

# LESSON PLAN: **BADMINTON**: YEAR 6: WEEK 2

**LESSON OBJECTIVE:** Learn how to perform the backhand drive in badminton.

## **WARM UP (10 MINS)**

Students move around a badminton court in a number of ways: Running, skipping, side stepping, hopping, lunging and jumping. When the teacher stops the game the teacher calls out loud a name of the part of the Badminton court. Students must move quickly to that part.

## **MAIN LESSON (20 MINS)**

Students pair up and practice the backhand drive from their hand to their partner. Students drop the shuttle from their hand and strike it with a backhand. The shuttlecock should travel with little arch and be hit below students shoulder and above their waist to their partner.

Students then practice the throw and backhand drive with their partner. Students must throw the shuttlecock one to two feet above their head and strike it with a backhand drive. Their partner stands in a hoop which they cannot come out of, except to collect the shuttlecock. The partner must drive the shuttlecock to their partner whom is standing in the hoop and needs to catch the shuttle.

**Question:** How many can they complete in a set amount of time?

## **GAME/COMPETITION (15 MINS)**

One of the partners feeds the shuttle cock to their partner using their racket. The other partner returns the shuttlecock using the forehand or backhand drive.

**Question:** How many times can they keep the rally going in a set amount of time?

## **EQUIPMENT**

- Cones
- Shuttlecocks
- Badminton rackets
- Badminton court
- Badminton net

## **KEYWORDS**

- Side to target
- Eyes on shuttlecock
- Flick the wrist
- Step toward target
- Hit below shoulder and above waist

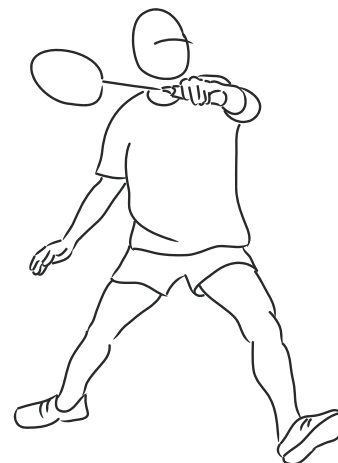
## **DIFFERENTIATION**

### **LESS ABLE**

- Use balloons.
- Decrease distances.

### **MORE ABLE**

- Add Badminton net.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the backhand drive shot to a high ability?
	7	Can they perform the backhand drive shot with a degree of control?
	6	Can they show an understanding of the backhand drive shot?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: the different skills required to play a backhand drive shot successfully at a variety of distances?
	7	Can they show and link: the different skills required to play a backhand drive shot successfully?
	6	Show a backhand shot.
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.