

Year 6 - Badminton

Lesson Plan

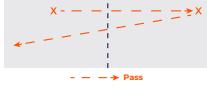
COMPLETE
EDSTART

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| Lesson Objective | To rally with a partner | | |
| Equipment Needed | Rackets, shuttlecocks, cones, hoops, badminton net and posts. | | |
| Success Criteria | <p>Children can:</p> <ul style="list-style-type: none">Use the ready position instinctively, to gain advantage in their gameAttempt a rally with a partnerConsistently return to a centre point and explain why this can be important | | |
| EDSTART KNOW | EDSTART GO | EDSTART SHOW | |
| <ul style="list-style-type: none">I can explain what the ready position is and why it helpsI can describe why returning to the centre of the court is importantI can understand how a rally is scored in badminton | <ul style="list-style-type: none">I can rally with a partner, keeping the shuttle in playI can return to the centre point after each shotI can show control when hitting the shuttle back | <ul style="list-style-type: none">I can work with my partner to keep the rally goingI can take turns fairly and support my partner's effortI can encourage others during activities | |
| Key Questions | <p>How do good movement, ready position, and controlled shots help you sustain rallies and play more effectively in badminton. Good movement and a strong ready position help players react quickly, stay balanced, and reach the shuttle early, while controlled shots improve accuracy, consistency, and the ability to keep rallies going longer.</p> | | |
| Warm Up | <p>Pupils jog around the space. On the teacher's call they respond to commands: "Smash!" (Jump and pretend smash), "Ready Position!" (Racquet high, knees bent), "Lunge!" (Step into lunge). This links directly to badminton movements and raises pulse. PROGRESSION: Add shuttlecocks, pupils shadow the commands while holding their racket/shuttle. PROGRESSION:</p> | | |
| Main Activity | <p>KEEP IT FLYING: Work in pairs to rally the shuttle back and forth, keeping it in the air for as long as possible. Focus on soft, high shots to give your partner plenty of time to react. Emphasise correct technique by using a relaxed grip, standing side-on, keeping the racket up in a ready position, and striking the shuttle with a smooth, controlled swing and gentle follow-through. Encourage light footwork and quick recovery back to the ready position after each shot. Count your longest rally and try to beat your score. PROGRESSION: Move further apart, use only forehand or backhand shots, or rally continuously for 30 seconds without dropping the shuttle.</p> <p>ROUND-THE-NET RALLY: Split into two lines on either side of the net. The first player serves, then runs around to join the opposite side after each hit, creating a fun moving rally. Encourage teamwork, communication, and quick movement between shots. PROGRESSION: Add a second shuttle, increase the pace, or challenge players to keep the rally going for 20 consecutive hits.</p> <p>TARGET STRIKE: Set up cones, hoops, or floor markers as targets. In pairs, one serves and the other aims to land the shuttle inside the targets, earning points depending on accuracy. Encourage control and precision over power. PROGRESSION: Move targets further away, make them smaller, or add bonus points for hitting the furthest target.</p> <p>MINI SMASH MASTERS: Play 1v1 games to 5 points on half courts. Alternate serves and rally to score. Encourage fair play and quick reactions when defending smashes or drop shots. Celebrate good rallies, not just winners. PROGRESSION: Winners move up a ladder to face tougher opponents or add a rule that points must be won with a rally of three or more hits.</p> | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Use half courts for beginners, full courts for advanced players. | TASK Start with catching and throwing a shuttle, progress to rallying with rackets. | EQUIPMENT Use balloons/pompoms for slower rallies, shuttles for realism. |
| PEOPLE Rally in pairs, rotate for merry-go-round, or play in small groups. | | | |
| Cooldown | <p>Pupils walk slowly around the space, gently swinging their racket arm in small, controlled circles to relax the muscles. They then stop to complete light stretches for the legs, shoulders, and wrists, focusing on slow, steady breathing. To add an activity element, pupils can pause at cones placed around the area and perform a specific stretch or arm movement before moving on again. PROGRESSION: Children work with a partner and mirror each other's stretches and movements, taking turns to lead. Why is the ready position important when playing a rally?</p> | | |

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| Lesson Objective | To play attacking shots in matches | | | Lesson 2/6 |
| Equipment Needed | Rackets, shuttlecocks, cones, hoops, badminton net and posts. | | | |
| Success Criteria | Children can: <ul style="list-style-type: none">Know which grip to use (Forehand or backhand grip) to strike a shuttlecockAttempt an attacking shot during a rally | | | |
| EDSTART KNOW | EDSTART GO | EDSTART SHOW | | |
| <ul style="list-style-type: none">I can explain the difference between forehand and backhand gripsI can describe what an overhead clear and drop shot areI can understand how attacking shots put pressure on my opponent | <ul style="list-style-type: none">I can perform a forehand clear to the back of the courtI can play a drop shot just over the netI can use attacking shots in rallies and games | <ul style="list-style-type: none">I can compete fairly in mini-gamesI can give positive feedback to my partner on their techniqueI can respect the rules when playing matches | | |
| Key Questions | How does choosing the right shot and aiming for different areas of the court help you control a badminton rally? Aiming shots into different areas of the court helps players move opponents, create space, and maintain control of the rally by using accuracy, height, and variation rather than just power. | | | |
| Warm Up | NAME YOUR SPOT: Hoops or targets are placed on the floor. In pairs, one child calls out a target and the other attempts to hit the shuttle into it, encouraging aiming, accuracy, and controlled shots. PROGRESSION: Increase the distance to the targets or reduce the hoop size to increase challenge. | | | |
| Main Activity | <p>SKY HIGH CLEAR: In pairs, one player serves the shuttle high towards the back of the court while their partner performs a strong forehand overhead clear, aiming to send the shuttle high and deep into the opponent's side. Emphasise correct technique by adopting a side-on stance, non-racket shoulder pointing towards the shuttle, eyes tracking the shuttle, and the racket arm reaching high with a relaxed grip. Encourage a strong shoulder rotation, contact at the highest point, a smooth wrist snap, and a full follow-through across the body to generate height and depth with control. PROGRESSION: Move further apart, add floor markers at the back of the court as targets, or challenge pairs to complete five perfect clears in a row.</p>  <p>FEATHER DROP CHALLENGE: In pairs, one player serves a high shuttle to the back of the court while the other performs a forehand overhead drop, aiming to land the shuttle softly just over the net. Emphasise a relaxed grip, side-on body position, eyes tracking the shuttle, and contacting the shuttle high with a gentle, controlled swing. Encourage a short follow-through and soft wrist action to reduce power and improve accuracy. Players should recover quickly to the ready position after each shot. PROGRESSION: Add small targets close to the net for accuracy, alternate between a clear and a drop within the same rally to improve decision-making, or set a 30-second challenge to achieve as many accurate drops as possible.</p> <p>AIM FOR THE ZONE: Set up three scoring zones on each side of the net: near the net (1 point), mid-court (2 points), and back-court (3 points). In pairs, players take turns aiming shots into the zones to score points, developing accuracy, court awareness, and decision-making. PROGRESSION: Make the zones smaller, increase the distance between partners, or race to exactly 10 points in the fewest shots.</p> <p>MINI MATCH MADNESS: Play half-court singles matches, dividing each court in half to allow four players per court. Games are played to five points, alternating serves after each rally. Encourage children to use clears and drops tactically rather than just hitting hard. PROGRESSION: Winners move up a ladder, earn bonus points for mixing shot types, or extend matches to seven points to build endurance.</p> | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Use smaller courts for practice, larger for challenge. | TASK Practise one shot at a time, then combine shots in rallies. | EQUIPMENT Use larger rackets or foam shuttles for support, competition shuttles for challenge. | PEOPLE Work in pairs for skill practice, small groups for matches. |
| Cooldown | SHUTTLE BALANCE: Pupils balance a shuttle on their racket while walking slowly around the space, focusing on control and steady movement. They then finish with gentle stretches for the arms and legs. PROGRESSION: Balance the shuttle while walking in pairs, mirroring each other's movements. "What was the key difference between a clear and a drop shot today?" | | | |
| Key Technical Points | <p>Forehand Overhead Clear:</p> <ul style="list-style-type: none">From the rear of the court to the rear of the courtStand side-onNon-racquet foot forwardHit the shuttle cock as high as you can and as fast you can <p>Forehand Overhead Drop:</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-onNon-racquet foot forwardHit the shuttle cock as high as you can and just push it gently! | | | |

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| 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 useDemonstrate a lunge with good range and the front foot pointing forwardConsistently strike net shots using a pushing action and appropriate grip | | | | | | |
| EDSTART KNOW | <ul style="list-style-type: none">I can explain what a split step isI can describe how to lunge correctlyI can understand why footwork is important in badminton | | EDSTART GO | <ul style="list-style-type: none">I can use a split step before moving to the shuttleI can lunge with balance and controlI can play net shots using the correct movement | | | |
| EDSTART SHOW | <ul style="list-style-type: none">I can cooperate with a partner in drills and ralliesI can encourage others when practising new skillsI can demonstrate respect by waiting safely for my turn | | | | | | |
| Key Questions | How do balance, footwork, and net control help you move efficiently and win points in badminton rallies? Balance and footwork help players reach the shuttle quickly, while controlled net shots create pressure, improve accuracy, and allow players to recover faster and make better tactical decisions during rallies. | | | | | | |
| Warm Up | FLAMINGO SHUTTLE CHALLENGE: Pupils work in pairs, each balancing on one leg while gently throwing and catching a shuttle with their partner. The focus is on maintaining balance, keeping eyes on the shuttle, and using soft, controlled throws to help their partner succeed. Encourage pupils to keep their core tight, arms relaxed, and body still while catching and throwing. Swap balancing legs regularly to work both sides of the body. PROGRESSION: Add a second shuttle to increase concentration and coordination, or vary the height and direction of the throws to further challenge balance and control. | | | | | | |
| Main Activity | CHASSE CHALLENGE: Work in pairs facing each other. One player is the leader and the other the chaser. The leader throws a beanbag or shuttle, and the chaser reacts quickly, using a chasse step to move, catch, and return it. Focus on timing, balance, quick footwork, and staying light on the feet. PROGRESSION: Add directional throws, use a real shuttle, or challenge players to complete five successful chasses in a row without missing. THROWMINTON TACTICS: Play in pairs, throwing the shuttle or a soft ball underarm over the net. Players may only move when the shuttle is in the air, encouraging anticipation, positioning, and court awareness. Award points when the shuttle lands inside the court. PROGRESSION: Introduce team play (2v2), require alternating forehand and backhand throws, or set a rally target before points can be scored. LUNGE & PUSH: Children work in pairs. One partner throws the shuttle over the net, and the other lunges forward with their racket foot to perform a soft net push. Emphasise a long, balanced lunge, bent front knee, upright chest, and a gentle push with a relaxed grip. PROGRESSION: Add floor targets near the net, alternate forehand and backhand lunges, or include a quick recovery step after every shot. TARGET NET TOSS: Set up cones and hoops close to the net. In pairs, one player tosses the shuttle while the other aims to land it into a specific target zone using a controlled net push. Encourage focus, accuracy, and consistent technique. PROGRESSION: Move targets closer to the sideline, reduce the size of scoring areas, or challenge pairs to hit all targets in sequence without missing. MINI MATCH MASTERS: Children play 1v1 matches on half courts to five points, alternating serves and applying their split step, lunge, and net shot techniques. Encourage fair play, quick recovery, and smart shot selection. PROGRESSION: Winners move up a ladder, earn bonus points for successful net shots, or play doubles using simple rotation rules. | | | | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Shorten the court for beginners, extend rallies for advanced. | TASK Practise split step without racket, then with shuttle rallies. | EQUIPMENT Use beanbags or balloons to slow practice, shuttles for realistic pace. | PEOPLE Work in pairs as leader/chaser, progress to mini-games. | | | |
| Cooldown | SLOW MOTION BADMINTON: Children walk slowly across the court, acting out a split step or lunge in exaggerated slow motion to focus on balance, body position, and control. They then complete gentle stretches for the quadriceps, calves, and shoulders. PROGRESSION: In pairs, children take turns leading each other through slow-motion movement routines. PLENARY: "How does a split step help you get ready for the next shot?" | | | | | | |
| 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 chasseThe use of chasse steps for parallel, diagonal | | | Lunge – Teacher explains and demonstrates: <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 lungeStraight body position with stretched "racket arm" | | | |

Year 6 - Badminton

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| Lesson Objective | To serve consistently and accurately | | | Lesson 4/6 |
| Equipment Needed | Rackets, shuttlecocks, cones, hoops, badminton net and posts. | | | |
| Success Criteria | Children can: <ul style="list-style-type: none">Use a forehand or backhand grip to strike the shuttlecockPerform a forehand and backhand serveKnow how to vary the serve to gain an advantage | | | |
| EDSTART KNOW | <ul style="list-style-type: none">I can explain where the shuttle must land on a serveI can describe the difference between forehand and backhand servesI can understand how serving can create advantage in a game | | EDSTART GO | <ul style="list-style-type: none">I can serve with correct grip and stanceI can perform both forehand and backhand servesI can vary my serve to challenge my opponent |
| EDSTART SHOW | <ul style="list-style-type: none">I can compete fairly in serving gamesI can support my partner by scoring and officiatingI can show good sportsmanship during matches | | | |
| Key Questions | Why is accuracy more important than power when serving in badminton? Accurate serves place the shuttle in difficult areas, start rallies effectively, and give players control, while reducing errors and creating better chances to win points through positioning and tactics. | | | |
| Warm Up | THROWMINTON: In pairs, children underarm throw a ball or shuttle over the net, moving only when it is in the air. This develops timing, anticipation, and positioning for the badminton serve. PROGRESSION: Add service boxes or floor targets to aim for accuracy. | | | |
| Main Activity | <p>BOX SERVE CHALLENGE: Set up four boxes using cones, with one child in each box. The aim is to serve the shuttle diagonally into the opposite box using an underarm serve that stays below waist height. Emphasise correct serving technique by standing side-on, keeping both feet still, holding the shuttle below the waist, and using a smooth underarm swing with a relaxed grip. Encourage a gentle wrist action, contact in front of the body, and a controlled follow-through towards the target. Each player has three attempts to land a successful serve, scoring one point each time. PROGRESSION: Reduce the size of the target box, increase the serving distance, or make it a timed round to complete as many accurate serves as possible.</p> <p>SERVE & SCORE LADDER: Children line up in two rows facing each other with service boxes or hoops between them. The goal is to serve the shuttle accurately into the target area opposite to score points. Emphasise correct serving technique by standing side-on with both feet still, holding the shuttle below waist height, and using a smooth underarm action. Encourage a relaxed grip, gentle wrist flick, contact in front of the body, and a controlled follow-through towards the target. Winners move up the ladder and losers move down, facing new opponents each round. PROGRESSION: Use smaller hoops or service boxes, alternate forehand and backhand serves, or award bonus points for consecutive accurate serves.</p> <p>SERVICE SHOWDOWN: In pairs, players take turns serving over a net into marked service zones at the front, middle, and back of the court. Each zone scores different points: near the net = 1, mid-court = 2, back zone = 3. Encourage tactical decision-making when choosing where to serve. PROGRESSION: Shrink zones, add a rally after a successful serve, or compete to reach a target score of 15 points.</p> <p>MINI MATCH MASTERS: Play 7v7 matches on half courts to five points, alternating serves and applying correct underarm serving technique. Players must serve accurately before starting each rally and keep score fairly. PROGRESSION: Winners move up a ladder system, play doubles using simple rotation, or extend games to seven points to test endurance and focus.</p> | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Use smaller service boxes for beginners, regulation boxes for advanced. | TASK Start with target practice, progress to serving under pressure in matches. | EQUIPMENT Use hoops/boxes as targets; smaller targets increase challenge. | PEOPLE Work in pairs for feedback, groups for ladder competitions. |
| Cooldown | <p>Pupils rally gently, aiming only to keep the shuttle in the air at a slow, controlled pace, focusing on soft touch and consistent contact. They then finish with shoulder and wrist stretches to aid recovery and prevent stiffness. PROGRESSION: Add a challenge by counting the longest calm rally before the shuttle drops. PLENARY: "What makes a serve accurate and why does it matter?"</p> | | | |
| Key Technical Points | Serving: <ul style="list-style-type: none">Children should stand 2-3 feet behind the service lineRelax their body and bend their knees slightlyHold the shuttle by the feathers and let it drop slightly as they hit itFollow through aiming at whereabouts you would like the shuttle to land | | | |

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| Lesson Objective | To play defensive shots when needed | | | |
| Equipment Needed | Rackets, shuttlecocks, cones, hoops, badminton net and posts. | | | |
| Success Criteria | <p>Children can:</p> <ul style="list-style-type: none"> Position themselves in a defensive stance Know that they need move their opponent around the court | | | |
| EDSTART KNOW | EDSTART GO | EDSTART SHOW | | |
| <ul style="list-style-type: none"> I can explain why pacing is important in longer races I can describe how to save energy for a sprint finish I can understand how to use my breathing to help me run further | <ul style="list-style-type: none"> I can run at a steady pace without stopping I can complete 400m by controlling my speed I can finish with a final sprint to the line | <ul style="list-style-type: none"> I can encourage my partner to keep going when they feel tired I can time and record my partner's running result I can respect everyone's effort regardless of distance | | |
| Key Questions | How does using a controlled backhand lift help you defend and stay in control during a badminton rally? A controlled backhand lift sends the shuttle high and deep, giving players time to recover, regain position, and reset the rally while reducing pressure from an opponent's attacking shots. | | | |
| Warm Up | <p>SHUTTLE JUGGLE JAM: Children use their racket to keep a shuttle in the air using a correct thumb grip, starting with gentle taps at the T-piece of the racket to build control. Encourage soft touches, eyes on the shuttle, and small wrist movements rather than big swings. As confidence grows, children aim for longer sequences without dropping the shuttle.</p> <p>PROGRESSION: Add a challenge by keeping the shuttle in the air while moving slowly and carefully around the space.</p> | | | |
| Main Activity | <p>SHUTTLE DASH RELAY: Children work in teams and line up on the baseline with three shuttles per team. On the coach's signal, the first player sprints forward, lunges, and places one shuttle on the service line before running back to collect the next. Emphasise strong sprint technique with eyes forward, arms driving close to the body, and quick, light steps. For the lunge, focus on stepping forward with the racket foot, bending the front knee, keeping the knee aligned over the toes, and maintaining an upright chest for balance and control. Once all shuttles are placed, the next player retrieves them one at a time using the same technique.</p> <p>PROGRESSION: Add more shuttles, increase the distance, or require each player to perform a split step before sprinting.</p> <p>BACKHAND BLAST: Each pupil has a racket and shuttle. Working individually, pupils practise hitting the shuttle high using only their backhand. Emphasise correct technique by using a thumb grip, standing side-on with the non-racket shoulder pointing forwards, and keeping the racket up in front of the body. Encourage a short backswing, gentle wrist push, and contact with the shuttle slightly in front of the body. Pupils then work in pairs, with one acting as a feeder, gently throwing the shuttle for their partner to perform a backhand lift as high and far as possible. The feeder waits until the shuttle is struck before moving to catch it, ensuring safety and clear focus.</p> <p>PROGRESSION: Increase the distance between partners, vary feeding heights, or add targets at the back of the court to encourage accuracy.</p> <p>TARGET LIFT CHALLENGE: Place four to five hoops or markers along the back line of the court. Player 1 plays a drop shot over the net, and Player 2 responds with a backhand lift, aiming to land the shuttle inside the targets. Players swap roles after five turns, with points awarded for accuracy.</p> <p>PROGRESSION: Make the hoops smaller, move them further back, or introduce point zones to increase challenge.</p> <p>MINI MATCH MASTERS: Children play 1v1 games on half courts to five points, alternating serves after each rally. Encourage pupils to apply backhand lifts and drop shots in game situations, using space wisely and showing good sportsmanship.</p> <p>PROGRESSION: Winners move up a ladder, award bonus points for using both forehand and backhand lifts in a rally, or extend games to seven points for added challenge.</p> | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Shorten the distance for beginners, extend to baseline for challenge. | TASK Start with simple lifts, progress to full rallies under pressure. | EQUIPMENT Use balloons/beanbags for learning, shuttles for game play. | PEOPLE Work in pairs for feeding and lifting, groups for competition. |
| Cooldown | <p>TARGET STRETCH: Children stand in a circle and gently pass a shuttle to each other using only backhand lifts. After each pass, they hold a controlled stretch such as a reach up, side bend, or shoulder stretch while tracking the shuttle's flight. Encourage soft contact, balance, and relaxed movement.</p> <p>PROGRESSION: Add more shuttles into the circle to increase focus and coordination.</p> <p>"How can a defensive shot give you more time in a rally?"</p> | | | |
| Key Technical Points | <ul style="list-style-type: none"> 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 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 | | | |

Year 6 - Badminton

Lesson Plan

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| Lesson Objective | To play doubles matches | Lesson 6/6 | | |
| Equipment Needed | Rackets, shuttlecocks, cones, hoops, badminton net and posts. | | | |
| Success Criteria | Children can: <ul style="list-style-type: none">Attempt to use attacking and defensive shotsKeep scoreCompete in doubles badminton game | | | |
| EDSTART KNOW | <ul style="list-style-type: none">I can explain the basic rules of doubles badmintonI can describe how to rotate serves in doublesI can understand how to work with a partner in a team | EDSTART GO <ul style="list-style-type: none">I can play doubles matches using attacking and defensive shotsI can keep score during matchesI can apply tactics with my partner | | |
| EDSTART SHOW | | <ul style="list-style-type: none">I can support my partner and communicate during matchesI can respect the rules and decisions of others when scoringI can show sportsmanship whether I win or lose | | |
| Key Questions | How does teamwork and positioning help you keep rallies going and succeed in doubles badminton? Teamwork and good positioning allow players to cover space efficiently, communicate clearly, support each other's shots, and maintain control of rallies, leading to better consistency, fewer errors, and more effective doubles play. | | | |
| Warm Up | THROWMINTON: Revisit this activity in pairs, focusing on teamwork and clear communication to keep the object in play for as long as possible. Encourage calling "mine," gentle throws, and moving into space to support a partner. PROGRESSION: Add two objects in play at once to increase challenge and cooperation. | | | |
| Main Activity | ROUND THE WORLD RALLY: Split the class into groups across the available courts. Each group forms two single-file lines, one on each side of the net. The first player serves the shuttle over the net, then quickly runs around to join the back of the opposite line ready for their next shot. The aim is to keep the rally going for as long as possible while moving in rhythm as a team. Encourage high, controlled shots to allow time for rotation and positioning. PROGRESSION: Add a second shuttle for advanced groups, make the rally continuous for 60 seconds, or challenge groups to beat their longest rally score. DOUBLE SHOWDOWN: Children play in pairs to seven points, rotating the server each time so everyone has the opportunity to start play. Non-playing pairs act as scorers or referees to support fair play. Emphasise good technique by encouraging a ready position after every shot, clear communication such as calling "mine," side-by-side defensive positioning, and front-and-back attacking positioning when appropriate. Players should use controlled shots, recover quickly after hitting, and move together to cover space effectively. PROGRESSION: Add target zones for bonus points, limit rallies to forehand or backhand only, or increase match length to ten points for more experienced groups. SERVE & SWITCH CHALLENGE: Pairs play a mini doubles game where only the serving team can score. After each rally, players rotate positions so the server becomes the partner, the partner becomes the receiver, and roles continue to rotate. This builds understanding of doubles rotation, positioning, and quick reactions. PROGRESSION: Add a time limit per rotation, use only backhand serves, or introduce bonus points for completing ten consecutive shots before scoring. CLIMB THE LADDER: Children play short 1v1 or 2v2 matches across the class. Winners move up the ladder to face tougher opponents, while others move down to play new matches. Encourage sportsmanship, fair play, and consistent effort throughout. PROGRESSION: Award extra points for rallies over ten hits, require a specific shot before scoring, or finish with a championship round for the top four players. | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Use half courts for beginners, full courts for experienced players. | TASK Play short games to 5 points, progress to longer matches. | EQUIPMENT Use lighter rackets for beginners, regulation equipment for advanced. | PEOPLE Pair by ability for fairness, rotate partners for experience, full class ladder for competition. |
| Cooldown | CELEBRATION RALLY: Partners rally gently, counting consecutive hits together as a team and aiming to keep the rally calm and controlled. When finished, they shake hands and complete stretches together. PROGRESSION: Groups combine to create a short "team stretch routine.", "What skill from this unit will help you most in doubles badminton?" | | | |
| Key Technical Points | Recap of all techniques used in badminton. | | | |