

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

EDSTART KNOW

- I can explain what the ready position is in badminton
- I can describe the two main grips (forehand and backhand)
- I can understand when each grip is needed

EDSTART GO

- I can adopt the ready position with knees bent and racquet high
- I can demonstrate forehand and backhand grips correctly
- I can use each grip when playing basic rallies

EDSTART SHOW

- I can encourage my partner when learning grips
- I can respect others when taking turns
- I can support my group in games like Egg & Spoon Badminton

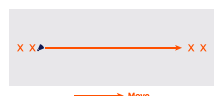
Key Questions

How do control, accuracy, and positioning help you become a better badminton player? Control helps you keep the shuttle in play, accuracy allows you to aim your shots into space or targets, and good positioning helps you move quickly and be ready for the next shot, making your overall performance more consistent and effective.

Warm Up

BIRDIE BLASTER: Pupils jog, skip, or side-step around the hall using quick, light footwork. When the coach shouts "Smash!", pupils jump high and perform an imaginary powerful smash with strong arm action, rotating the shoulders and finishing with a high follow-through. On "Ready!", they freeze in a side-on badminton stance with knees bent and racquet up. On "Lunge!", they step forward with control as if reaching for a drop shot. Emphasise balance, fast reactions, explosive movement, and quick recovery to ready position throughout. **PROGRESSION:** Add rackets so pupils practise real grips and quick reactions while moving to each command.

Main Activity



FEATHER BALANCE CHALLENGE: Pupils balance the shuttle on their racquet while moving carefully toward a teammate, focusing on slow footwork, soft hands, and steady posture. Emphasise eyes forward, controlled steps, and smooth handovers without dropping the shuttle to develop balance, coordination, and fine control. **PROGRESSION:** Add obstacles or include backward and sideways movement challenges.

TARGET RALLY: In pairs, pupils rally the shuttle aiming to land it into marked target zones on the floor. Emphasise a side-on stance, early racquet preparation, relaxed grip, and striking the shuttle in front of the body for greater accuracy. Encourage a high follow-through and quick recovery to ready position to maintain control. Pupils count points for accuracy, developing focus, patience, consistency, and tactical shot placement under pressure. **PROGRESSION:** Reduce target size or increase distance between players.

RALLY MASTERS: Working in pairs, pupils rally the shuttlecock continuously, counting consecutive successful hits aloud. The focus is on timing, ready position, quick recovery after each shot, and controlled power to maintain consistency. Encourage communication and resilience when rallies break down. **PROGRESSION:** Step further apart or use the weaker hand for added difficulty.

MINI COURT SHOWDOWN: Pupils compete one-on-one in fast-paced half-court matches, alternating serves each rally. Emphasise fair play, quick reactions, and using space effectively to outplay opponents. Games to five points keep intensity high while allowing frequent rotations and feedback. **PROGRESSION:** Introduce service boxes or require a minimum three-shot rally before scoring.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger areas for movement warm-ups, smaller zones for rallies.

TASK

Begin with static grip practice, progress to moving rallies.

EQUIPMENT

Use balloons/beanbags for beginners, shuttles for challenge.

PEOPLE

Work individually, then in pairs, then small groups.

Cooldown

SHUTTLE STROLL CHALLENGE: Pupils walk slowly and calmly around the court while gently bouncing the shuttle on their racquet, aiming to keep it moving smoothly without losing control. Emphasise a relaxed grip, soft wrist action, eyes focused on the shuttle, and upright posture to support steady rhythm and balance. Encourage slow, even breathing to help pupils cool down while maintaining precision and coordination. Pupils should adjust pressure on the racquet face to keep the shuttle floating rather than popping too high. **PROGRESSION:** Try switching to the non-dominant hand or walking backwards while maintaining control. **PLENARY:** Why does using the ready position help you react faster and stay balanced in a game?

Year 5 - Badminton

Lesson Plan

Lesson Objective 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

EDSTART KNOW

- I can explain why it is important to change between grips quickly
- I can describe the difference between forehand and backhand grips
- I can understand how to return to the ready position after each shot

EDSTART GO

- I can switch between forehand and backhand grips smoothly
- I can return shuttles using both grips in practice
- I can balance shuttlecocks using both grips

EDSTART SHOW

- I can encourage my teammates during grip challenges
- I can respect the rules of small-sided games
- I can share equipment fairly when practising

Key Questions

How do quick reactions, correct grip changes, and controlled striking help you maintain longer and more successful rallies in badminton? Quick reactions help you reach the shuttle in time, correct grip changes allow you to play both forehand and backhand shots effectively, and controlled striking keeps the shuttle in play longer with greater accuracy and consistency.

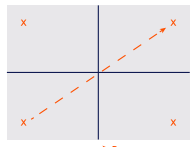
Warm Up

THROWMINTON RALLY: Pupils pair up on opposite sides of the net (or a line if no net) and rally using accurate underarm throws with a side-on stance, smooth swing, and controlled follow-through. Emphasise eyes on the shuttle, soft hands, and stepping into the throw for better direction and power. Players may only move when the shuttle is in the air, developing anticipation, reaction speed, spatial awareness, and timing. Pupils aim to achieve the longest continuous rally, encouraging cooperation, consistency, and focus rather than competition. **PROGRESSION:** Add a "3-second rule" where pupils must freeze for three seconds before each throw to practise timing, patience, and control.

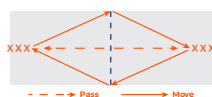
Main Activity



FEATHER FLICK CHALLENGE: In groups of three, pupils form a triangle with one player in the centre holding their racquet in a ready position. The two outside players gently throw shuttles to alternate sides. The centre player must adjust grip quickly, using a forearm shot on the dominant side and a backhand on the non-dominant side, keeping the racquet up, elbow lifted, and striking the shuttle in front of the body. Emphasise soft hands, quick foot adjustment, side-on body position, and fast recovery to ready position after each return. Rotate roles so all pupils practise both throwing and striking under changing demands. **PROGRESSION:** Add movement by throwing to varied heights and angles to force quicker reactions, footwork, and grip changes.



TARGET BOX BATTLE: Create four cone boxes with one child per box. Players serve the shuttle diagonally using an accurate underarm serve, side-on stance, and smooth follow-through, aiming to land the shuttle in the opponent's square. Each player takes four serves — two forearm and two backhand — focusing on directional control, contact point in front of the body, and balanced recovery after each serve. The best of three rounds wins, encouraging tactical thinking and consistency under pressure. **PROGRESSION:** Shrink boxes or add bonus points for backhand accuracy to increase challenge and shot precision.



RACQUET RELAY: Divide the class into groups across available courts. Children form two lines on either side of the net. The first player serves the shuttle over using a controlled underarm action with high follow-through, then races to join the opposite line as the next player prepares to hit. Pupils focus on quick movement, split step preparation, controlled striking, and keeping the shuttle high and playable to maintain continuous rallies. The aim is to keep the rally alive for as long as possible through teamwork and control. **PROGRESSION:** Add a countdown timer or require consistently high, controlled shots to extend play and increase tactical awareness.

Adapted Learning (Differentiation) (Challenge)

SPACE

Smaller grids for quick grip changes, larger for rallies.

TASK

Start with controlled feeding, progress to rallies and games.

EQUIPMENT

Use larger shuttles or balloons for beginners, regular shuttles for advanced.

PEOPLE

Work in 3s or 4s to rotate roles (feeder, hitter, scorer).

Cooldown

RALLY & REFLECT: Pupils work in pairs to rally the shuttle gently back and forth at a slow, relaxed pace using soft, controlled touches. After a short rally, one partner becomes the "leader" and performs a simple movement such as a side step, spin, or reach. The other mirrors their action before swapping roles. This keeps pupils lightly active while winding down, promoting coordination, focus, balance, and calm control. **PROGRESSION:** Add high and low throws between rallies to challenge coordination and control before returning to gentle play. **PLENARY:** When might you choose a forehand over a backhand shot during a rally?

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

Year 5 - Badminton

Lesson Plan

Lesson Objective 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

EDSTART KNOW

- I can explain when to use a forehand shot
- I can describe how to swing from low to high
- I can understand where to contact the shuttle

EDSTART GO

- I can play forehand shots using correct grip and technique
- I can aim my shot towards a target hoop or space
- I can rally using forehand shots with a partner

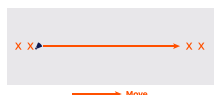
EDSTART SHOW

- I can celebrate my partner's successful shots
- I can encourage teammates when learning forehand rallies
- I can respect my opponent when playing singles

Key Questions

How do grip, control, and shot placement help you keep a rally going and score points in badminton? Using the correct grip helps you control the racquet, good control keeps the shuttle in play, and accurate shot placement allows you to move your opponent and score points while maintaining a consistent and effective rally.

Warm Up



Shuttle Balance Dash: Pupils balance a shuttlecock on the head of their racquet and race carefully from one end of the hall to the other. The aim is to move smoothly without letting the shuttle fall, focusing on control, balance, and coordination. Encourage steady steps and eyes on the shuttle for maximum focus. Pupils can compete in small teams or time their individual runs for fun challenges. Progression: Add cones or markers to weave through, encouraging pupils to adjust their speed and direction while keeping the shuttle steady. For an extra challenge, try walking backwards or using the non-dominant hand.

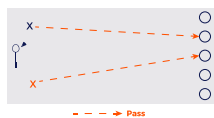
Main Activity



SMASH & RALLY: In pairs, pupils practise serving the shuttle high towards the back of the court using a side-on stance, relaxed grip, and smooth underarm swing with full follow-through. Their partner returns with a strong forehand, focusing on shoulder turn, stepping into the shot, striking the shuttle in front of the body, and finishing high for control and power. Emphasise quick split-step recovery to the ready position after every hit to maintain balance, rally flow, court awareness, and continuous movement under light pressure. **PROGRESSION:** Add a target area where the shuttle must land to score a point.

TARGET ZONE RALLY: Pupils rally cooperatively, aiming to land their shots inside marked target zones on the court. Emphasise a side-on stance, balanced footwork, early racquet preparation, and clean contact in front of the body for greater control. Pupils score points for accuracy, developing shot placement, consistency, patience, and tactical decision-making under light pressure. Encourage a high follow-through and fast recovery after every shot to maintain rally quality and movement rhythm. **PROGRESSION:** Make targets smaller or introduce alternating forehand and backhand hits for greater variety and challenge.

NAME YOUR SPOT: Place 4-5 hoops or cones around the court. Pupils take turns hitting three shots, clearly calling their target before striking to show intention and focus. Emphasise a side-on stance, controlled swing, precise contact in front of the body, and high follow-through for better direction. Partners observe and record accuracy while giving feedback on aim, balance, power control, and shot selection to build confidence and tactical awareness. **PROGRESSION:** Add moving targets or reduce hoop size for greater precision.



MINI COURT MASTERS: Divide the class into multiple half-courts for quick singles games. Pupils alternate serves and play to five points, focusing on accurate underarm serves, early racquet preparation, quick footwork, and balanced recovery to the ready position. Emphasise controlled forehand technique, consistent contact in front of the body, and using space to move opponents. Rotate opponents regularly to develop adaptability, resilience, competitive awareness, and sportsmanship under game conditions. **PROGRESSION:** Introduce service boxes or rally bonuses for consistent forehand control.

Adapted Learning (Differentiation) (Challenge)

SPACE

Use shorter rallies for beginners, increase distances for advanced.

TASK

Start with forehand-only drills, progress to half-court matches.

EQUIPMENT

Use balloons/beanbags to practise swing, shuttles for challenge.

PEOPLE

Work in pairs, progress to 1v1 matches.

Cooldown

SLOW MOTION BADMINTON: Pupils take turns gently rolling their shuttlecock across the floor using a side-on body position, steady wrist action, and smooth forward push, aiming to land it inside a hoop or target zone. Each successful roll earns a point, encouraging focus, precision, soft control, and calm decision-making while winding down from the session. After several turns, pupils collect equipment and move into gentle stretches to lower heart rate and relax muscles. **PROGRESSION:** Try rolling with the non-dominant hand or increase the distance from the targets to build coordination and control. **PLENARY:** What techniques helped your forehand shot travel further and stay accurate today?

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 play the backhand shot

Lesson 4/6

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

Success Criteria Children can:

- 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

EDSTART KNOW

- I can explain when to use a backhand shot
- I can describe how to hold the backhand grip correctly
- I can understand why backhand shots are useful in tight spaces

EDSTART GO

- I can perform backhand shots with correct grip
- I can return shots into target areas using backhand
- I can use forehand and backhand in rallies

EDSTART SHOW

- I can respect others when learning backhand shots
- I can encourage my partner during challenges
- I can share responsibility in group games

Key Questions

How does using the correct forehand and serving technique help you control rallies and win points in badminton? Correct technique improves accuracy, consistency, and power, helping you place the shuttle into space, keep rallies going under pressure, and recover quickly for the next shot, giving you more control over the game.

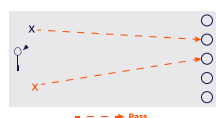
Warm Up

SHUTTLE STORM: Pupils are split into two teams on either side of the net (or a line if no net). Each team starts with an equal number of shuttlecocks. On the whistle, players throw or gently hit the shuttles over using controlled forehand or backhand actions, side-on body position, and smooth follow-through. The aim is to clear their side as fast as possible. After one minute, the team with the fewest shuttles on their side wins the round, developing speed, teamwork, reactions, and decision-making under pressure. **PROGRESSION:** Players must only use forehand or backhand actions to send the shuttle over, or add a rule that they cannot move their feet once holding a shuttle to increase control and tactical thinking.

Main Activity



BOX SERVE CHALLENGE: Pupils work in pairs, one serving the shuttle high towards the back of the court while the partner returns it using a controlled forehand shot. Emphasis is on correct grip, smooth swing, and full follow-through to direct the shuttle accurately. Encourage pupils to recover to the ready position after each hit and maintain rhythm between shots. This builds consistency, timing, confidence, early rally awareness, and movement anticipation. **PROGRESSION:** Introduce a target zone at the back of the court for pupils to aim for, or set a challenge to complete five successful forehand returns in a row.



TARGET COMMANDER: Set out 4-5 hoops, cones, or flat markers per pair. Pupils take turns hitting three forehand shots, calling out the exact hoop or zone they aim for before striking. Partners observe and record accuracy, developing tactical awareness, precision, and communication. Encourage players to adjust power and angle depending on distance and direction to improve accuracy under increasing decision-making pressure. **PROGRESSION:** Make targets smaller, add bonus points for hitting multiple zones in a row, or require a forehand-backhand-forehand sequence.

MINI COURT MASTERS: Divide the class into as many courts as available, marking out two half-courts per net so four players can compete at once. Matches are fast-paced "first to 5" games, allowing all children to experience multiple rallies and opponents. Pupils alternate serves regardless of who wins the point, focusing on maintaining rallies and applying forehand techniques under pressure. This builds tactical play, consistency, and enjoyment of competition while reinforcing rules, etiquette, and fair play behaviours. **PROGRESSION:** Introduce service boxes for accuracy or award bonus points for rallies lasting more than three shots.

Adapted Learning (Differentiation) (Challenge)

SPACE

Smaller courts for beginners, larger for advanced rallies.

TASK

Begin with controlled feeding, progress to rallies and singles matches.

EQUIPMENT

Use lightweight rackets for beginners, regulation rackets for advanced.

PEOPLE

Work in pairs for drills, rotate in small-sided singles.

Cooldown

BACKHAND BALANCE STRETCH: Pupils hold their racket in the backhand grip and gently extend the arm across the body to stretch the shoulder and forearm, keeping movements slow and controlled. Emphasise tall posture, relaxed breathing, and steady balance while holding each stretch for 8-10 seconds to aid recovery after striking practice. **PROGRESSION:** Add one-legged balance stretches to further challenge stability and core control. **PLENARY:** What makes a strong backhand, and how did balancing help you control your body during the stretch?

Key Technical Points

Adopt a side-on stance with a relaxed grip, strike the shuttle in front of the body, and follow through high toward the target. Use quick footwork and recover immediately to the ready position to stay balanced and prepared for the next shot.

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: <ul style="list-style-type: none">• 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				
EDSTART KNOW	EDSTART GO		EDSTART SHOW		
<ul style="list-style-type: none">• I can explain why footwork is important in badminton• I can describe the chasse step• I can understand how movement helps me reach more shots	<ul style="list-style-type: none">• I can move using chasse steps around the court• I can combine running and chasse to reach the shuttle• I can position myself to return shots consistently		<ul style="list-style-type: none">• I can support my partner when practising movement drills• I can encourage teammates during rallies• I can respect others when rotating turns in games		
Key Questions	How do balance, quick footwork, and recovery help you perform better in rallies and small games? Good balance keeps you stable for accurate shots, quick footwork helps you reach the shuttle in time, and fast recovery gets you ready for the next action, allowing you to play more consistently, react faster, and perform with greater control and confidence.				
Warm Up	BALANCING BIRDIE TOSS: Pupils work in pairs, each balancing on one leg while gently throwing and catching a shuttlecock with their partner. The aim is to stay steady and maintain balance throughout the rally, testing coordination and control. Encourage pupils to swap legs each round and see how long they can keep the rally going without wobbling or dropping the shuttle, focusing on core strength, posture, and steady breathing for control. PROGRESSION: Add a second shuttle or balloon for an extra challenge, making pupils focus on timing, teamwork, and quick reactions while maintaining balance.				
Main Activity	<p>SHUTTLE DASH RELAY: Pupils work in pairs facing each other. One pupil is the “leader” holding a beanbag or shuttle, while the other is the “chaser.” The leader moves side to side before throwing the beanbag in any direction. The chaser must react quickly using a split step to prepare, fast chasse footwork to move, bent knees for stability, and light toes for speed. Emphasise side-on body position when reaching, soft hands to secure the catch, eyes tracking the object at all times, and immediate recovery back to ready stance after each return. This builds agility, coordination, anticipation, confidence, and explosive speed under changing pressure. PROGRESSION: Add feints or trick throws from the leader to test reactions, or time how many successful catches are made in 30 seconds.</p> <p>COURT DASH RALLY: In groups of three, place two flat markers on either side of the centre player. The middle pupil holds a racquet, while the others take turns tossing the shuttle to either side. The centre player must perform a split step, chasse to the side, strike with control, and recover quickly to the middle. Emphasise side-on body position, balanced landing, and racquet up in ready position. This game develops quick recovery, positioning, movement technique, balance, and reaction control under continuous pressure. PROGRESSION: Increase speed or add scoring for accurate returns, or switch throws to random heights to challenge balance and reaction time.</p> <p>MINI MATCH MASTERS: Split the class into as many courts as available and divide each in half for quick 1v1 matches. Pupils alternate serves and score one point per rally win, playing “first to 5” before rotating. Emphasise accurate underarm serves, early racquet preparation, split-step readiness, and controlled forehand returns. Matches are fast-paced and inclusive, encouraging movement, tactical play, shot selection, and competitive decision-making under game conditions. PROGRESSION: Add “bonus rallies” where players must complete at least three consecutive shots before a point counts, or introduce service zones for greater challenge.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE	
	Shorter distances for beginners, longer for challenge.	Start with movement without shuttle, progress to live rallies.	Use cones to mark movement spots, add shuttles for challenge.	Work individually first, then in pairs, then in group rallies.	
Cooldown	Mirror The Move: Pupils pair up and face each other, taking turns to lead and follow. The leader performs slow chasse movements side to side, while the partner mirrors their footwork as smoothly as possible. This encourages control, balance posture, and awareness of body positioning while calmly lowering the heart rate. After a few rounds, partners swap roles before finishing with gentle stretches. Progression: Add light racquet swings with each chasse to link movement and timing, practising controlled recovery steps. “How did good footwork help you reach and return the shuttle more effectively today?”				
Key Technical Points	SPLIT STEP (CHASSE): The chasse is a fast, controlled sideways movement where one foot quickly follows the other without meeting it, creating smooth lateral travel. The feet do not need to remain parallel, which helps players stay balanced, light on their toes, and ready to change direction instantly during play.				

Year 5 - Badminton

Lesson Plan

Lesson Objective To be able 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

EDSTART KNOW

- I can explain the rules for serving in badminton
- I can describe the technique for a backhand short serve
- I can understand why serving accurately is important

EDSTART GO

- I can serve below waist height using correct grip
- I can aim my serve into a target box
- I can use the serve to begin rallies fairly

EDSTART SHOW

- I can respect opponents when serving in games
- I can encourage my partner when they are serving
- I can play fairly in serving competitions

Key Questions How do we serve? Where do we serve?

Warm Up

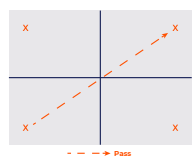
SHUTTLE SCRAMBLE: Split the class into two teams on either side of the net (or a central line if no net is available). Scatter an equal number of shuttlecocks across both sides. On the whistle, pupils use an underarm action to send the shuttles over the net as quickly as they can. After one minute, stop the game — the team with the fewest shuttles on their side wins the round! **PROGRESSION:** Pupils must now use a proper underhand serving action to send the shuttle, or score double points if their serve lands inside a marked target zone.

Main Activity



SERVE & CATCH RALLY: Pupils work in pairs on opposite sides of the net (or a line if no net is available). One pupil serves the shuttle gently underarm, aiming for their partner's hands using a side-on stance, smooth pendulum swing, and controlled follow-through. The partner catches the shuttle cleanly before returning it with their own underarm serve. Emphasise striking below the waist, stepping forward into the serve, soft hands when catching, and balanced recovery to ready position. The focus is on accuracy, control, rhythm, and correct serving technique. **PROGRESSION:** Add a scoring system for consecutive successful serves and catches, or set a target zone for extra precision.

TARGET RALLY CHALLENGE: Using small floor markers or hoops, pupils rally cooperatively, aiming to land their serves and returns inside the targets with consistent control. Emphasise early preparation, correct contact point in front of the body, and high follow-through for accuracy. Pupils score points for each successful landing while maintaining correct serving form, linking spatial awareness, placement, and consistency. **PROGRESSION:** Reduce target size, increase distance, or require alternating forehand and backhand serves for variety and challenge.



BOX BATTLE: Arrange four cone boxes on the court, one pupil per box. Pupils serve diagonally into the opposite box, ensuring the shuttle is struck below waist height with a smooth underarm action and controlled follow-through. Each pupil has three attempts to land the shuttle successfully, scoring a point for each accurate serve. This develops focus, control, serving accuracy, and rule understanding. The first to win "best of 3" rounds claims victory. **PROGRESSION:** Shrink the boxes, switch to weaker-hand serves, or add bonus points for two consecutive successful serves.

MINI MATCH SHOWDOWN: Divide the class into as many courts as available, each split in half to allow four players to compete at once. Pupils alternate serves regardless of rally outcome. Games are "first to 5," promoting quick transitions, tactical thinking, sportsmanship, and sustained rally play. Emphasise accurate below-waist serves, split-step preparation, and controlled shot selection during matches. **PROGRESSION:** Introduce bonus points for serves landing in a target zone or for rallies lasting more than four shots.

Adapted Learning (Differentiation) (Challenge)

SPACE

Reduce serving distance for beginners, extend for challenge.

TASK

Start with serving into hands/hoops, progress to live serves into court.

EQUIPMENT

Use larger targets for support, smaller ones for advanced challenge.

PEOPLE

Work in pairs for practice, then 1v1 in half-court games.

Cooldown

SERVE & STRETCH: Pupils take turns performing gentle underarm serves with a smooth swing and relaxed grip, focusing on striking the shuttle below the waist with control and balanced follow-through. After several serves, pupils transition into slow shoulder, arm, and wrist stretches, holding each position with tall posture and calm breathing to aid recovery and flexibility after striking practice. **PROGRESSION:** Add accuracy targets before stretches to challenge precision and focus. **PLENARY:** What makes a good serve?

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