAIN LESSON: KEEPING THE BALLOON IN THE AIR

Pupils to be in the ready position: Their feet apart and the racket up.

Pupils must keep their eyes on the balloon and shift their stance if necessary to make contact with it.



Pupils are to stay within the hoop.

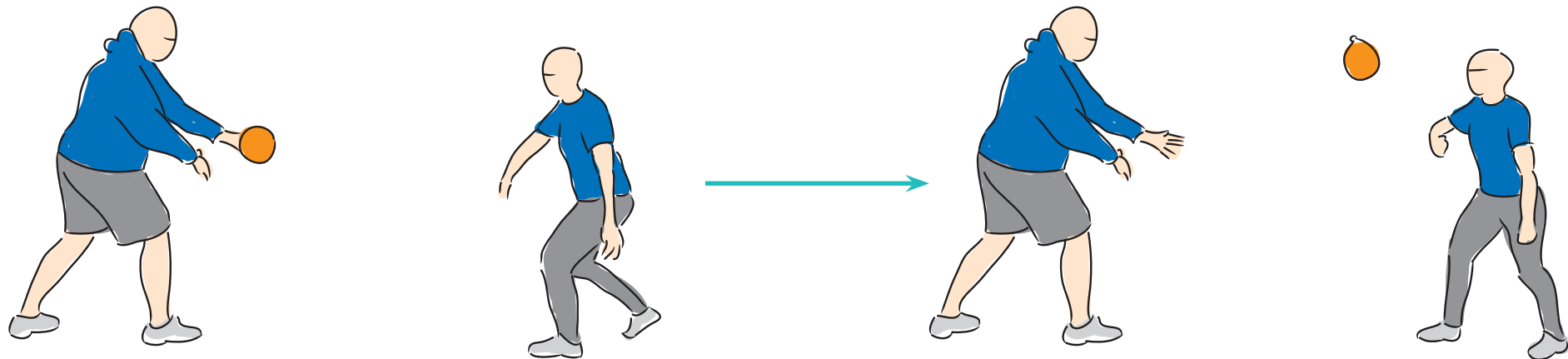
### **Differentiation:**

If you have a lower ability pupil, allow them to take one foot out of the hoop to reach for the balloon.

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 2**

## MAIN LESSON: THE BACKHAND SHOT



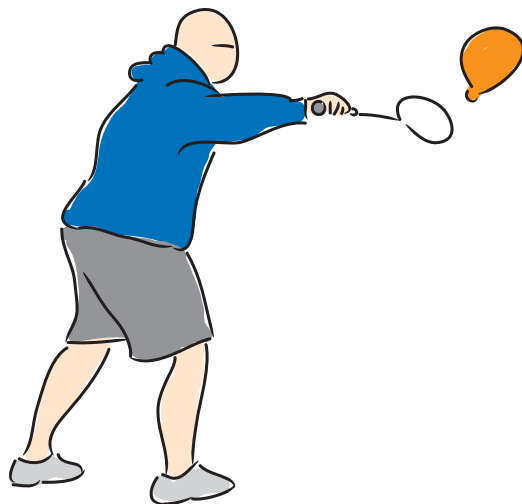
Pupils are to start with their feet apart, the balloon in the left hand held out in front of them, and the right hand placed behind the balloon ready to swing forwards and hit the balloon to their partner (if pupils are left handed, they are to do the opposite).

Pupils are to step forwards with the same leg as the arm they are using. E.g. If they are using their right arm, they step forwards with the right leg. It is a little like fencing.

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 3**

## MAIN LESSON: A CO-OPERATIVE BADMINTON RALLY



A co-operative rally is being able to pass the shuttlecock/balloon between yourself and your partner as many times as possible without it touching the floor.

This is to help pupils gain accuracy, control and fluency within their movements when first learning the different type of shots in badminton.

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 4**

## MAIN LESSON: THE BACKHAND SERVE:



If pupils are right handed, then they must place their right foot in front. If they are left handed, they must place their left foot in front.

Elbows should be lifted.  
The serve is executed with a wrist action.



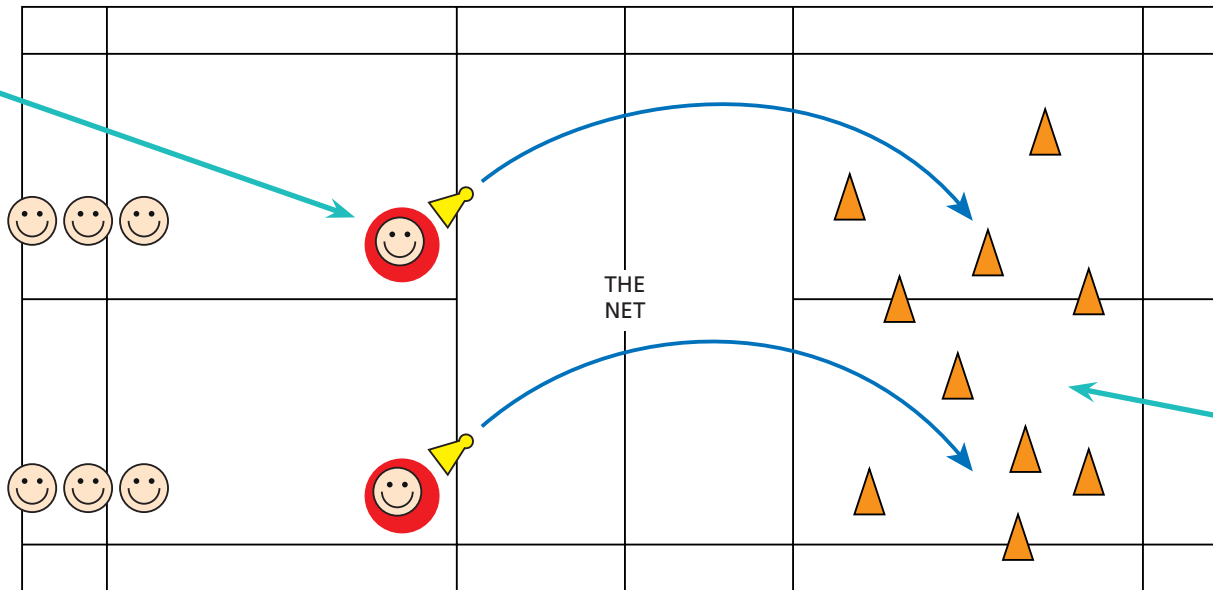
Use hoops as targets to encourage accuracy.  
Pupils will need more power to serve the shuttlecock into the hoops at a larger distance away.

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 5**

## MAIN LESSON: SERVE-TO-TARGET BADMINTON GAME

Pupils take it in turns to stand on the floor spot to serve over the net towards the cones.



Groups line up one behind the other.

If they hit a cone, they need to collect the cone and return it back to their team. The team with the most cones at the end wins.

### KEY



Player

Shuttlecock

Where shuttle moves to

Cone

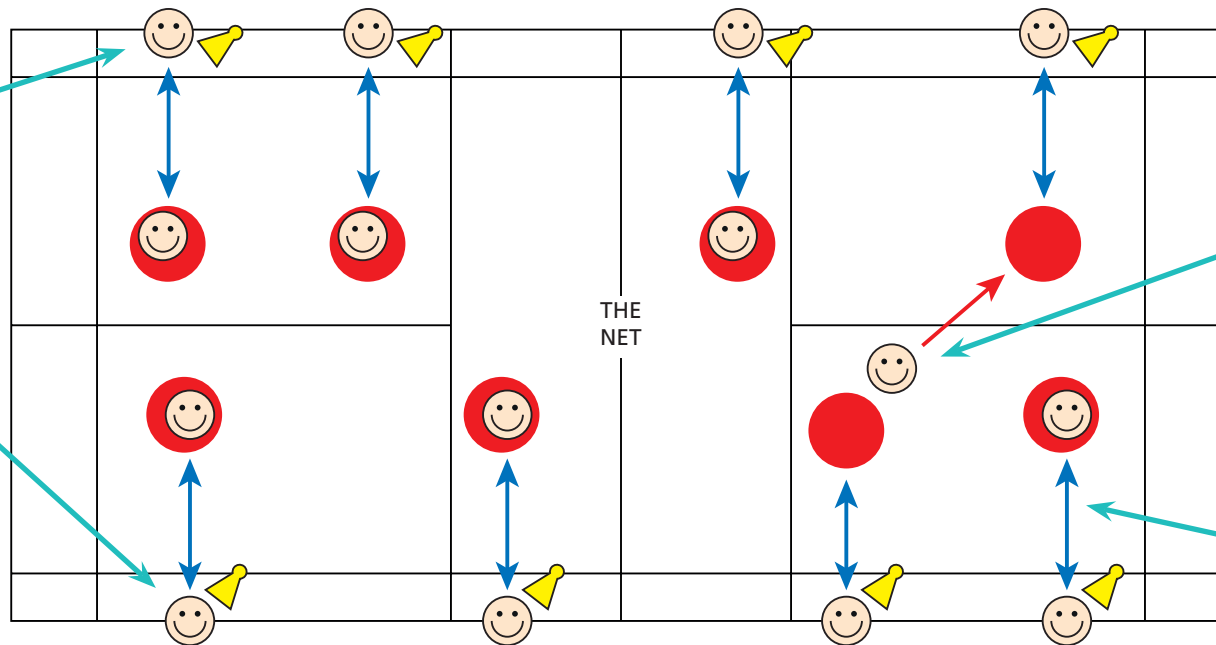
Floor spots

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 5**

## GAME/COMPETITION: RETURNING THE SHUTTLE

Half the class stand on the outside of the square/rectangle who throws in the shuttlecock for the player standing on the spot to return.



Pupils can move to another spot to work with different feeders.

Pupils can return the shuttlecock using either the forehand or backhand shot.

### KEY



Player



Shuttlecock



Where player moves to



Where shuttle moves to



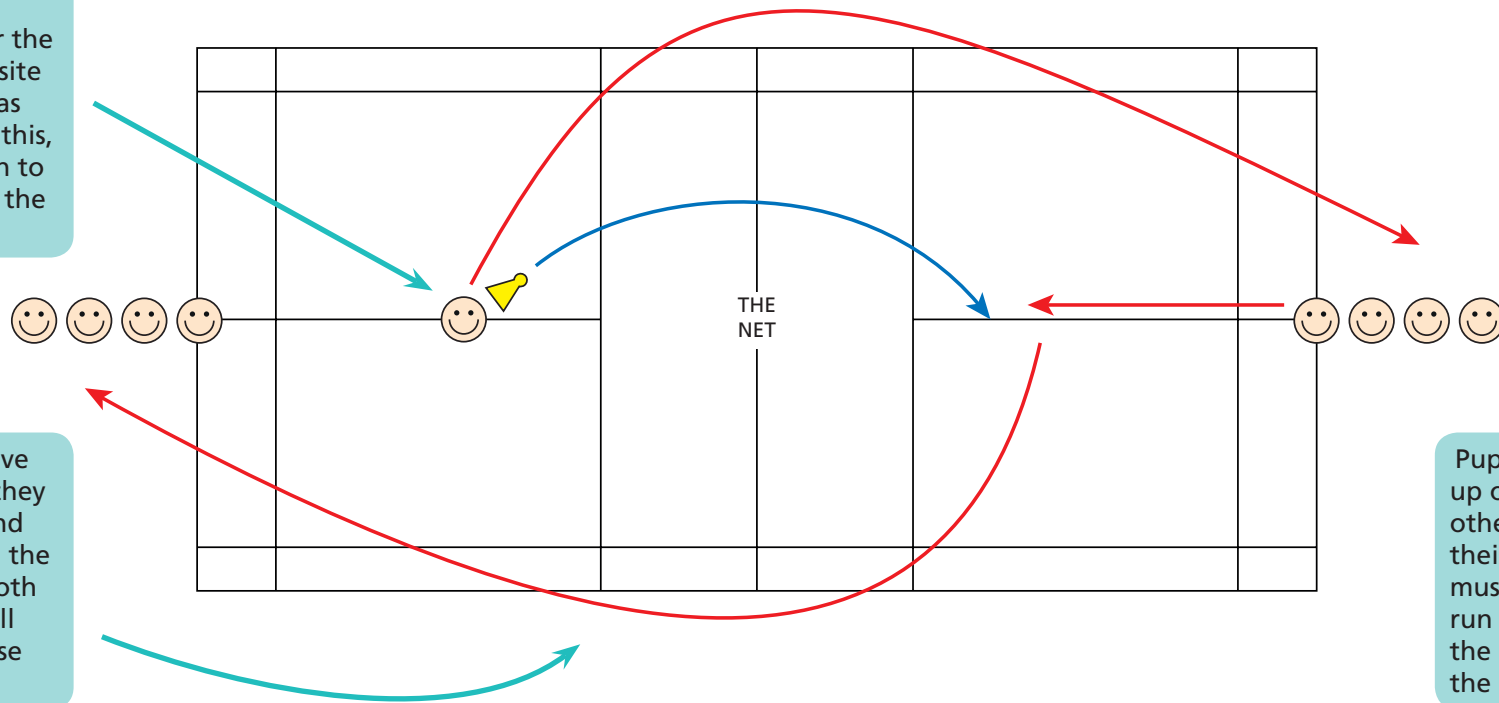
Floor spots

# RESOURCE CARD: **BADMINTON**: YEAR 3

RELATES TO: **WEEK 6**

## GAME/COMPETITION: THE MERRY-GO-ROUND GAME:

One person starts by serving the shuttlecock over the net to the opposite group. As soon as they have done this, they need to run to join the back of the opposite line.



When pupils have had their turn, they are to run around the net and join the opposite line. Both groups should all run in a clockwise direction.

Pupils are lined up one behind the other waiting for their turn. Pupils must be ready to run in and return the shuttlecock over the net.

### KEY



Player



Shuttlecock



Where player moves to



Where shuttle moves to