

Year 5 - Badminton

Lesson Plan

Lesson Objective

To grip the racket and to be in the ready position

Lesson 1/6

Equipment Needed

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

Success Criteria

Children can:

- Adopt the ready position and identify the importance of this
- Demonstrate two grips used in badminton
- Identify when each grip is needed

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



Egg & Spoon (Badminton Style):

Split your class into groups of no more than four. Give them a racquet and a shuttlecock each. For this activity they will play Egg & Spoon (but with a racquet and shuttle instead). Children must balance the shuttlecock on the racquet head and run to their teammate and hand them the shuttle.



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.

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!

Grip:

The Forehand Grip, It's like 'Shaking hands with the racquet'.

Year 5 - Badminton

Lesson Plan

Lesson Objective

To be able to change between grips

Lesson 2/6

Equipment Needed

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

Success Criteria

Children can:

- Change from backhand to a forehand grip
- Use a badminton racket to balance a shuttlecock with both grips
- Return to the ready position after each shot

Adapted Learning (Differentiation) (Challenge)

Children stay with forearm grip and practice that.

Key Questions

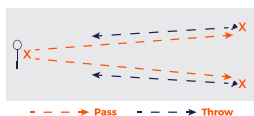
What grips do we need in badminton?
When do we need to use each grip?

Warm Up

Throwminton:

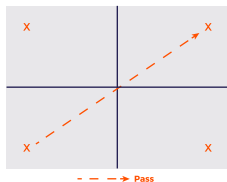
This helps the children think about where they should play shots and encourage the use of the split step. The children play in pairs and throw the ball over the net under arm. The children can only move when the ball is in the air! If the ball touches the floor, then it is a point to the other pair.

Main Activity



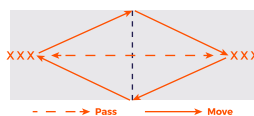
Forearm/Backhand:

In 3's children stand in a triangle, one player stands at the point of the triangle with a racket, stood in the ready position. Other players take it in turns to throw the shuttle to the side of player one. Player 1 adjusts their grip and plays forearm shot on one side, and backhand shot on the other. Rotate roles.



Get It In The Box (Best of 3):

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. Each time it is a child's turn they get four attempts to hit the shuttlecock into their opponent's box (2 forearm and 2 backhand).



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.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

Forearm:

Place your playing hand on the handle as if you are shaking hands with it. There should be a V-shape in between your thumb and your index finger. The racket handle should rest loosely in your fingers for greater flexibility.

Backhand:

Hold the racket as you would on a forehand grip. Turn the racket anti-clockwise so that the V shape moves leftwards. Place your thumb against the back of the handle.

Lesson Objective

To be able to play the forearm shot

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Play a shot using a forehand grip with a badminton racket
- Begin to use the racket to hit the shuttlecock in a particular direction
- Know when to play the forearm shot

Adapted Learning (Differentiation) (Challenge)

Children can move closer or further depending on success rate.

Key Questions

When do you play the forearm shot?

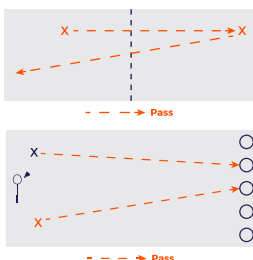
Warm Up



Egg & Spoon (Badminton Style):

Split your class into groups of no more than four. Give them a racquet and a shuttlecock each. For this activity they will play Egg & Spoon (but with a racquet and shuttle instead). Children must balance the shuttlecock on the racquet head and run to their teammate and hand them the shuttle.

Main Activity



Skill Acquisition - Forehand Shot:

In pairs, children serve the shuttle high in the air towards the back of the court, partner aims to hit the shuttle as forearm back towards their partner.

Name Your Spot:

Place 4/5 hoops/objects out for every two children. The children take it in turns to take three shots. The children take it in turns to take three shots. They must describe to their partner which hoop/object they are aiming for.

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

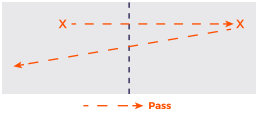
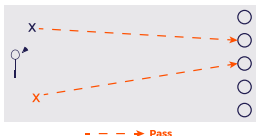
Recap and discuss Success Criteria.

Key Technical Points

Rotate your elbow and wrist to extend your racket arm quickly towards the shuttlecock, contact the shuttle in front of your racket foot at the highest point possible.

Year 5 - Badminton

Lesson Plan

Lesson Objective	To be able to play the backhand shot	Lesson 4/6
Equipment Needed	Rackets, shuttlecocks, cones, hoops, badminton net and posts.	
Success Criteria	Children can: <ul style="list-style-type: none">• Play a shot using a backhand grip with a badminton racket• Begin to use the racket to hit the shuttlecock in a particular direction• Know when to play the backhand shot	
Adapted Learning (Differentiation) (Challenge)	Children can move closer or further depending on success rate.	
Key Questions	When do you play the backhand shot?	
Warm Up	Throwminton: <p>This helps the children think about where they should play shots and encourage the use of the spilt 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	<div><div></div><div></div></div> Skill Acquisition – Forehand Shot: <p>In pairs, children serve the shuttle high in the air towards the back of the court, partner aims to hit the shuttle as forearm back towards their partner.</p> Name Your Spot: <p>Place 4/5 hoops/objects out for every two children. The children take it in turns to take three shots. The children take it in turns to take three shots. The must describe to their partner which hoop/object they are aiming for.</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 and discuss Success Criteria.	
Key Technical Points	Switch grip to backhand grip, then make sure arm is close to your body so as to get a better swing while hitting the shuttle. Use your non-racket arm to help you balance. Hit the shuttle as high as you can, and flick the wrist when contact is made.	

Year 5 - Badminton

Lesson Plan

Lesson Objective

To use the correct footwork when moving around the court

Lesson 5/6

Equipment Needed

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

Success Criteria

Children can:

- Introduced to the chasse steps as a method of moving
- Use running and chasse steps to move around a space
- Move quickly to be in a position to consistently return a shuttle

Adapted Learning (Differentiation) (Challenge)

Vary the distance in which the children have to move.

Key Questions

What is the footwork needed in badminton?

Warm Up

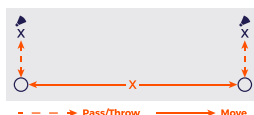
Pupils work in pairs facing each other standing on one leg. They have to maintain balance whilst throwing and catching a shuttle to each other. Repeat exercise on the other leg. Throw the shuttle slightly to the right or left or work with two shuttles (throw at the same time) or use a balloon / pompom to slow down the activity.

Main Activity



Split Step (Chasse):

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.



Split Step (Chasse) In Pairs:

In 3's have two flat markers either side of the player with the racket. Player 2 & 3 take it in turns to throw the shuttle towards the flat marker, as player 1 chasse steps towards the shuttle and passes back. Repeat on opposite side.

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 and discuss Success Criteria.

Backhand Lift

Split Step (chasse):

- 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

Year 5 - Badminton

Lesson Plan

Lesson Objective

To be able to serve accurately

Lesson 6/6

Equipment Needed

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

Success Criteria

Children can:

- Know how to use the backhand short serve
- Know to keep the racket head below waist height when serving
- Know where to stand and how to position their body

Adapted Learning (Differentiation) (Challenge)

Reduce the distance of the serve.

Key Questions

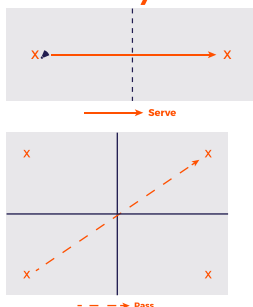
How do we serve?
Where do we serve?

Warm Up

Throwminton:

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.

Main Activity



Skill Acquisition:

Children work in 2's, one player serves the other catches. Children either side of the net, where player one aims to serve the shuttle into player 2's hands.

Get It In The Box (Best of 3):

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!

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 and discuss Success Criteria.

Key Technical Points

Serving:

- 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