

LESSON PLAN: **BADMINTON**: YEAR 3: WEEK 4

LESSON OBJECTIVE: Students understand how to start a game of badminton using a serve.

WARM UP (10 MINS)

The teacher splits the class into four or five groups, depending on the amount of people in the class. They compete against each other in the following Badminton style race:

- Balance the shuttlecock race
- Keepy up's with a shuttle cock race

MAIN LESSON (20 MINS)

Students work in small groups and practice the low backhand serve. The Students take it in turns to serve towards a target (hoop). The teacher demonstrates the correct technique by placing the shuttle in the opposite hand of the racket and holding the racket with the thumb grip. After each hit, the hitter runs forward, collects the shuttle and returns the racket and shuttle to the next person, to have a go.

Question: Which team can get the shuttle to land in the hoop the most times in a set amount of time?

The teacher adds a variety of hoops to enable the pupils to practice serving over different distances. To play this game, they have to each serve to the first hoop before they can move to the next hoop. They have to do this for each hoop, until they get the shuttlecock to land in the final hoop. If they miss a hoop with their serve, they do not have to return to the first hoop.

GAME/COMPETITION (15 MINS)

The four teams compete against each other in a Serve-to-target Badminton game. The teacher sits the groups one behind each other, in their own lines facing a wide amount of cones. The teacher also places a floor spot/marker which indicates where students serve from. One student at a time in each group serves from the floor spot and tries to serve to hit a cone. 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.

EQUIPMENT

- Cones
- Shuttlecocks
- Badminton racket
- Hoops

KEYWORDS

- Thumb grip
- Shuttlecock
- Stance
- Bend knees
- Tapping

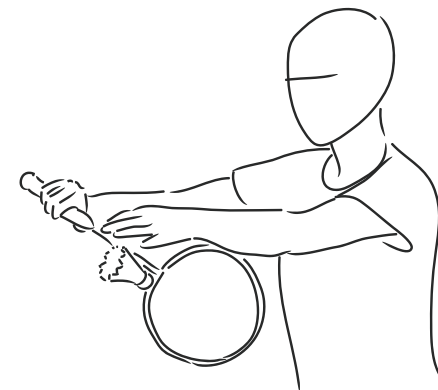
DIFFERENTIATION

LESS ABLE

- Use hands instead of rackets.
- Bigger shuttlecocks.
- Smaller serving distance.

MORE ABLE

- Smaller targets.
- Vary the distances.
- Moving targets.
- Return to the start if they miss the target.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills to a high ability?
	4	Can they perform the skills with a degree of control?
	3	Can they show an understanding of the skills?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: the skills to serve accurately to a high ability?
	4	Can they show and link: some of the skills to serve the shuttlecock?
	3	Can they show knowledge of how to serve using a shuttlecock, but unable to perform this skill?
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.