

Unit 5: Badminton

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

- *show an understanding of the concepts and problems inherent in badminton*
- *demonstrate an ability to make appropriate decisions*
- *understand the rules of 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	This game highlights consistency and puts pressure on players to win several points in a row.	"Belts" In teams of 3 - 5, players aim to beat opponent and win "belts" for their team. A player must beat 3 opponents consecutively to win a "belt". The first team to win 3 / 5 belts are the winners. Two players, one from each team, play each other. As players win they remain on court. Player coming on always has a shuttle and starts play. If a player wins a belt he / she must leave the court and join the back of his / her teams line. Players coming on always start with 0 points.	As before. <ul style="list-style-type: none"> • How do you beat an opponent? - look for weaknesses, e.g. backhand, runs, etc.
Stretching		Lower, middle, upper body.	
Development	Creating, attacking and defending space. Awareness of time and its effect on play - Rules of full court. Boundaries for full court	(a) 1 v 1 (full court) 5 point rally <ul style="list-style-type: none"> • teams of 3 / 4 per court • players not playing: refereeing, advising, spotting weaknesses of team mate and opponents. <p>Effects of time, e.g. speeding up attack, slowing down the game to give time to recover etc.</p> (b) 1 v 1 rotate players (c) 1 v 1 <ul style="list-style-type: none"> • area of gym reserved to practice and work on weaknesses, e.g. backhand, drop shots, etc. 	<ul style="list-style-type: none"> • Can you send your opponent to the back of the court with your serve / return of serve? • What does this do? - it creates space. - it puts my opponent in a weak position. • Can you place the shuttle into the space with precision / speed / deception? • Can you identify areas of strengths / weaknesses in your opponent's game? • Can you exploit these weaknesses? • Can you reduce options available to your opponent by good defence positions on the court? e.g. covering front court to force a high defensive shot.