

# LESSON PLAN: **BADMINTON**: YEAR 6: WEEK 3

**LESSON OBJECTIVE:** Students understand what a net shot is and how it can be used to outwit an opponent.

## **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 by blowing a whistle student must stop and copy the stretches performed by the teacher.

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

Students pair up and practice throwing and catching the shuttlecock over the net. When they throw the shuttlecock over the net it must land just over the Badminton net and not pass the short service line.

One of the students now uses a racket to return the shuttlecock, their partner is throwing over using a net shot. Students must remember the following points when performing this shot: Keep the racket foot forward, racket arm should be slightly flexed, caress shuttle instead of striking it, follow through is minimal and be gentle, slide the racket under the shuttle.

**Develop:** Can both students play continuous net shots to each other keeping the shuttlecock moving just slightly over the net.

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

Students play the net game. One of the partners throws the shuttlecock over the net. The other partner returns the shuttle ensuring they use net shots only. They need to try and outwit their opponents using the net shot and compete against their partner. Explain that if the shuttle does not go over the net, it is the other players point and if a player hits the shuttlecock outside of the line, it is the other players point.

## **EQUIPMENT**

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

## **KEYWORDS**

- Racket foot forwards
- Caress
- Minimal follow through
- Gentle

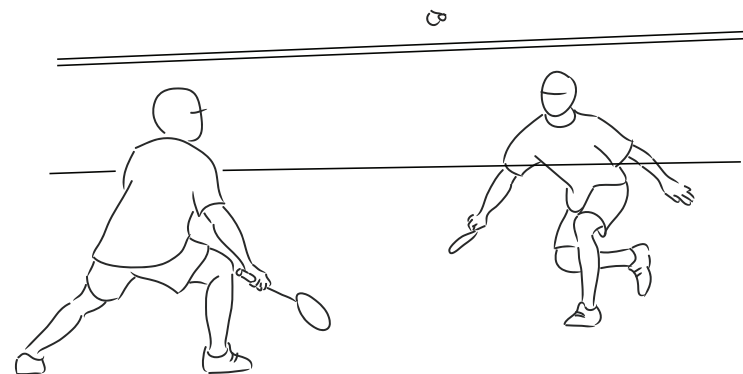
## **DIFFERENTIATION**

### **LESS ABLE**

- Increase the area the shuttle has to land in.
- Do not use a net.

### **MORE ABLE**

- Add targets.
- Forehand and backhand net shots.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the net shot to a high ability?
	7	Can they perform the net shot with a degree of control?
	6	Can they show an understanding of the net 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 net shot successfully?
	7	Can they show and link: the different skills required to play a net shot?
	6	Show an attempt of a net 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.