

LESSON PLAN: **BADMINTON**: YEAR 6: WEEK 1

LESSON OBJECTIVE: Learn the court markings on a Badminton court and develop forehand drive shot.

WARM UP (10 MINS)

Students move around a badminton court in a number of ways: Running, skipping, side stepping, hopping, lunging and jumping. When the teacher stops the game by blowing a whistle students must stop and copy the stretches performed by the teacher.

MAIN LESSON (20 MINS)

The students continue to move around the Badminton court, but when the teacher calls out loud different parts of the Badminton court, students must move to that part as quickly as they can.

One partner now feeds to the other by tossing the shuttle over the net to their partner's forehand side. Their partner must use the forehand drive shot to return the shuttle to their partner. Partners change over after ten goes.

Now toss the shuttlecock to encourage students to move and get in to their ready position to hit the shuttlecock over the net with a forehand drive. Switch roles after ten attempts with their partner.

Question: Can you hit the shuttlecock to a partner to where it barely clears the net? Can you drive the shuttlecock back to your partner without making them move?

GAME/COMPETITION (15 MINS)

The teacher then gives each pair three cones. They place one cone one metre away from their forehand side, one meter in front of that cone and the last cone a meter behind the middle cone. One of the partners throws the shuttlecock to one of the cones which students have to move to using their agility to play the shuttle back to their partner. Swap over after 10 goes.

Question: How many can they return to their partner in one minute?

EQUIPMENT

- Cones
- Shuttlecocks
- Badminton rackets
- Badminton court
- Badminton net

KEYWORDS

- Side to target
- Eyes on shuttlecock
- Flick the wrist
- Step toward target
- Hit below shoulder and above waist

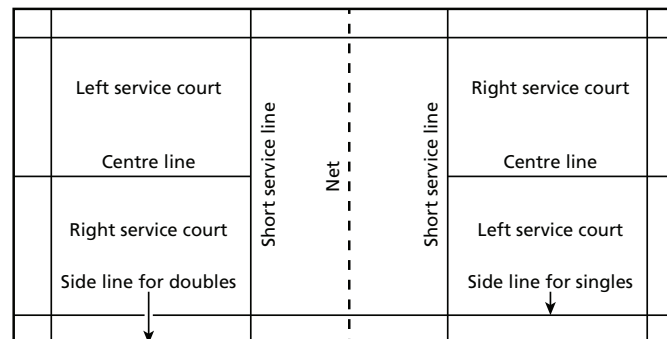
DIFFERENTIATION

LESS ABLE

- Use balloons.
- Cones closer together.

MORE ABLE

- Cones further apart.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the forehand drive shot to a high ability?
	7	Can they perform the forehand drive shot with a degree of control?
	6	Can they show an understanding of the forehand drive shot?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: the different skills required to play a forehand drive shot successfully at a variety of distances?
	7	Can they show and link: the different skills required to play a forehand drive shot successfully?
	6	Show a forehand shot.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.