

# **Unit Plan - Badminton**

Lesson Two - Grip, Serving and Receiving

# 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)
- B1 apply fundamental movement skills in a range of individual and dual 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
- B1 apply fundamental movement skills in a range of complex individual and dual activities
- 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:

- Hit a serve, forehand and backhand
- Grip the racket correctly
- Be in good position to receive the serve

Cognitive:

- Understand how to grip the racket
- Understand that being in good position helps to receive the bird
- Determine where to serve to increase success

Affective:

- Playing cooperatively as a pair
- Apply safety principles
- Play by the rules

Social:

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

Equipment:

- Badminton rackets and birds
- Badminton poles and nets

# Sequence of Events

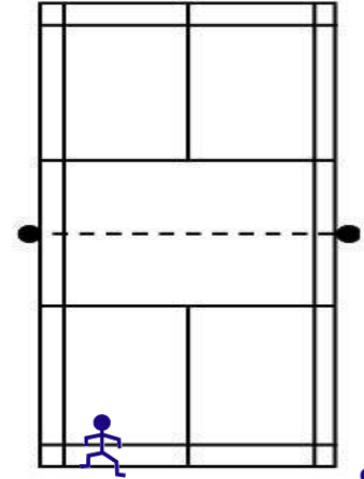
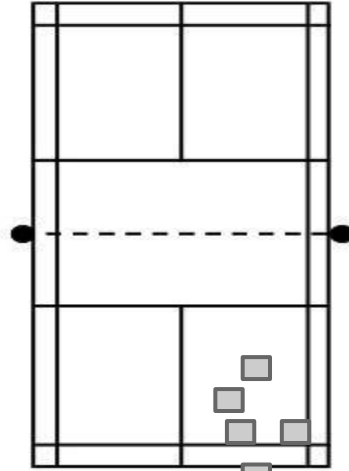
Date:

Number of Students:

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

## Warm-up (5 minutes)

- Card Shark
- Teams of 4
- Run down and pick up a card
- Do the corresponding number of lunges, squats, push-ups, or jumping jacks
- Quality over quantity
- Winning team?
- Cheer on your team

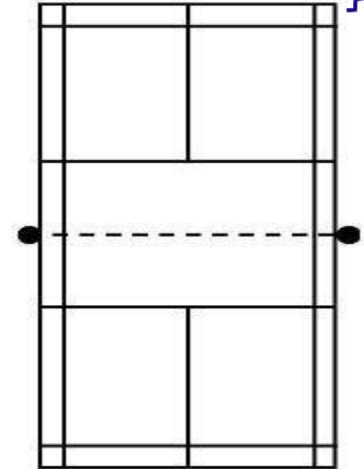
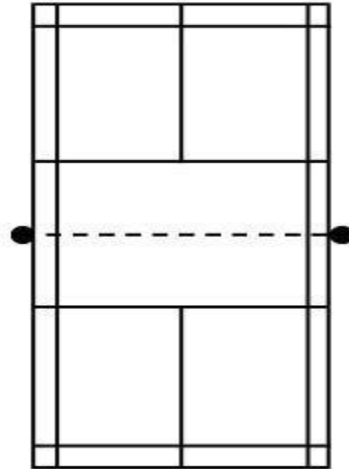


## Discussion (5 minutes):

- Proper grip
- Forehand and backhand

## Equipment:

- Cards



# What are we trying to Achieve Today

- Understand positioning helps with both service and receive of serve
- Hitting the bird to a desired location causes other team to move or hit a low-percentage shot
- Use movement and communication to score points
- Make smart on-the-ball decision when targeting your spot

## Cues for Serving Forehand

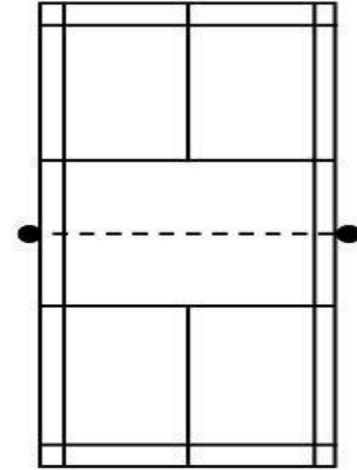
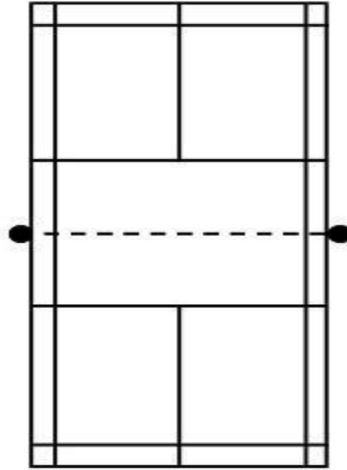
- Non-racquet foot forward
- Controlled backswing
- Contact made just below waist
- Serve was in play

## Cues for Serving Backhand

- Racquet foot forward
- Short controlled backswing
- Contact made just below waist
- Serve was in play

## Initial Activity (15 mins)

- Short Court
- Pairs play on the half court
- First the court is very small, if your get scored on, extend the court, if still too easy try doubles, make court wider and longer
- 3 minute games

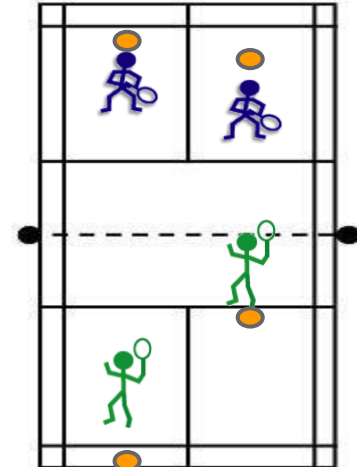
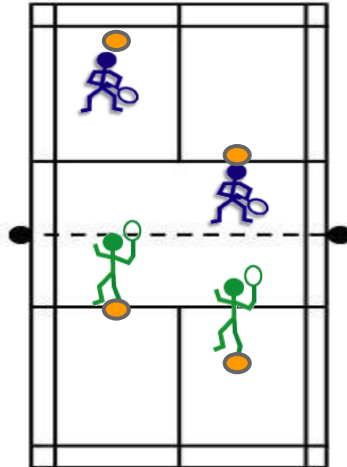


## Discussion:

- Focus was serving and receiving and rallying

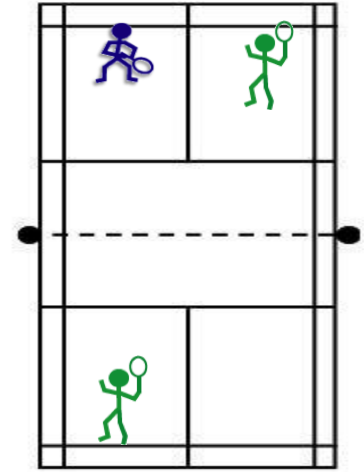
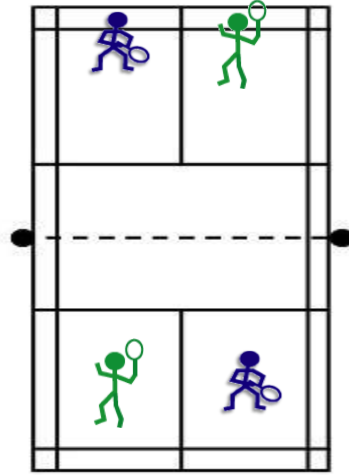
## Equipment:

- Birdies
- Racquets
- Cones



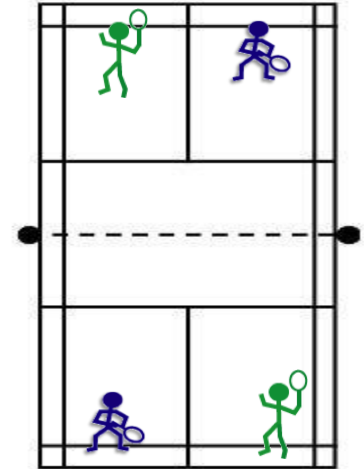
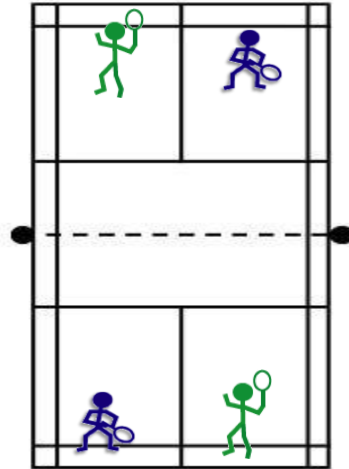
## Skill Development (10 minutes)

- Partners across the court
- Practice forehand short
- Practice forehand deep
- Practice backhand
- 10 each
- How many out of 10?
- Can you beat your partner?



## Equipment:

- Birds
- Racquets



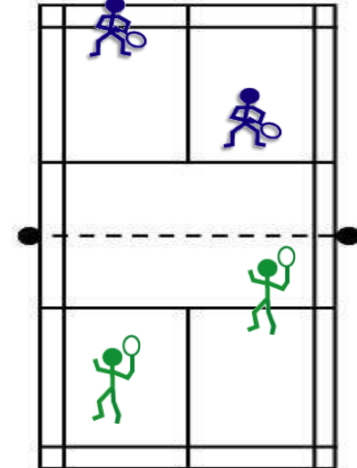
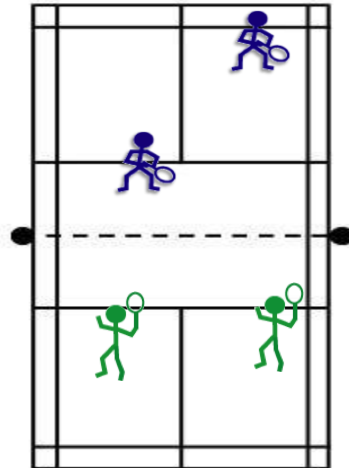
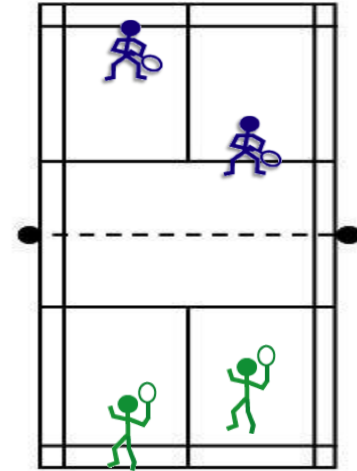
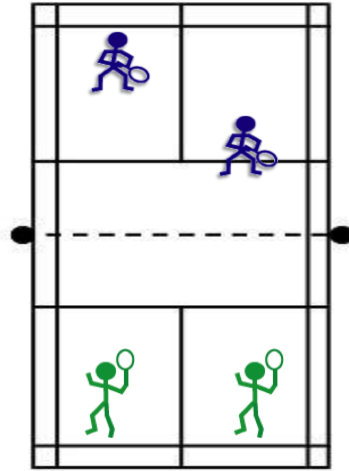


## Culminating Activity (20 minutes)

- 2 v 2 Badminton
- Focus on serve and receive
- 3 minute games
- Want to watch them play
  
- Have to successfully hit 3 rallies before the game starts
- If you miss the serve, try again

## Equipment:

- Badminton rackets
- Birdies



# Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about moving to space and support
- Talk for next day (Clears)
- Exit Slip #1
- See you tomorrow gentlemen

**Name:**

**Exit Slip #1**

1. What are the 3 types of serve we discussed today?
2. Why would we want to place the bird where our opponent is not?