

## Unit 1: Badminton

**LEARNING  
OUTCOMES****The student will:**

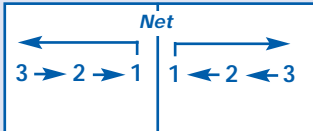
- be introduced to the concept of height (giving time)
- demonstrate an ability to make appropriate decisions regarding 'what to do' and 'how to do it'
- co-operate with others
- show an understanding of the service and boundary rules in badminton.

**EQUIPMENT**

Nets, rackets, shuttles, long narrow courts, cones.

**CLASS ORGANISATION**

2's, 3's and 4's.

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up		<p>Students in groups of 4.</p> <pre> X      X             X      X 1      2             3      4           </pre> <p>Throw shuttle over net, run back to wall, touch, return in time to repeat. Group attempts to keep rally going.</p>	
General stretching		Involve middle, upper and lower body.	
Development	<p>Connecting with the shuttle.</p> <p>An appreciation of the concept of time; learning that height gives an opponent time to get to shot and gives a player time to recover.</p> <p>Moving appropriately to hit the shuttle.</p> <p>Co-operating and communicating with other players.</p> <p>Concept of height.</p>	<p><b>1 (a) Co-operative Rally</b></p> <ul style="list-style-type: none"> <li>• 1 v 1 over net.</li> <li>• students hit the shuttle over and back using racket, trying to keep rally going.</li> </ul> <p><b>(b)</b>• students continue as in (a) counting the number of consecutive shots hit</p> <ul style="list-style-type: none"> <li>• they set a record - a class record or a personal record.</li> </ul> <p><b>(c)</b> Same as (a) but change partners.</p> <p><b>(d) 3 + 3 Co-operative Rally</b></p> <ul style="list-style-type: none"> <li>• players arrange themselves as in diagram</li> <li>• each player moves to end of line after one shot</li> <li>• players try to keep rally going for as long as possible.</li> </ul>	<ul style="list-style-type: none"> <li>• How can you help to keep rally going? <ul style="list-style-type: none"> <li>- hit straight to your partner. Keep it high.</li> </ul> </li> <li>• Why does height help? <ul style="list-style-type: none"> <li>- it gives time. - it's easier to hit it overhead.</li> </ul> </li> <li>• How can you prepare yourself for the next shot? <ul style="list-style-type: none"> <li>- recover to ready position, i.e., racket up, position on court, etc.</li> </ul> </li> </ul> <p><b>SKILL</b> OVERHEAD CLEAR</p> <ul style="list-style-type: none"> <li>• Does changing partner make any difference? <ul style="list-style-type: none"> <li>- go and see.</li> </ul> </li> </ul> 
Concluding activity	Appreciation of the concept of time whereby height will make rallying easier.	<p><b>Pyramids</b></p> <p>3 v 3 Co-operative Rallying</p> <p>Team A and Team B play in half court. Each team has an agreed number of shuttles. Each pair tries to have rally of more than six shots. If this is achieved that shuttle is 'used up' and is transferred to other team. Team which uses up all its shuttles first, i.e., has no shuttles left, wins. If pair don't achieve six shots, team retains shuttle and next pair tries.</p>	<ul style="list-style-type: none"> <li>• How can you help to keep the rally going? <ul style="list-style-type: none"> <li>- keep it high?</li> </ul> </li> </ul> 