

Unit Plan - Badminton

Lesson Three - Clears

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 an overhead clear and an underhand clear
- Grip the racket correctly
- Be in good position to receive the serve

Cognitive:

- Understand how to grip the racket
- Understand that a clear is a good way to recover
- Determine when a clear works and where to recover to

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

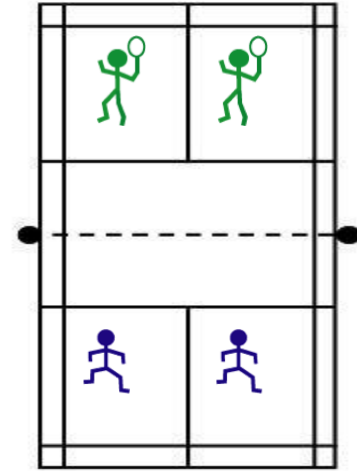
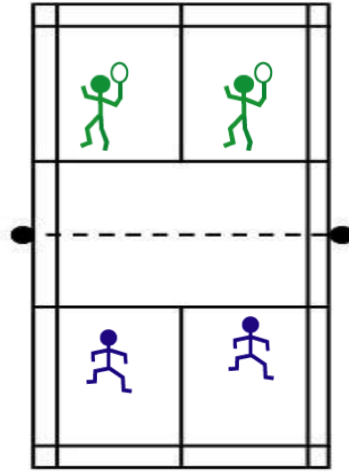
Date:

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)

- Serve, clear, clear
- Serve, clear, clear
- With a partner, hit underhand clear, overhead clear, low shot
- Rally back and forth
- Switch partners

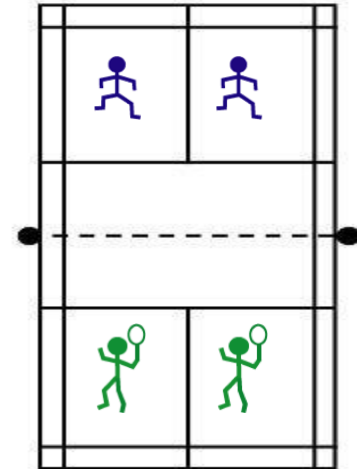
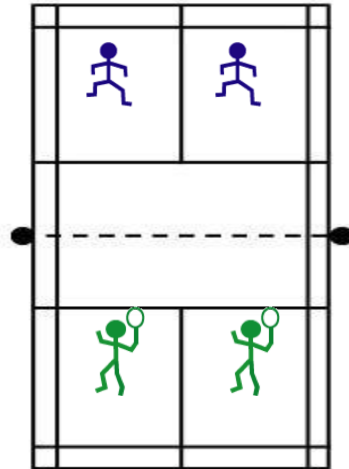


Discussion (5 minutes):

- Velocity of racket head not power of swing
- Stretch out arms and shoulders

Equipment:

- Rackets
- Birdies



What are we trying to Achieve Today

- Understand when we use a clear shot
- Hitting the bird to a desired location causes other team to move or hit a low-percentage shot
- Use clears to reset your position and recover
- Make smart on-the-ball decision when targeting your spot

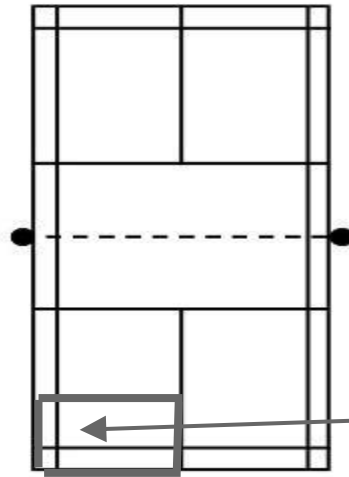
Cues for Overhead Clear:

Cues for Underhand Clear

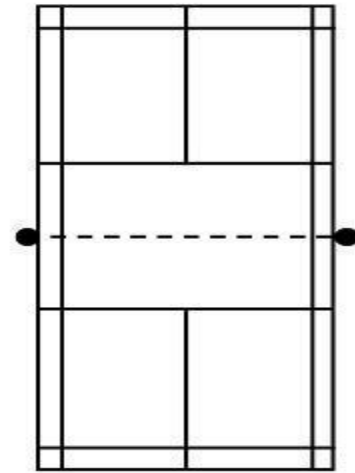
- Non-racquet foot forward on contact, weight transfer forward
 - High, long backswing
 - Contact made swinging upward
 - High, deep placement
 - Return to ready position
- Non-racquet foot forward on contact, weight transfer forward
 - Backscratcher backswing
 - Contact made as high as possible
 - High, deep placement
 - Return to ready position

Initial Activity (15 mins)

- 4 Quarters
- Essentially 2 v 2
- Have to hit into the players quarter
- Each player starts with 25 points
- Every miss or error results on losing a point
- If extra players we sub out when you lose a point

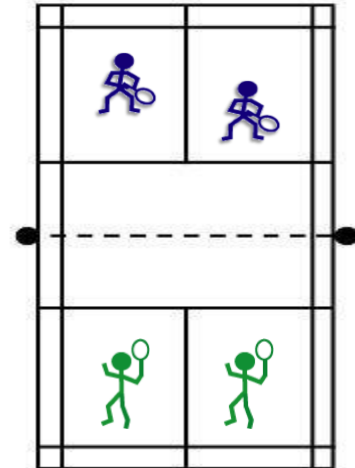
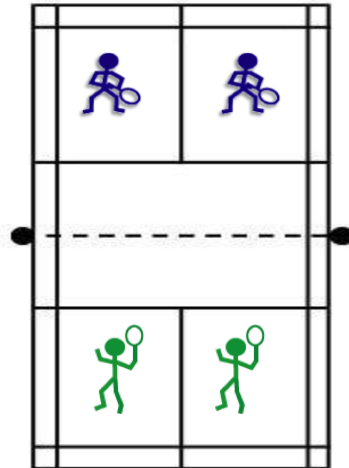


Has to land here



Discussion:

- Focus on hitting to the area of the court where the player is not
- Which shots worked best?

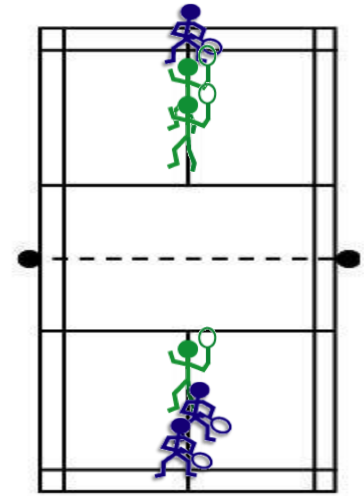
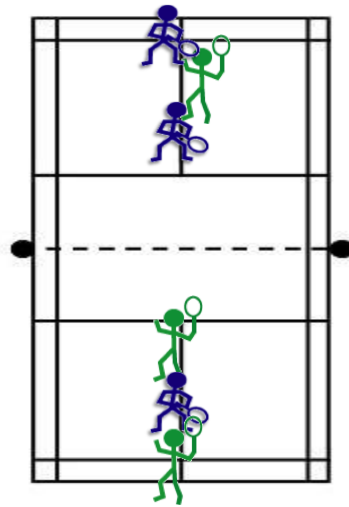


Equipment:

- Birdies
- Racquets

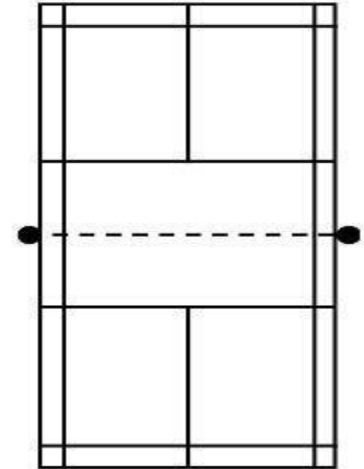
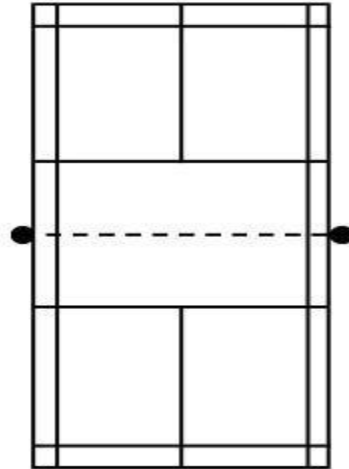
Skill Development (10 minutes)

- Team rally competition
- In groups of 6 players have to hit overhead of underhand smashes back and forth following their pass
- Keep track of the number of successful rallies
- Switch clockwise every 3 minutes



Equipment:

- Birds
- Racquets

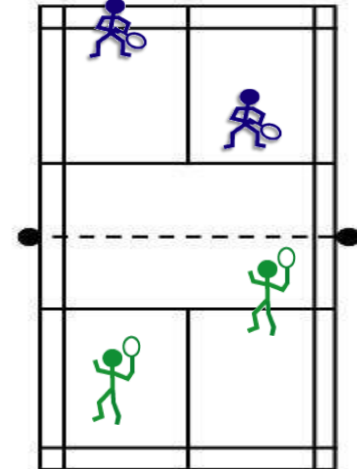
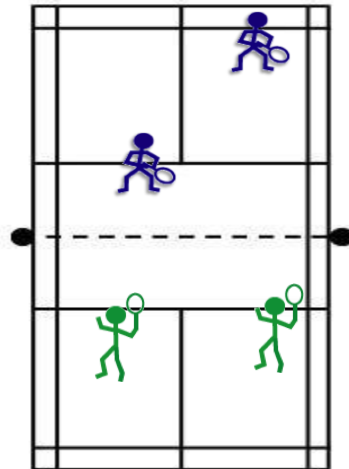
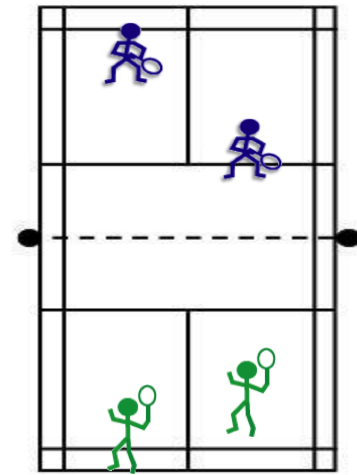
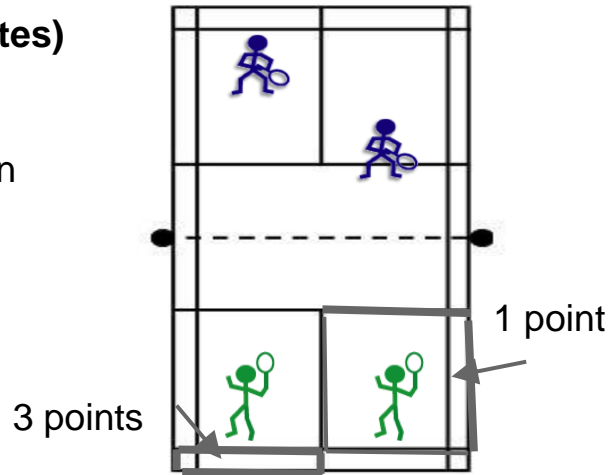


Culminating Activity (20 minutes)

- 2 v 2 Badminton
- Focus on smash to reposition yourself
- 3 minute games
- Want to watch them play
- Stop games and discuss technique
- One point if bird lands in square
- 3 Points if the bird lands in between the back two lines

Equipment:

- Badminton rackets
- Birdies



Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about clears and smashes
- Talk for next day (Drop shots)
- See you tomorrow gentlemen