

# **Unit Plan - Badminton**

Lesson One - Space and Movement

# PLO's

## Grade 9:

- A7 demonstrate a willingness to participate in a wide range of physical activities, including: individual and dual activities, games rhythmic movement activities (including dance and gymnastic activities)
- B2 apply fundamental movement skills in games activities in predictable and unpredictable settings
- C1 demonstrate behaviours that minimize the risk of injury to self and others in physical activity
- C3 demonstrate fair play in physical activities across the activity categories

## Grade 10:

- A1 describe a variety of ways to be active throughout one's life
- A4 participate daily in moderate to vigorous physical activity to enhance fitness
- B2 apply fundamental movement skills in a range of complex games activities
- C2 model proper use of equipment and facilities
- C3 apply fair play conduct in all physical activities across the activity categories

# Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Move around the court to cover open space
- Move to support their teammate
- Maintain good positioning on the court

Cognitive:

- Understand how moving to space limit the opposing players options
- Understand that hitting to open space makes the opposition vulnerable
- Determine where to move to cover space or support

Affective:

- Playing cooperatively as a group
- Apply safety principles

Social:

- Create good team atmosphere
- Play with a number of different partners

Equipment:

- Volleyballs (8)
- Badminton poles and nets
- Tennis balls, smaller balls (30)

# Sequence of Events

Date:

Number of Students:

Change and free-play:	10 minutes
Warm-up, stretch, discussion:	5 minutes
Initial Activity:	20 minutes
Skills Breakdown:	10 minutes
Culminating Activity:	20 minutes
Wrap-up and Change:	15 minutes
Total:	80 minutes

## WARM-UP - Ball Tag (5 minutes)

- Two students are 'it'
- Cannot run with the ball, have to move to receive a pass
- Have to tag players with the ball to get them
- If a player is tagged they become 'it' also
- Go until there are only a couple players left

### Discussion:

- Space creation
- Importance of movement
- Relationship to other activities
- Using movement and space to force a player to a certain area



# What are we trying to Achieve Today

- Understand movement helps with limiting the oppositions decisions
- Move to space to support your teammate
- Use movement and communication to score points
- Make smart on-the-ball decision when targeting your spot

## Cues for Positioning

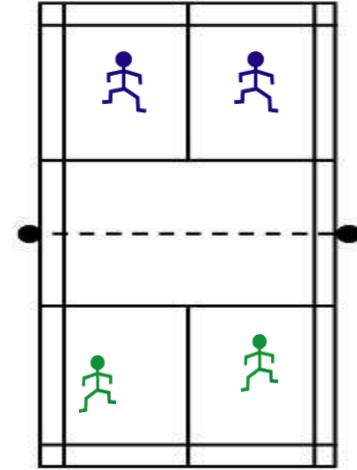
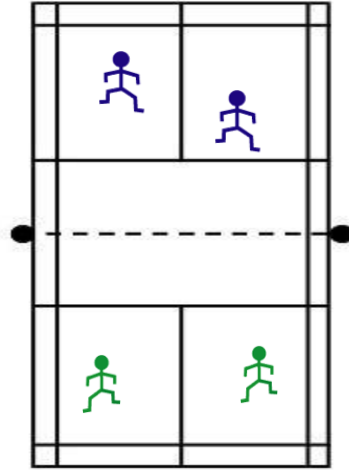
- Default to back central base position
- Move to bias opponents shots
- Covers the court well
- Does not get caught recovering too far forward

## Cues for Base

- Feet little more than shoulder width apart
- Knees bent, weight shifted forward
- On balls of feet, ready to move
- Racquet up and ready

## Initial Activity (20 mins)

- Fukuhara
- Just want to see them play
- Score by hitting the ball under the net and past the players on the base line
- Get two touches max
- Move to position yourself to support one another
- 4 minute games

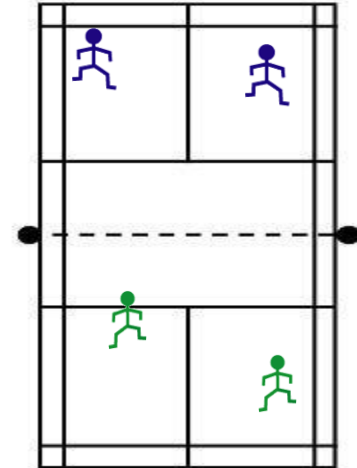
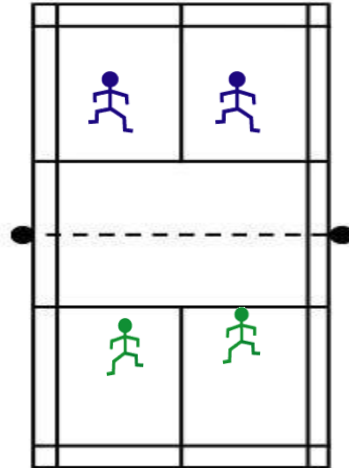


## Discussion:

- What did you find to had to do for success?

## Equipment:

- Volleyballs

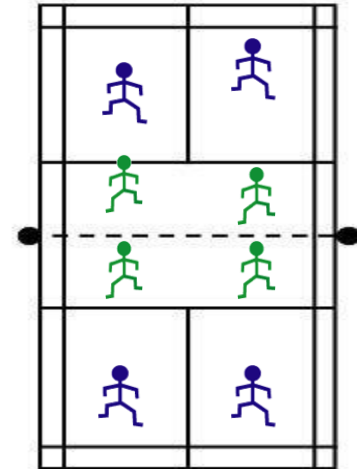
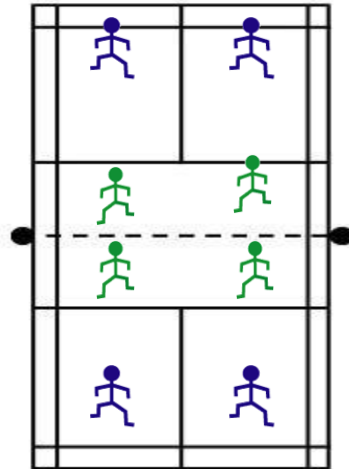
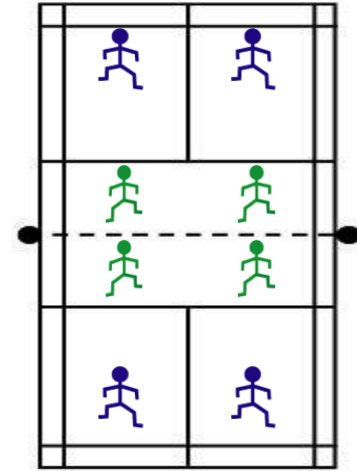
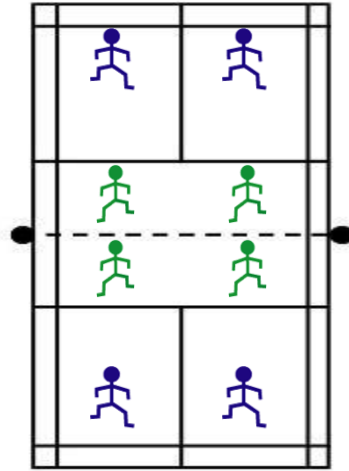


## Skill Development (10 minutes)

- Base and quick step
- Partner Activity
- One partner drops a ball
- The other partner has to lunge and catch
- Proper technique
- Mix it up
- Fakes, exchange partner etc.
- Competition between partners

### Equipment:

- Tennis balls
- Wiffle balls
- Bean bags



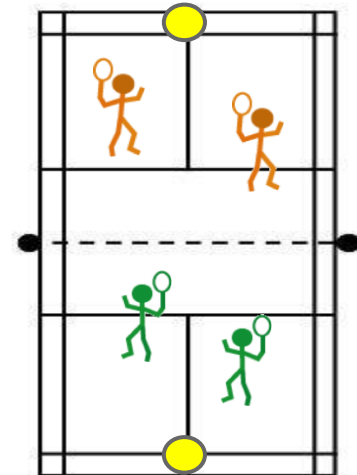
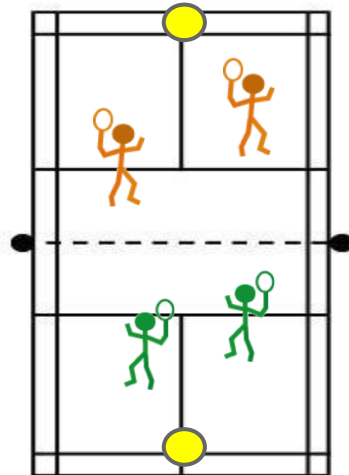
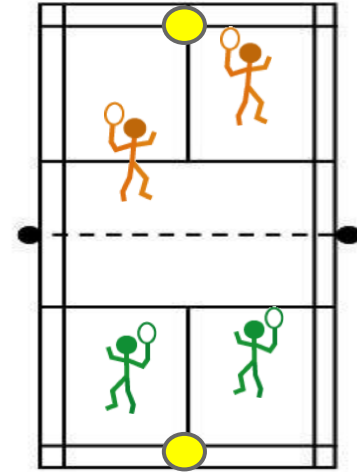
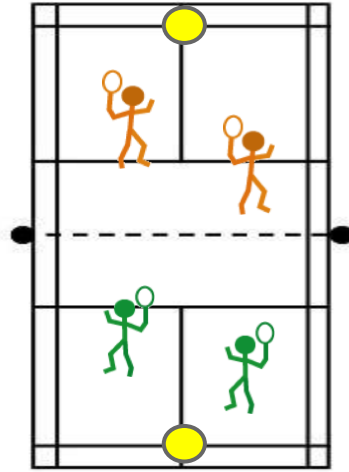


## Culminating Activity (20 minutes)

- 2 v 2 Badminton
- Focus on movement on the court and base
- 3 minute games
- Want to watch them play
- Constrict the game environment to allow for growth and change of boundaries
- Have to touch the back cone after each hit

### Equipment:

- Badminton rackets
- Birdies



# Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about moving to space and support
- Talk for next day (Serving/Receiving)
- See you tomorrow gentlemen