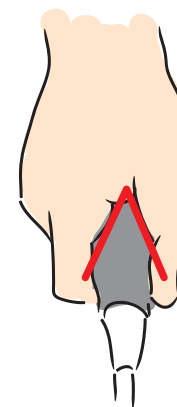
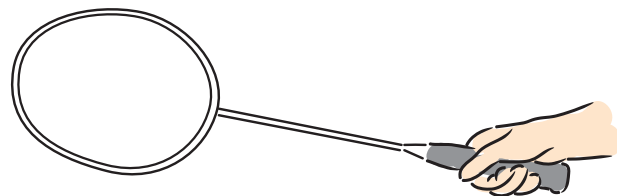
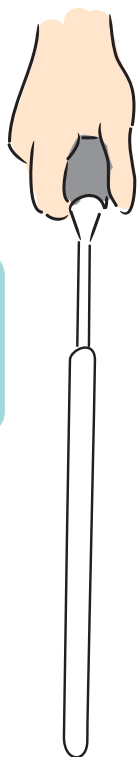


RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 1**

MAIN LESSON: FOREHAND V-GRIP

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

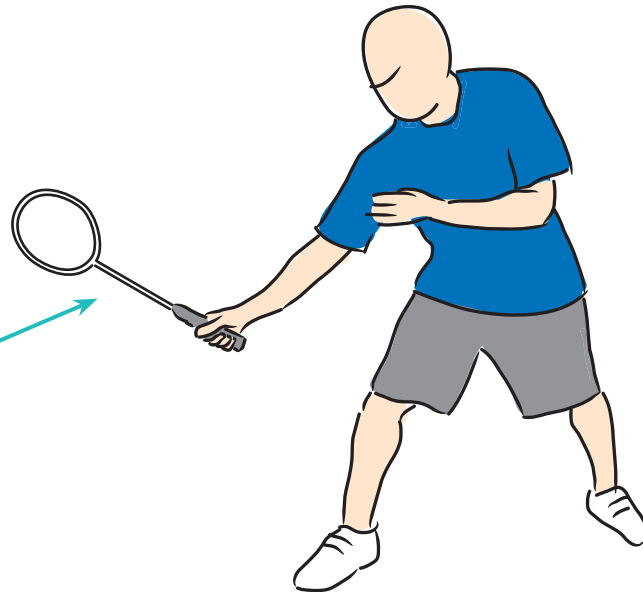


The thumb is placed on one side of the racket, and the fingers are wrapped around underneath the opposite side. There should be a clear V shape between the thumb and fingers as seen in the picture.

RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 1**

MAIN LESSON: UNDERARM FOREHAND SHOT



Pupils should lunge forward with racket foot and stretch the arm out towards the shuttlecock.

Pupils should place their feet wide apart to aid their balance. They should bend their knees as they hit the shuttlecock.

RESOURCE CARD: **BADMINTON**: YEAR 4

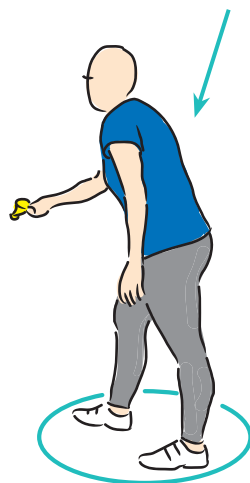
RELATES TO: **WEEK 2**

MAIN LESSON: FOREHAND RETURN SHOT

The feeder stands in the hoop with the shuttlecock ready to throw it to their partner.



The person with the racket stands with their feet apart (to keep their balance), eye on the shuttlecock, and racket up ready.



Using an underarm swing motion, the player steps forwards and reaches with the racket to make contact with the shuttlecock.



The player can aim to hit the shuttlecock towards the cones or back to their partner in the hoop to gain points.



RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 3**

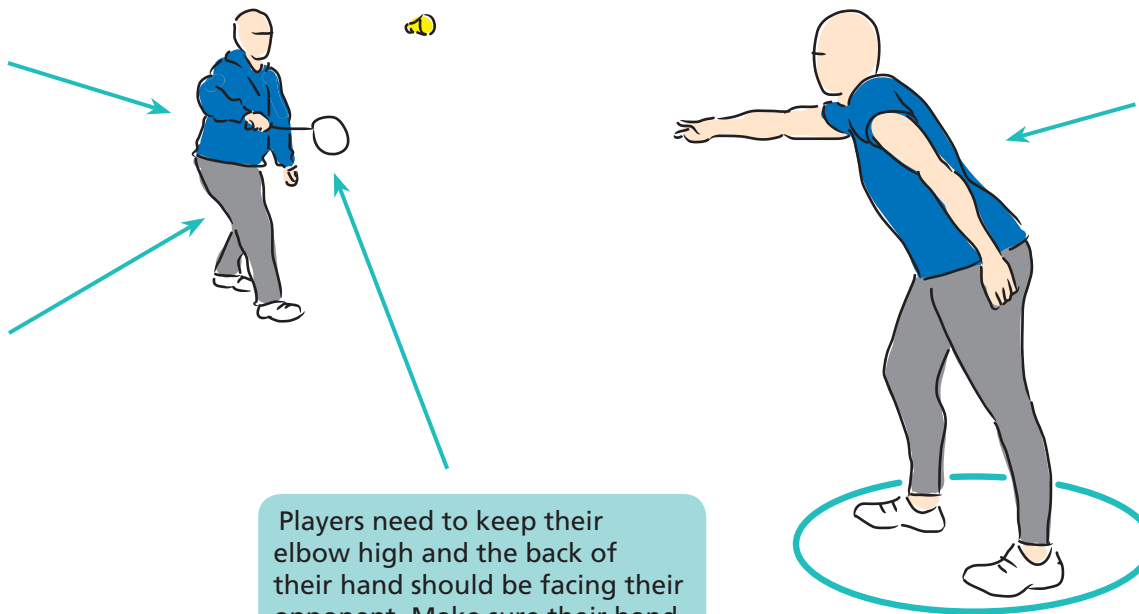
MAIN LESSON: THE BACKHAND RETURN SHOT

Player is to use their wrist to return the shuttlecock.

The player stands with the same leg in front as the hand they use to hold the racket.

Players need to keep their elbow high and the back of their hand should be facing their opponent. Make sure their hand is not too close to the body.

Feeder needs to stand in the hoop and their partner should try and return it to them so they can catch it without stepping out of the hoop.



RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 4**

MAIN LESSON: THE BACKHAND SERVE

Players to keep their elbows high.



Hold the shuttlecock in the opposite hand with the finger and thumb and so that the rubber part is rested against the racket face.

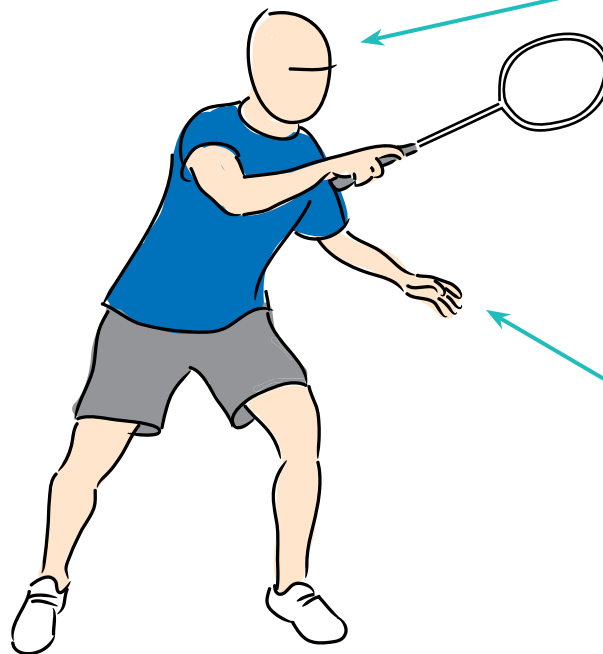
Stand with the same foot as hand being used to hold the racket.

RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 4**

MAIN LESSON: THE READY POSITION

Players need to keep on their toes, ready to sprint, or move into the correct position to return the shot.



Eyes stay on the shuttlecock.

The racket needs to be raised up to head height.

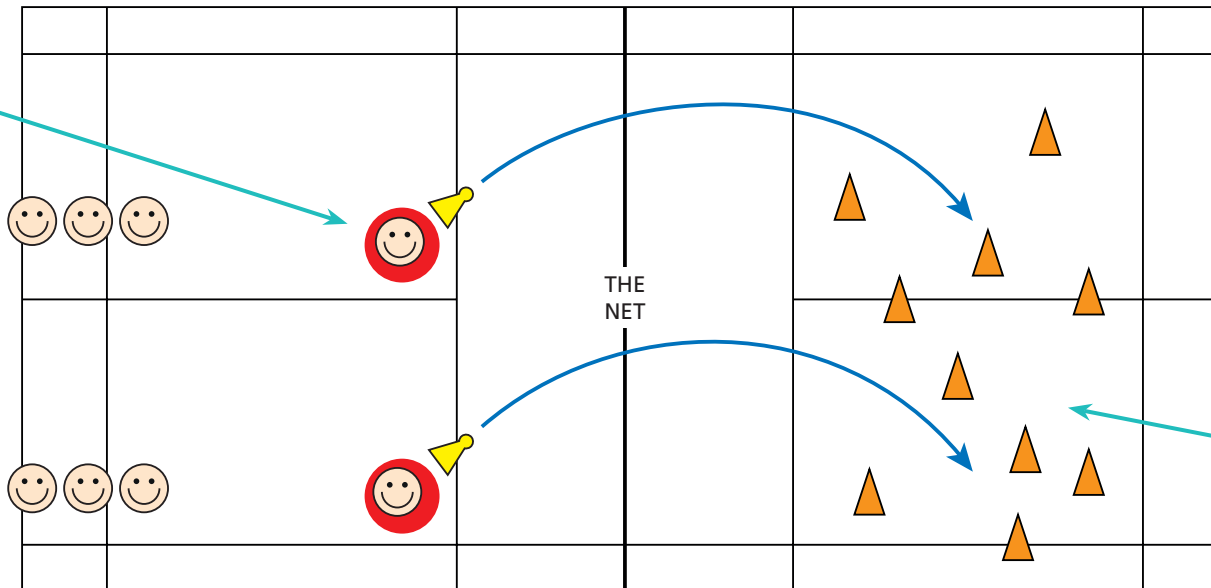
The opposite hand needs to reach out to help with maintaining balance.

RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 5**

MAIN LESSON: SERVE-TO-TARGET

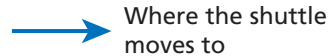
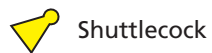
Pupils take it in turns to stand on the floor spot to serve over the net towards the cones.



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.

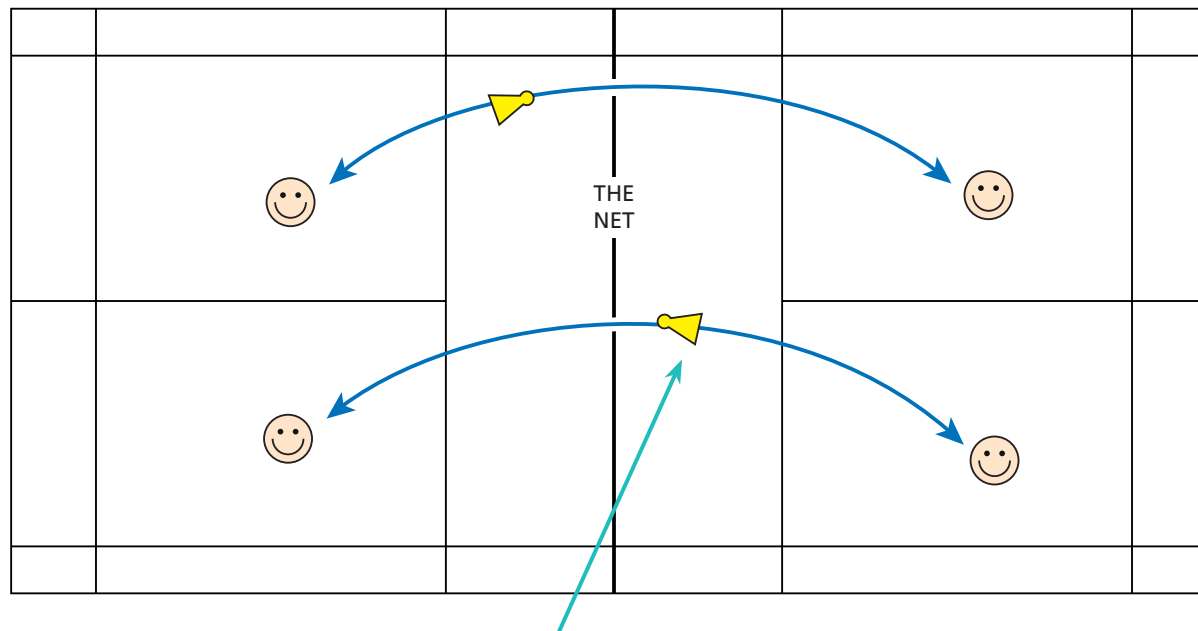
KEY



RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 5**

MAIN LESSON: CONTINUOUS RALLY



Pupils are to try to hit the shuttlecock over the net to each other without hitting the net or letting the shuttlecock touch the floor. They are to use the forehand shot or the backhand shot.

KEY



Player



Shuttlecock



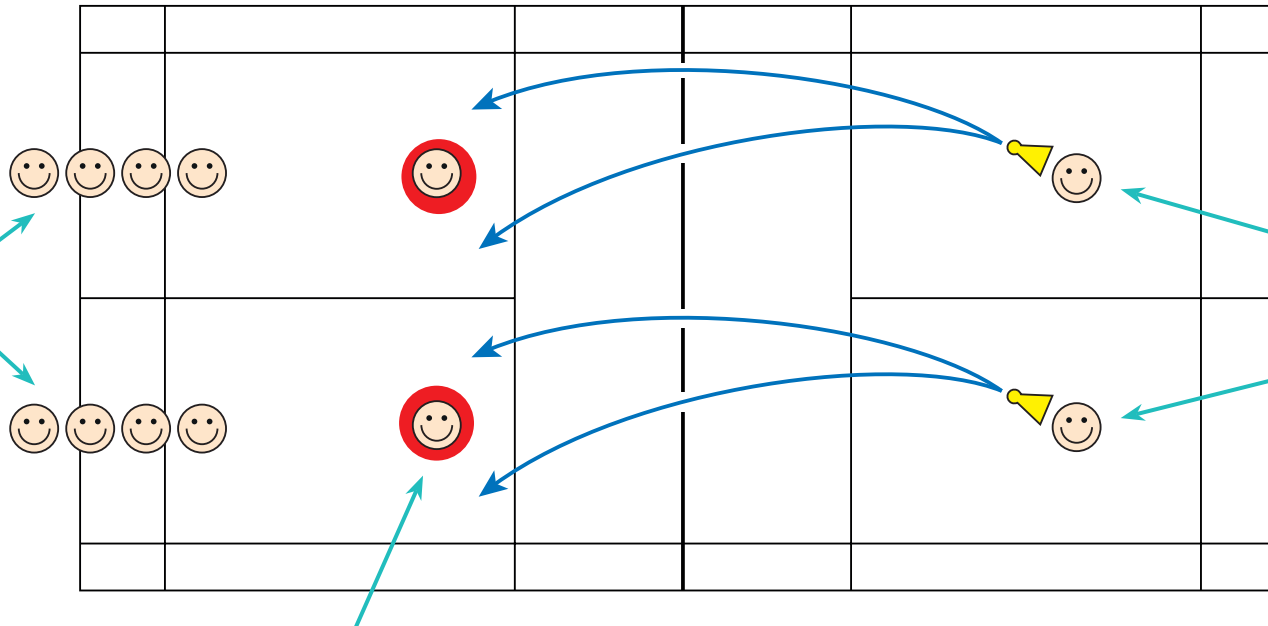
Where the shuttle moves to

RESOURCE CARD: **BADMINTON**: YEAR 4

RELATES TO: **WEEK 6**

MAIN LESSON: SERVING

Pupils line up in a safe area. Whilst they are waiting try to keep them active by jogging on the spot or practising their ready position.



The feeders can throw to either side of the player to see if they can return the shuttlecock using either their forehand or back hand shot. If they are struggling to throw over the net, either take the net away or lower it.

The person whose turn it is can stand on a floor spot to ensure they are in a safe area. They need to be in the 'ready position'.

KEY



Player



Shuttlecock



Where the shuttle moves to



Floor spots