

# LESSON PLAN: **BADMINTON**: YEAR 4: WEEK 1

**LESSON OBJECTIVE:** To learn the correct stance and grip required in Badminton to play a forehand shot.

## **WARM UP (10 MINS)**

Students pair up and move around throwing a shuttlecock to each other. The teacher adds hoops in which they need to avoid as they move around. When the teacher calls a number (2,4,6,8,10), pairs have to partner up in a hoop to make that number.

## **MAIN LESSON (20 MINS)**

The teacher introduces the basic V grip using a Badminton Racket. Students work in twos 5 meters apart, one pupil throws the shuttle and the other returns it back using the racket. Ensure the stance is correct and they use the correct technique to hit the shuttle back to their partner. Now swap over the thrower and hitter seeing how many times they can keep the shuttle in the air without it hitting the floor.

Battle Ships: Now each pair place 3 cones out, the hitter has to try and make the shuttle land on these therefore sinking a ship. Each ship sunk results in 15 star jumps for the thrower.

## **GAME/COMPETITION (15 MINS)**

Pupils work in teams and line up at one end of the hall. Each team is given a racket and a shuttle. Each pupil in the team must run down the hall to a cone and back balancing the shuttlecock on the racket. When they return they pass the shuttle and racket to the next person in the team. The team to complete it first wins.

## **EQUIPMENT**

- Cones
- Shuttles
- Badminton Racket
- Hoops

## **KEYWORDS**

- Tapping
- V grip
- Badminton
- Control

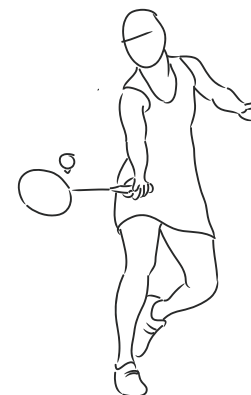
## **DIFFERENTIATION**

### **LESS ABLE**

- Compete with students of the same ability.
- Bigger shuttles.
- Use foam balls.

### **MORE ABLE**

- Add hoops which students cannot come out of to improve accuracy and power.
- Increase the distances.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the racket skills to a high ability?
	5	Can they perform the racket skills with a certain degree of control?
	4	Can they perform the racket skills but to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: the different movements to make contact with the shuttle?
	5	Can they show and link: holding the racket correctly to make contact with the shuttle?
	4	Show how to make contact with the shuttle.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.