

Unit Plan - Badminton

Lesson Seven - Tournament Part 1

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
- C4 exhibit leadership in a range of physical activities

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
- C4 exhibit leadership in a range of physical activities

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Play continuous games
- Incorporate all learned skills and techniques
- Maintain good positioning on the court

Cognitive:

- Understand how to keep score and rotate
- Understand that hitting to open space makes the opposition vulnerable
- Determine where to move to cover space or support

Affective:

- Playing cooperatively as a team
- Apply safety principles

Social:

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

Equipment:

- Badminton poles and nets
- Racquets
- Birds

Sequence of Events

Date:

Number of Students:

Change and free-play: 10 minutes

Warm-up, stretch, discussion: 5 minutes

Games (8 Games 7 Minutes each): 56 minutes

Wrap-up and Change: 10 minutes

Total:

80 minutes

Warm-up (5 mins)

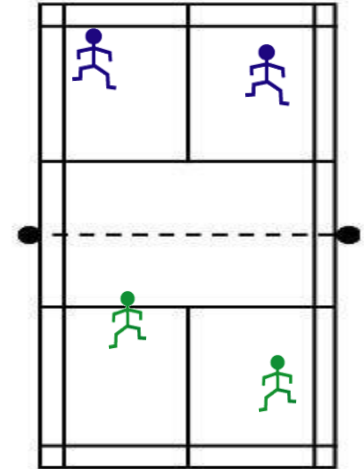
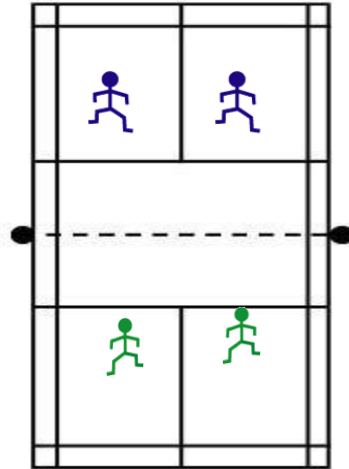
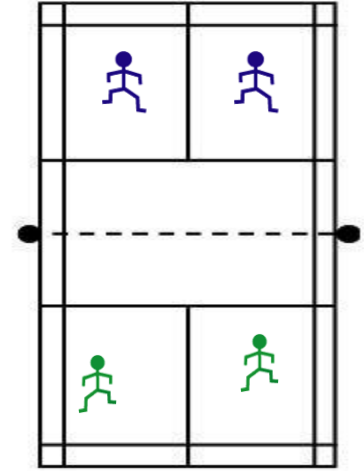
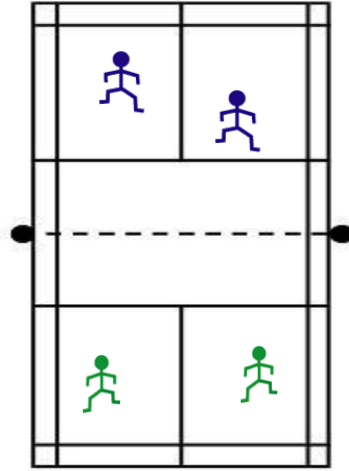
- Quick stationary warm-up and stretch

Discussion:

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

Equipment:

- Rackets and birds



What are we trying to Achieve Today

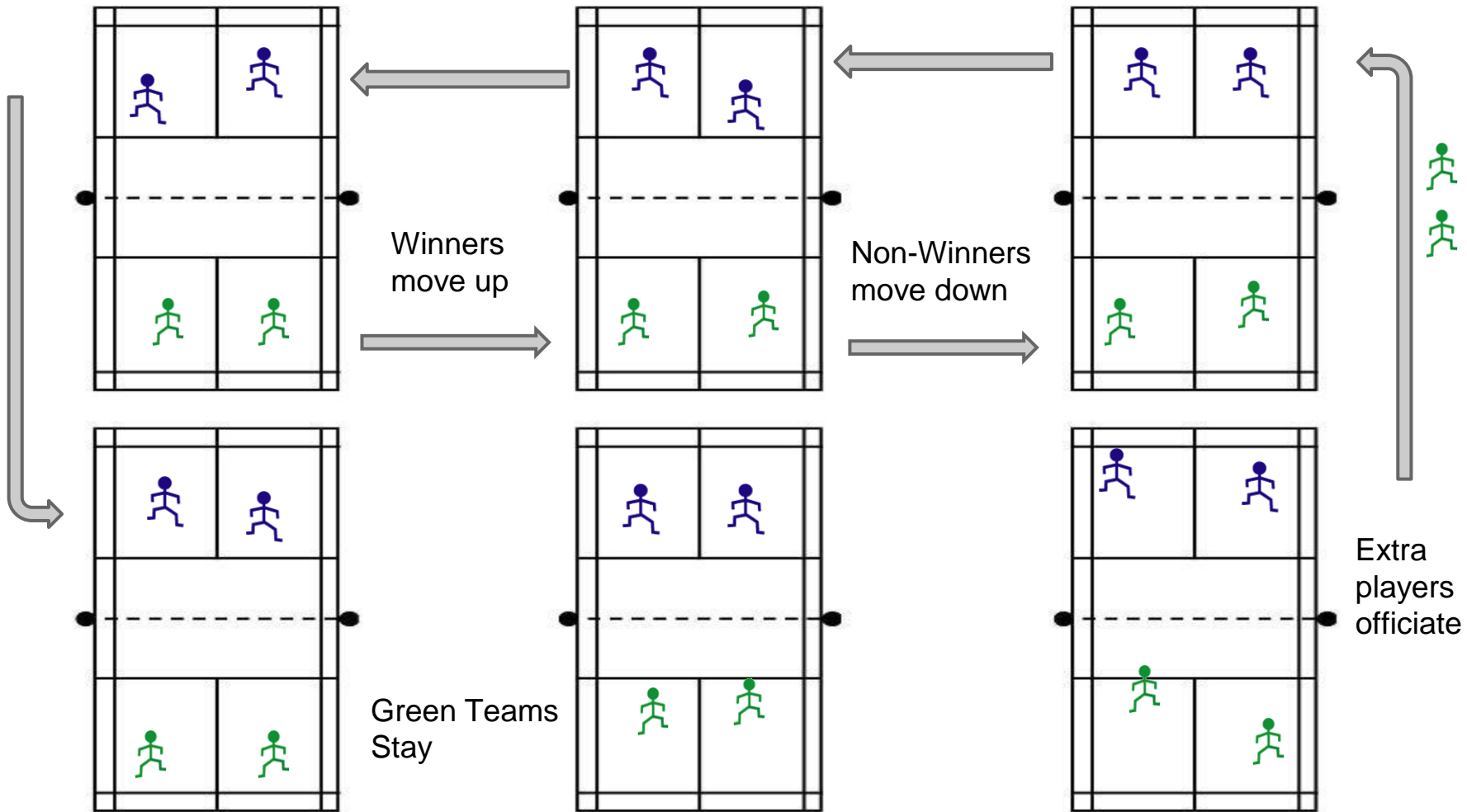
- Play continuous games and utilize the skills we have learned over the past two weeks

In the tournament the scoring is as follows:

1 point in the service box

2 points for drop shot

3 points for back area (clear zone)



Wrap-up (5 minutes)

- Equipment retrieval by students
- Discussion about tournament
- Talk for next day (Last day of Badminton)
- Last Day before Spring Break
- See you tomorrow gentlemen