

# LESSON PLAN: **BADMINTON**: YEAR 6: WEEK 4

**LESSON OBJECTIVE:** To learn how to perform a short and a deep serve.

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

Both students play continuous net shots to each other keeping the shuttlecock moving just slightly over the net. Every time someone wins a point, the player who lost the point must perform either: 10 star jumps, 10 burpies, 10 tuck jumps, 10 high knees or 10 heel flicks.

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

The students pair up and stand opposite each other in a gym space. Using the backhand serve one of the pupils serve to their partner whom stands in a hoop. When they successfully and accurately serve to their partner, they move the hoop back one step to which they need to serve using the backhand serve again, accurately. The hoop can only be moved back, if their partner catches the shuttlecock without coming out of the hoop. The teacher informs students that a short serve is when you serve just over the net into the service box and a deep serve is when the shuttlecock lands at the back of the service box.

Perform the above again, but using the forehand serve.

**Develop:** Can students serve and continue a rally using all the skills they have been learning with their partner using half of a court. If you do not have enough courts, use cones.

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

The teacher splits the class into groups, depending upon how many court are available. There must be two teams per badminton court. They line up behind the badminton court. One at a time, they walk up to the service line and serve diagonally to the opposite service box. Explain that in a game of badminton, a serve is performed by hitting the ball diagonally. In the opposite service box are a number of cones. If they manage to serve diagonally and hit the cone, they must collect the cone and shuttlecock and return to their team. The team with the most cones win.

## **EQUIPMENT**

- Cones
- Hoops
- Shuttlecocks
- Badminton racket
- Badminton court
- Badminton net

## **KEYWORDS**

- Forehand
- Backhand short
- Deep
- Rally

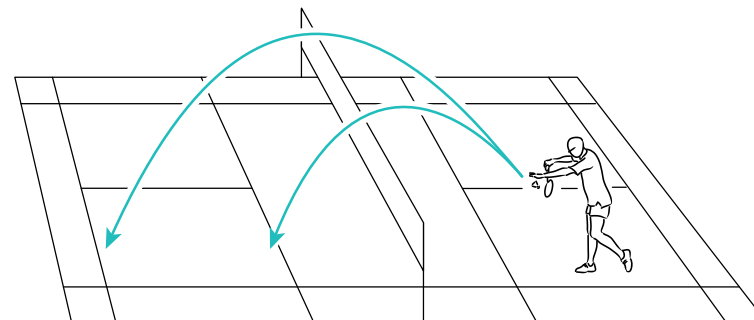
## **DIFFERENTIATION**

### **LESS ABLE**

- Increase the area the shuttle has to land in.
- Do not use a net.
- Bigger targets – hoops.

### **MORE ABLE**

- Bigger distances.
- Smaller targets.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the serving skills to a high ability?
	7	Can they perform the serving skills with a degree of control?
	6	Can they show an understanding of the serving skills ?
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 short and deep serve to start a rally?
	7	Can they show and link: the different skills required to play a short and deep serve?
	6	Show they can serve.
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.