

## Unit 2: Badminton

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

- understand the importance of the concept of time whereby height will make rallying easier
- understand the rules of scoring / boundaries
- demonstrate an ability to make appropriate decisions.

**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		Pyramids - see Unit 1.	
Stretching		Lower, middle, upper.	Reference to importance of flexibility in badminton.
Development	<p>The ability to move opponent around during the rally and on serve. Placing the shuttle to score points.</p> <p>Awareness of space on opponent's court and developing ability to put the shuttle there.</p> <p>Increasing the chance of scoring by attacking from the front of court. Reducing opponents time to react.</p>	<p><b>1 (a) 1 v 1 (long narrow court)</b></p> <ul style="list-style-type: none"> <li>• competitive rally</li> <li>• each player attempts to hit shuttle onto the ground on their opponents side. Point is won if the shuttle touches the ground or if your opponent fails to return the shuttle.</li> </ul> <p><b>(b) 1 v 1 7 / 9 point rally</b></p> <ul style="list-style-type: none"> <li>• explain scoring system.</li> </ul> <p><b>(c) 1 v 1 Rotation of players</b></p> <ul style="list-style-type: none"> <li>• each student plays with a new partner.</li> </ul>	<ul style="list-style-type: none"> <li>• How do you score a point? <ul style="list-style-type: none"> <li>- get shuttle onto the ground.</li> </ul> </li> <li>• Is there a need for boundaries? <ul style="list-style-type: none"> <li>- yes.</li> </ul> <p>The question of service can be revised as appropriate.</p> </li> <li>• How is the game started, i.e., who serves? <ul style="list-style-type: none"> <li>- spin the racket/toss a coin/win the rally.</li> </ul> </li> <li>• What do you need to get the shuttle onto the ground? <ul style="list-style-type: none"> <li>- space.</li> </ul> </li> <li>• Where are the spaces? <ul style="list-style-type: none"> <li>- front and back.</li> </ul> </li> <li>• Where is it easiest to serve from? <ul style="list-style-type: none"> <li>- front</li> </ul> </li> <li>• Where do you want your opponent to be? <ul style="list-style-type: none"> <li>- back.</li> </ul> </li> <li>• How can you give your opponent less time? <ul style="list-style-type: none"> <li>- keep the shuttle low.</li> <li>- play the shuttle fast.</li> </ul> </li> </ul> <p><b>SKILL</b></p> <ul style="list-style-type: none"> <li>• OVERHEAD DROP CLEAR</li> <li>• UNDERHAND DROP SHOT</li> <li>• SMASH</li> </ul>