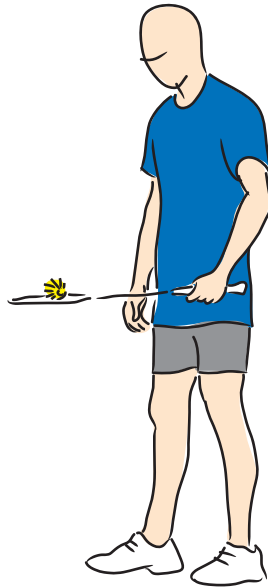


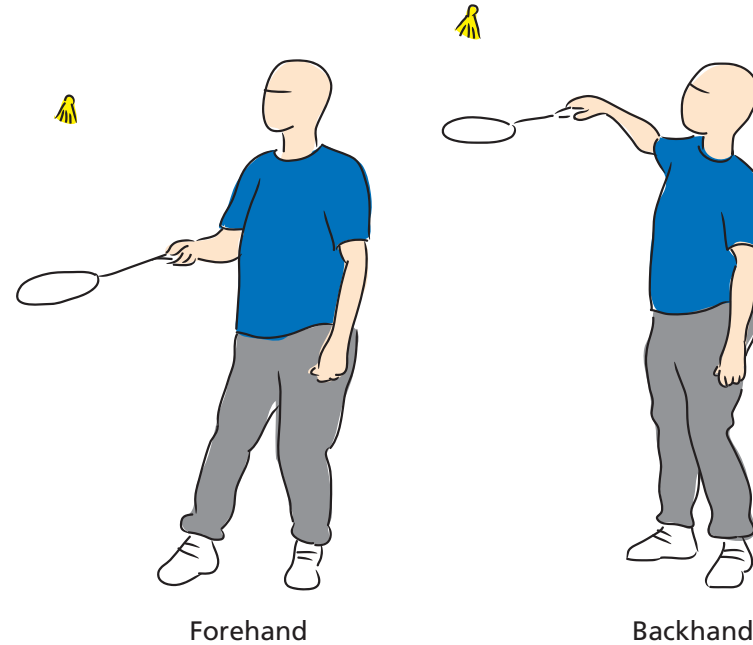
RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 1**

MAIN LESSON: FAMILIARISATION SKILLS



Balancing a shuttlecock on the racket.

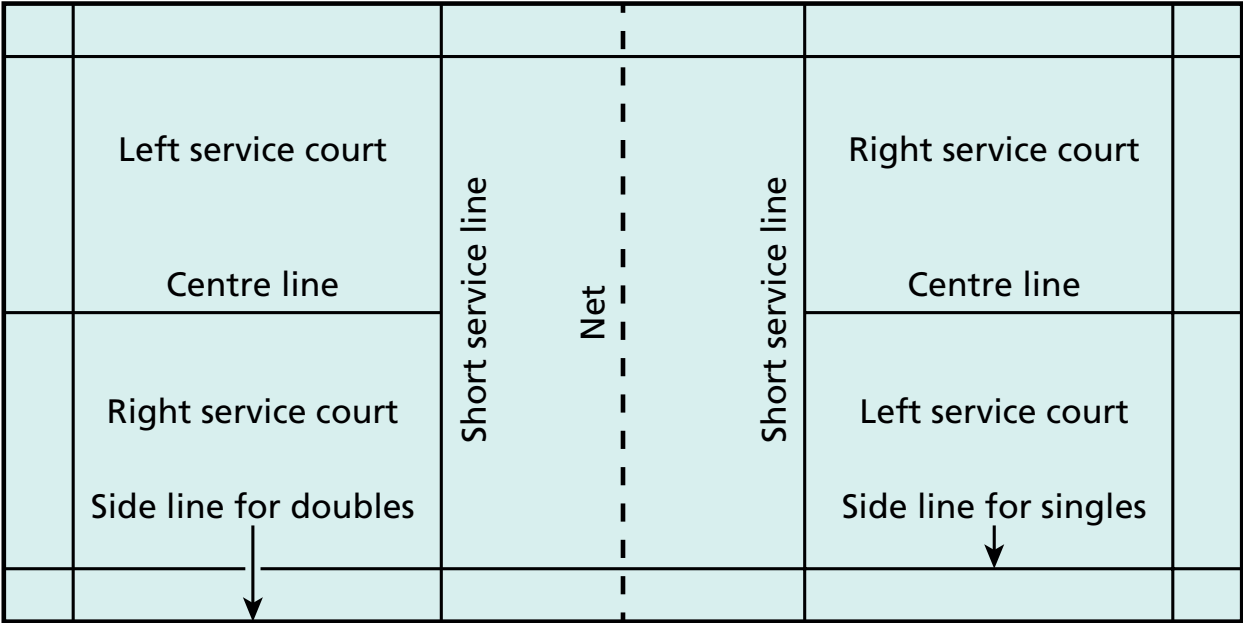


Hitting the shuttlecock in the air using the forehand and backhand side.

RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 1**

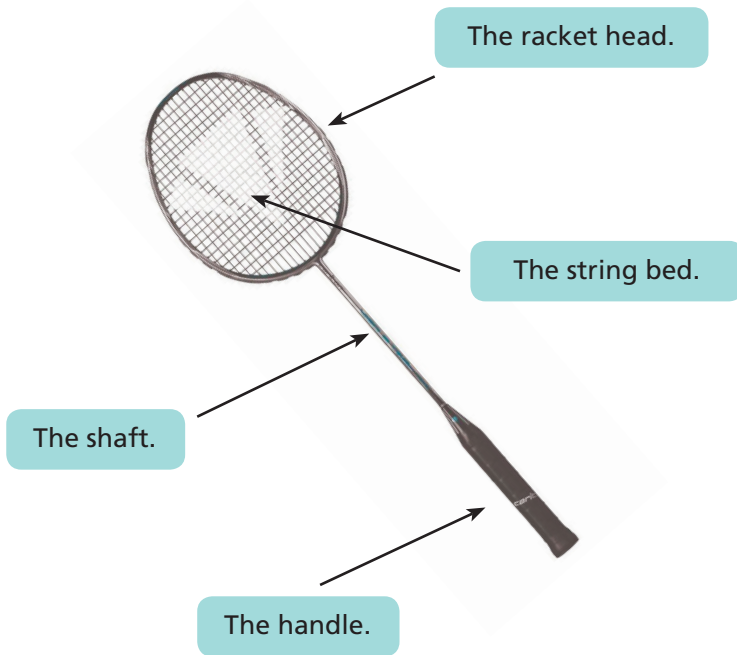
MAIN LESSON: BADMINTON COURT MARKINGS



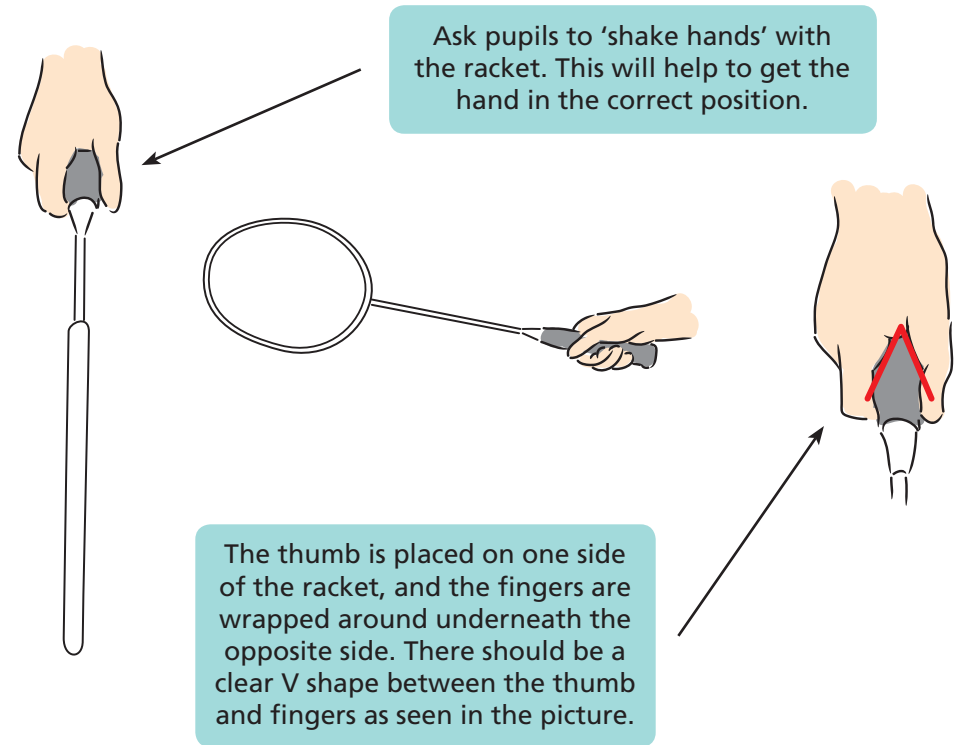
RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 2**

MAIN LESSON: THE BADMINTON RACKET



MAIN LESSON: FOREHAND GRIP



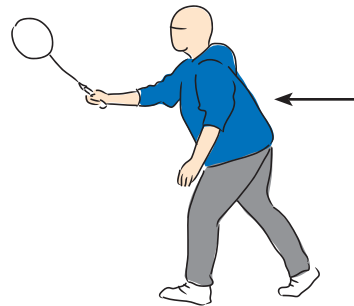
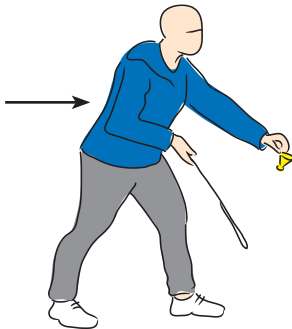
RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 2**

MAIN LESSON: THE FOREHAND RALLY

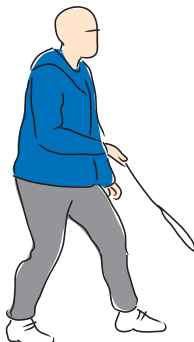
Step 1: The ready position.

Hold the shuttlecock in the finger and thumb and stretch the arm out in front of the body.



The opponent is to be ready with the racket up and feet apart to aid their balance.

Step 2: Hitting the shuttlecock between themselves and their partner using the forehand shot.



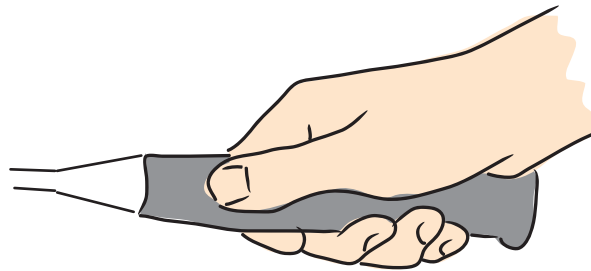
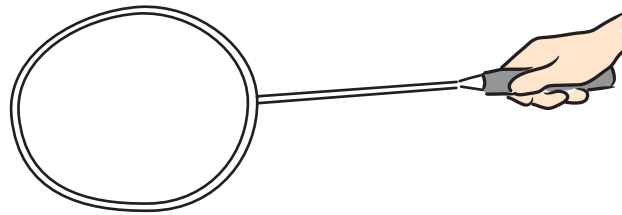
The racket is to swing underarm and through to make contact with the shuttlecock.

RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 3**

MAIN LESSON: THE BACKHAND GRIP

The fingers are wrapped around the handle.

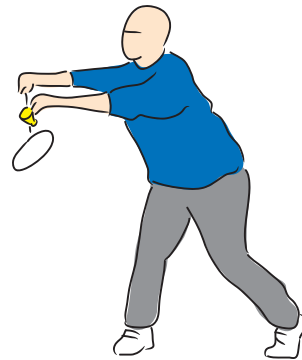


The thumb is placed on the backhand side of the racket so that the back of the hand and wrist is facing towards the opponent.

RESOURCE CARD: **BADMINTON**: YEAR 5

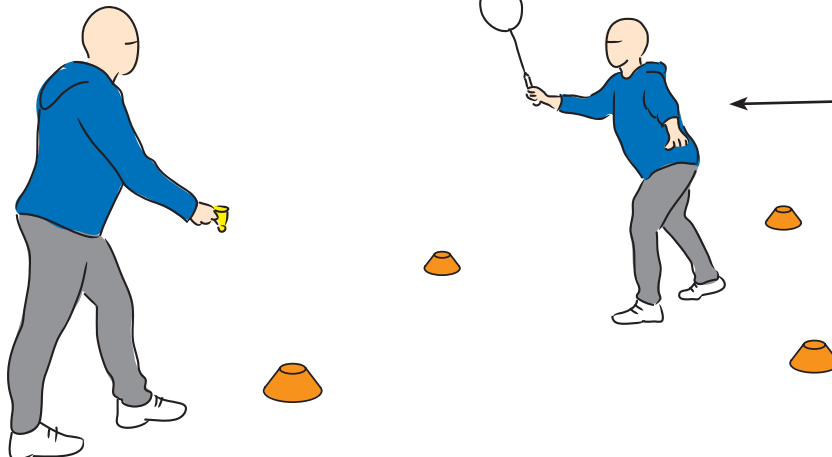
RELATES TO: **WEEK 3**

MAIN LESSON: THE BACKHAND RETURN SHOT



The back of the player's hand should be facing the opponent. Players are to use the flick of their wrist to play the shot.

THE CONE ACTIVITY



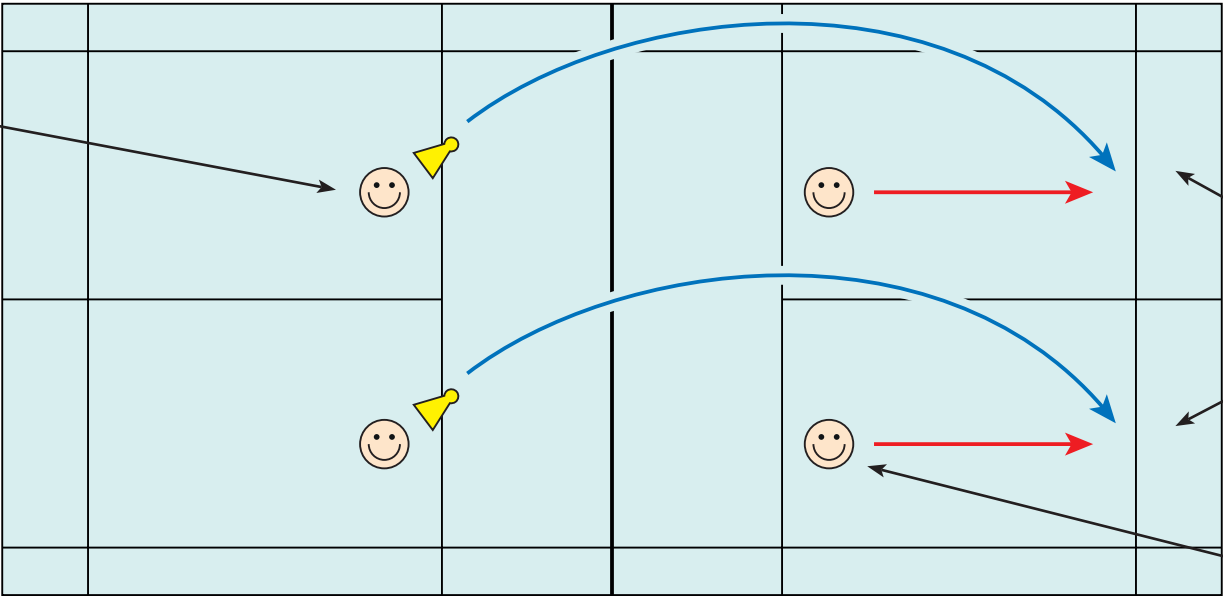
The player is in the middle prepared for whatever direction the shuttlecock is thrown by the feeder.

RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 4**

MAIN LESSON: DIFFERENT TYPES OF SHOT

Step 1: Pupils hit the shuttlecock underarm and try to aim for it to land within the back tramline.



The back tramlines.

Step 2: Pupils run backwards to try and return the shuttlecock using the overhead clear shot.

KEY



Player



Shuttlecock



Where the shuttlecock moves to



Where the player moves to

RESOURCE CARD: **BADMINTON**: YEAR 4

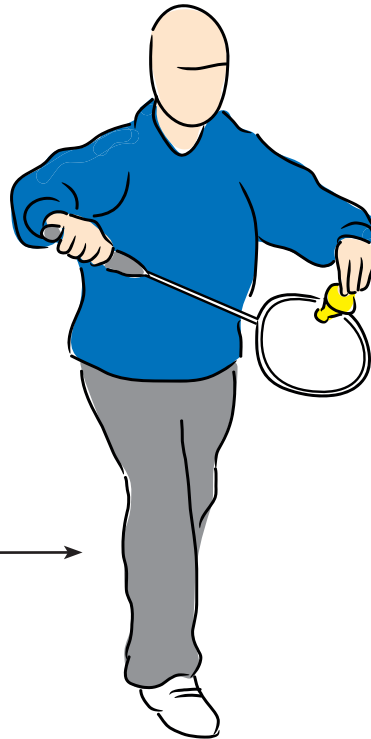
RELATES TO: **WEEK 5**

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.

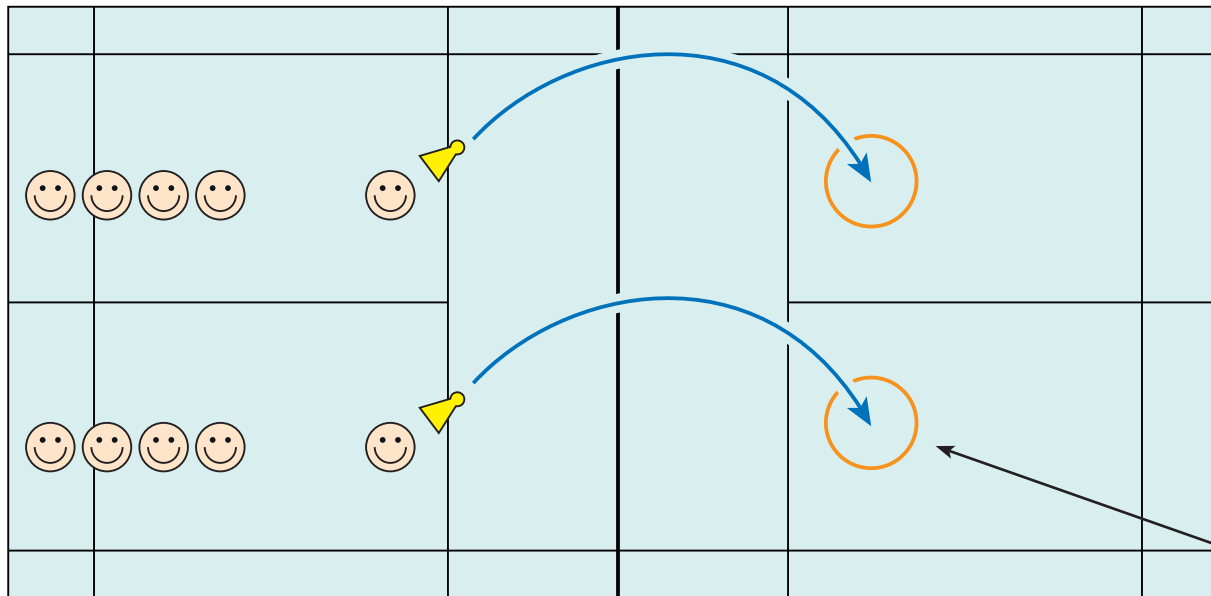


RESOURCE CARD: **BADMINTON:** YEAR 5

RELATES TO: **WEEK 5**

MAIN LESSON: BACKHAND SERVE TO A TARGET

(PLEASE NOTE: pupils will serve on half a court, but in a game pupils should serve diagonally)



The hoops can be moved back or sideways to make the activity more challenging.

KEY



Player



Shuttlecock



Where the
shuttlecock
moves to



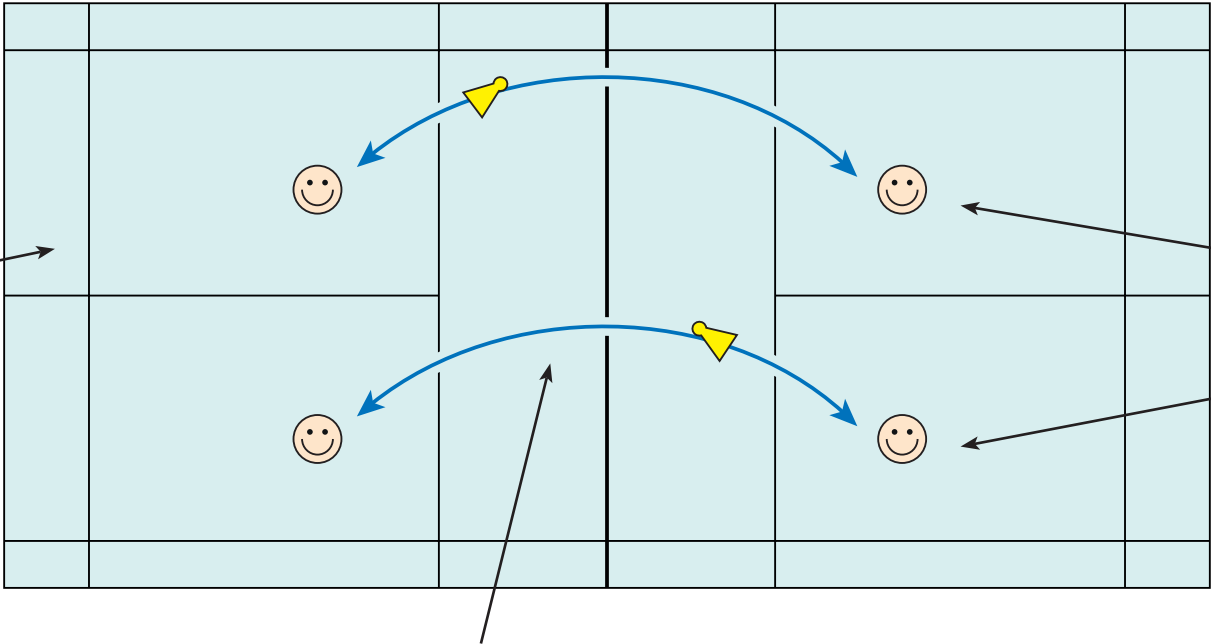
Hoop

RESOURCE CARD: **BADMINTON**: YEAR 5

RELATES TO: **WEEK 6**

MAIN LESSON: GAME PLAY

The teacher is to rotate the players around when they have played to 5 points.



Players play on half a court to allow more people to be active at any one time.

Players continue to rally the shuttlecock back and forth until either the shuttlecock lands on the floor, hits the net or goes out. If this happens, a point is scored to the person who was able to outwit their opponent.

KEY



Player



Shuttlecock



Where the shuttlecock moves to