

Lesson Objective

To rally with a partner

Lesson 1/6

Equipment Needed

Rackets, shuttlecocks, cones, hoops, badminton net and posts.

Success Criteria

Children can:

- Use the ready position instinctively, to gain advantage in their game
- Attempt a rally with a partner
- Consistently return to a centre point and explain why this can be important

Adapted Learning (Differentiation) (Challenge)

To challenge your M/A children mark out a line which the players must stay behind throughout the activity – larger distance will increase the level of challenge.

Key Questions

What is the ready position?

Warm Up

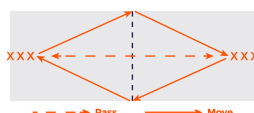
Pupils start jogging around the playing area avoiding each other and listening, when the teacher calls out 'SMASH!', the children jump into the air and pretend to smash a shuttlecock down into the court. When the teacher calls out 'ready position', children stand in the ready position, 'lunge' children get into the lunge position.

Main Activity



The Longest Rally:

Children are to work on half a court, two at a time. The longest rally is designed to allow the children to begin to develop their ability to hit a moving shuttlecock. The rules are simple, staying on their half of a court pairs must try and see how many consecutive shots they can play to each other before the shuttlecock hits the floor.



The Merry-Go-Round:

Split your class into as many courts as you have. Each group divides by two and sets up in two single file lines, either side of the net. The challenge of the merry-go-round is to see if the group can keep the shuttlecock up in the air together, one child starts by serving over the net. They then must run around and join the queue the other side in time to play their next shot! Children should aim to hit their shots high to give the next player more time. This can be done in lines if you don't have enough nets or space.

Half-Court Singles Matches:

Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!

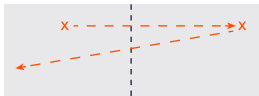

Cooldown

Recap Success Criteria.

Key Technical Points

The Ready Position in Badminton:

This is the position the children should adopt when waiting to return a shot, racquet high, knees bent, body balanced and eyes on the prize!

Lesson Objective	To play attacking shots in matches		Lesson 2/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.		
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know which grip to use (Forehand or backhand grip) to strike a shuttlecock • Attempt an attacking shot during a rally 		
Adapted Learning (Differentiation) (Challenge)	Create zones the closer to the rear of the court, the closer the more points you get! Then have a game of best of three against your partner.		
Key Questions	What grip to use when performing each shot?		
Warm Up	<p>Name Your Spot:</p> <p>Place 4/5 hoops/objects out for every two children. The children take it in turns to take three shots. They must describe to their partner which hoop/object they are aiming for – then try and hit the shuttlecock with the racquet into/on to it.</p>		
Main Activity	<div>  <p>Skill Acquisition – Forehand Overhead Clear:</p> <p>In pairs, children serve the shuttle high in the air towards the back of the court, partner aims to hit the shuttle as hard as they can and as high as they can back towards the rear of the opponent's side of the court.</p> </div> <div>  <p>Skill Acquisition – Forehand Overhead Drop:</p> <p>In pairs, children serve the shuttle high in the air towards the back of the court, partner aims to hit the shuttle just over the net on the opponent's side of the court.</p> </div> <p>Partner Chase:</p> <p>Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!</p>		
Cooldown	Recap Success Criteria.		
Key Technical Points	<div> <p>Sprinting:</p> <ul style="list-style-type: none"> • From the rear of the court to the rear of the court • Stand side-on • Non-racquet foot forward • Hit the shuttle cock as high as you can and as fast you can </div> <div> <p>Sprinting:</p> <ul style="list-style-type: none"> • From the rear of the court, the shuttle should just 'drop' over the net as close to the net as possible! • Stand side-on • Non-racquet foot forward • Hit the shuttle cock as high as you can and just push it gently! </div>		

Lesson Objective	To split step and lunge when playing a specific shot		Lesson 3/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.		
Success Criteria	Children can: <ul style="list-style-type: none">• Demonstrate a split step and understand its use• Demonstrate a lunge with good range and the front foot pointing forward• Consistently strike net shots using a pushing action and appropriate grip		
Adapted Learning (Differentiation) (Challenge)	Vary the distance in which the children have to move.		
Key Questions	What is a lunge? What is a split step?		
Warm Up	Pupils work in pairs facing each other standing on one leg. They have to maintain balance whilst throwing and catching a shuttle to each other. Repeat exercise on the other leg. Throw the shuttle slightly to the right or left or work with two shuttles (Throw at the same time) or use a balloon/pompom to slow down the activity.		
Main Activity	Split Step (Chasse): <p>Pupils work in pairs facing each other. One pupil holds a bean bag (or shuttle) and is the "leader" The "chaser" must follow. The "leader" throws the beanbag, and the "chaser" tries to catch it and return it.</p> Throwminton: <p>This helps the children think about where they should play shots and encourage the use of the split step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.</p> Lunge: <p>Pupils stand in line and make a step with racket ending with the "racket foot" in front of them finishing with shadowing net shot, the whole group moves together when signal is given by the teacher. Children are encouraged not to twist the foot and have it pointing forward. Pupils work in pairs. One pupil throws the shuttle up and over the net where the other pupil lunges forward with the racket foot forward playing a gentle push over the net. Repeat so they practice on both forearm and backhand shots.</p> Half-Court Singles Matches: <p>Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!</p>		
Cooldown	Recap Success Criteria.		
Key Technical Points	Split Step (Chasse): <ul style="list-style-type: none">• Chasse steps – "One foot chases the other but never quite catches up"• Feet don't have to be parallel to each other for a chasse• The use of chasse steps for parallel, diagonal	Lunge: <p>Teacher explains and demonstrates:</p> <ul style="list-style-type: none">• Lunge – large step forward with the "racket foot"• Backhand and forehand net shot.• Backhand and forehand net shot with lunge• Straight body position with stretched "racket arm"	

Lesson Objective	To serve consistently and accurately	Lesson 4/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Use a forehand or backhand grip to strike the shuttlecock • Perform a forehand and backhand serve • Know how to vary the serve to gain an advantage 	
Adapted Learning (Differentiation) (Challenge)	As you begin to notice who are your M/A players, reduce the size of their target!	
Key Questions	<p>What is the service line?</p> <p>Where do we need to serve to?</p>	
Warm Up	<p>Throwminton:</p> <p>This helps the children think about where they should play shots and encourage the use of the split step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.</p>	
Main Activity	<p>Get It In The Box (Best of 3):</p> <p>Set out four boxes together with cones – with a child in each box! The aim of the game is to serve the shuttlecock into the box that is diagonally opposite you. When the children hit the shuttle is must is not be above their waist. Each time it is a child's turn they get three attempts to serve the shuttlecock into their opponent's box – the child with the highest number wins!</p> <p>The Ladder Match:</p> <p>The Ladder Match allows the children to use the serving technique in a more competitive context. For this activity you can either mark out lines of cones to show the serving area – or hoops, slightly harder to score! Organise the children so that they're in two lines, facing each other with both service boxes (or hoops) in between them. The aim of the game is to serve the shuttlecock into the box/hoop opposite – if you do, you get a point! The child with the most points at the end of the game wins. Winners move up the ladder to face a new opponent, losers move down to face a new opponent.</p> <p>Half-Court Singles Matches:</p> <p>Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!</p>	
Cooldown	Recap Success Criteria.	
Key Technical Points	<p>Serving:</p> <ul style="list-style-type: none"> • Children should stand 2-3 feet behind the service line • Relax their body and bend their knees slightly • Hold the shuttle by the feathers and let it drop slightly as they hit it • Follow through aiming at whereabouts you would like the shuttle to land 	

Lesson Objective	To play defensive shots when needed	Lesson 5/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	Children can: <ul style="list-style-type: none"> Position themselves in a defensive stance Know that they need move their opponent around the court 	
Adapted Learning (Differentiation) (Challenge)		
Key Questions	What is the baseline? What is the service line? What is a defensive shot?	
Warm Up	Working with a shuttle and a racket, children asked to keep shuttle up in the air with back of hand leading and thumb grip. Start by holding the racket at its t-piece with thumb and forefinger on the frame of the racket head.	
Main Activity	<p>Shuttle Relays:</p> <p>Pupils work in teams and line up with three shuttles per team placed on the floor on the baseline. On signal they pick up a shuttle and sprint and lunge to place the shuttle on the service line, they return to pick the other shuttles. The second player has to do the same but bring the shuttles back and so on until all the players have had a turn.</p> <p>Backhand Lift:</p> <p>Every pupil has a racket and shuttle and hits the shuttle as high as possible in the air using the backhand only. Working in pairs the feeder slowly throws the shuttles, and their partner hits a backhand lift as far and as high as possible. The feeder runs back to baseline and tries to catch the shuttle. The feeder cannot move until the shuttle is struck.</p> <p>Hit The Spot:</p> <p>Place 4/5 hoops/objects out on the backline of the court. Player One plays a drop shot over the net, where player two aims to play a backhand lift and aims for the hoops. Five turns each and swap. Player with the most shuttles landing in the hoops wins.</p> <p>Half-Court Singles Matches:</p> <p>Divide the class into as many courts as you have available. Each court will be divided in half to allow four children to play on a court at a time. The children don't need to win to serve, simply alternate turns to serve and whoever wins the point, gets a point! Play each game as a 'first to five'. This allows for a quick turnaround of players but also lets children play for a considerable length of time!</p>	
Cooldown	Recap Success Criteria.	
Backhand Lift	<p>This shot is played when the shuttle is below the height of the net. You aim to the shuttle from waist height toward the back line.</p> <p>This gives enough time for a player to return to the middle of the court before the opponent hits the shuttle back from the other end.</p>	

Lesson Objective	To play doubles matches	Lesson 6/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Attempt to use attacking and defensive shots • Keep score • Compete in doubles badminton game 	
Adapted Learning (Differentiation) (Challenge)	<p>Pairs are matched according to ability, and play similar ability levels. This allows children to play at their own level.</p>	
Key Questions	What are the rules of badminton?	
Warm Up	<p>Throwminton:</p> <p>This helps the children think about where they should play shots and encourage the use of the split step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.</p>	
Main Activity	<p>The Merry-Go-Round:</p> <p>Split your class into as many courts as you have. Each group divides by two and sets up in two single file lines, either side of the net. The challenge of the merry-go-round is to see if the group can keep the shuttlecock up in the air together, one child starts by serving over the net. They then must run around and join the queue the other side in time to play their next shot! Children should aim to hit their shots high to give the next player more time. This can be done in lines if you don't have enough nets or space.</p> <p>Complete the Edstart Champions Program and achieve personal bests (Wall squat, sit & reach):</p> <p>Children know play first to seven matches with a partner. Team not playing acts as scorer/referee. Rotate the server every time, so that each play has the chance to start the game. Children play each other on their court in a tournament style. Having each court set by ability will allow you to be able to add differing challenges depending on ability.</p> <p>The Ladder Matches:</p> <p>The Ladder Match allows the children to play competitive matches. The winners move up the ladder to face a new opponent, losers move down to face a new opponent. This can do done with the whole class if children are able to do so.</p>	
Cooldown	Recap Success Criteria.	
Key Technical Points	Recap of all techniques used in badminton.	

