**Lesson #1 – Information & Knowledge Seminar Nov 18th @ 9:15am**

***Learning Objectives:*** *Students will understand the basic rules of badminton. Students will demonstrate knowledge and understandings of equipment set up and take down (badminton nets). Students will understand the expectations of the activity.*

**(10 mins) Attendance**: Take attendance. First 36 kids present in the dance studio, that have signed up will be welcomed into the class. Inform students that attendance will be taken at the start of every class.

**(10 mins) Expectations**:

**Clothing –** Properphys-ed attire must be worn – changed tshirt, shorts, sweats, Running shoes. If there are any issues with this, please come see me.

**Change Rooms** – Change rooms will not be locked! Do not leave your stuff in the change rooms. You may bring it into the gym and leave it there. The gym will be locked.

**Participation –** Everyone will give it their all and participate. We obviously have varying levels of skill within the class and that’s great. We will work together and have fun.

**Assessment** – You will fill out a self-evaluation. You will be evaluating yourselves on outcome a – activity, and outcomes b, c and d. For the Knowledge portion of the unit, students will have a choice of completing a test, work sheet, oral presentation or demonstration. There will be a learning guide posted on D2L.

Review the self-evaluation with the students.

**Whistle –** 1 Whistle = freeze where you are. 2 whistles = come have a seat / take a knee.

**Coming into class –** As you arrive to class, please begin setting up the nets. Reminder that equipment set up is a reflection of your participation and self-evaluation. Notes will be made on who is helping with set up and take down.

**Break down the unit and what will be covered:**

* Clears (Underhand, Backhand, Overhead), Serves (Long, Short), Drop Shots, Smash, Rules, Strategies
* Tournament play.

**(10 mins) Prior Knowledge Assessment – Poll Everywhere-** Ask students to pull out their phones and text one or two ‘buzzwords’ into the polleverywhere number. Look at the word cloud and see what words stand out and what words are a little smaller that maybe only one or two people said.

**(20 mins) Net Set Up Demonstration / Practice –** Take students into the gymnasium and show them how to set up and take down the nets. This will be a requirement of them to set up / take down nets at the beginning and end of every class.

***Units: 3 / 4***

***Class times:***

***Wed Nov 18 @ 9:15am Wed Nov 25 @ 9:15am***

***Fri Nov 20 @ 9:15am Thurs Nov 26 @ 9:15am***

***Mon Nov 23 @ 9:15am Mon Nov 30 @ 9:15am***

***Tues Nov 24 @ 9:15am Wed Dec 2 @ 9:15am***

**Lesson #2 – Clears – Underhand, Overhand & Backhand Nov 20th @ 9:15am**

***Learning Objectives: Students will be able to demonstrate the proper technique for underhand clears. Students will be able to demonstrate the proper technique for backhand clears. Students will be able to demonstrate the proper technique for overhead clears.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(10 mins) Underhand Clear**:

- Review the proper technique for an underhand clear

- ***Partner Underhand Clears***– Try the underhand clear pass with a partner. One partner pair per side of badminton court.

**(10 mins) Backhand Clear**:

- Review the proper technique for a backhand clear

- ***Partner Backhand Clears***– Try the backhand clear pass with a partner. One partner pair per side of badminton court.

**(10 mins) Overhead Clear**:

- Review the proper technique for an overhead clear

- ***Partner Overhead Clears***– Try the overhead clear pass with a partner. One partner pair per side of badminton court.

**(10 mins) Badminton Tennis**:

- ***Badminton Tennis*** – Similar to volleyball tennis, have 2-3 students line up per side of court. Player 1A will hit to player 2A, once they’ve hit the birdie they go to the back of the line and wait for their next turn.

**(10 mins) Take Down**:

- Remind students of classes for next week. YouTube Video, Learning Guide, Worksheets (Monday)

- Have students put equipment away before they leave to get changed.

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| **Fun Games - Champion** | | |
| **Aim**: To improve all strokes and techniques.  **How**: Start with 1 player at one service line with a shuttle. This player starts as the champion. Have the first challenger on court waiting to receive the serve. More challengers can be lined up off court.  The champion serves to the first challenger. These two players then play a rally using the singles court as a boundary. If the champion wins the rally then they stay as the champion and the challenger joins the back of the line, and the next challenger steps up.  If a challenger wins a rally they go to the other side of the court and become the new champion. The champion that has just been beaten joins the back of the challenger queue.  When a player is champion each time they win a rally as champion they gain a point. At the end of the game see which champion collected the most points.  **Coaching Points**:  Make sure the grip, footwork and swings are correct for all shots |  |  |

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| **Fun Games - Killer** | | |
| **Aim**: To improve all strokes and techniques.  **How**: This game is played with 2 teams. Depending on the number of players on each team the space needed to play in will change. Anything up to 8 players can play on 1 court. If there are more than 8 players adapt the game to play it over 2 courts.  With 8 players start with 4 on each side, this means 1 player in each corner. 1 team starts with the shuttle and hits it to the other team, The shuttle keeps going back and forth over the net until a player misses a shot.  The player that misses the shot then has to go and stand off the side of the court. The team that loses a player starts the next rally. If the team that lost a player wins the next rally, the player comes back onto court and the other team loses a player.  The objective of the game is to win enough consecutive rallies to force all of the opposing team off the court. When there is no opposing player to play against the game is over.  **Progressions**:  If there are more than 8 players play the game in the same way but across 2 courts. If the shuttle is not coming to one end or players are bored add in 1 or 2 more shuttles so players have to be aware of the position of all shuttles.  **Coaching Points**:  Make sure the grip, footwork and swings are correct for all shots.  Communication in the teams is vital. |  |  |

**Fun Games - Quarters**

Four players per court  
One player in each quarter of court; players to defend their quarter

Game 1: shuttle must be returned over the net to either quarter

Game 2: shuttle can be returned to any quarter  
Each player starts off with 100 points and loses a point for each mis take  
When the time period is up, the winner is the player with the most points remaining.

**ADAPTATION:**  
When playing with more players, start with initial 4 players on court

When a player makes a mistake they lose a point and swap with a player standing off court and game continues.  
The player who has been waiting longest is the next person on court.

**Lesson #3 – Serves – Long & Short Nov 23th @ 9:15am**

***Learning Objectives: Students will be able to demonstrate the proper technique for long and short serves.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(15 mins) Short Serve**:

- Review the proper technique for a short serve

- ***Partner Short Serving***– Try the Short Serve with a partner. One partner on each side of the court, standing diagonal from each other.

- ***Target Short Serves*** – Lay down a hula hoop in the opposite court and see how many serves can hit the floor within the hoop (attempt 5 consecutive serves)

**(15 mins) Long Serve**:

- Review the proper technique for a Long serve

- ***Partner Long Serving***– Try the long serve with a partner. One partner on each side of the court, standing diagonal from each other.

- ***Target Long Serves*** – Lay down a hula hoop in the opposite court and see how many serves can hit the floor within the hoop (attempt 5 consecutive serves)

**(10 mins): Badminton Games**

-Have students play a game of singles or doubles, applying the rules they are already familiar with.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.

**Lesson #4 – Shots – Drop, Net, Drive Nov 24th @ 9:15am**

***Learning Objectives: Students will be able to demonstrate the proper technique for drop shots. Students will be able to demonstrate the proper technique for drive shots. Students will be able to demonstrate the proper technique for net shots.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(10 mins) Drop Shots**:

- Review the proper technique for a drop shot.

- ***Partner drop shots***– Try the drop shots with a partner. One partner on each side of the court.

**(10 mins) Net Shots**:

- Review the proper technique for a net shot

- ***Partner Net shots***– Try the net shots with a partner. One partner on each side of the court.

**(10 mins) Drive Shots**:

- Review the proper technique for a drive shot

- ***Partner Drive shots***– Try the drive shots with a partner. One partner on each side of the court.

**(10 mins): Champion (Kings Court)**

- See games sheet for rules on Champion.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.

**Lesson #5 – Smash & Strategies Nov 25th @ 9:15am**

***Learning Objectives: Students will be able to demonstrate the proper technique for a smash. Students will be able to identify the two basic strategies in doubles badminton (front/back, side/side).***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(10 mins) Smashes**:

- Review the proper technique for a smash

- ***Partner Smashes***– Try the smashes with a partner. One partner on each side of the court.

**(10 mins) Strategies**:

-Review the different types of basic strategies for a games of badminton:

Singles:

Doubles: Side by side, Front and back.

**(20 mins) Quarters:**

- See the attached game sheet for the rules to play Quarters.

- Rotate teams to play different teams every 5 minutes.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.

**Lesson #6 – Rules and Tournament Nov 26th @ 9:15am**

***Learning Objectives: Students will understand the rules of singles and doubles badminton. Students will be able to apply the rules to the game of Badminton.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(10 mins) Rules**:

- Review the proper rules for Badminton (Both singles and doubles)

**(30 mins) Badminton Games / Top Gun Tournament**:

- Have students find a partner and find a team to play against.

- Rotate the team that won the game to the right every 5 minutes, with the exception of the Top Gun court where the winning team will stay and the losing team will move back to the first court.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.

**Lesson #7 –Tournament Nov 20th @ 9:15am**

***Learning Objectives: Students will be able to apply the rules and skills to the game of Badminton.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(40 mins) Badminton Games / Top Gun Tournament**:

- Have students find a partner and find a team to play against.

- Rotate the team that won the game to the right every 5 minutes, with the exception of the Top Gun court where the winning team will stay and the losing team will move back to the first court.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.

**Lesson #8 –Tournament Dec 2nd @ 9:15am**

***Learning Objectives: Students will be able to apply the rules and skills to the game of Badminton.***

**(10 mins) Attendance / Set Up**: As students enter class, they can set up the nets and take equipment out. Bring students in to explain what will be happening in class and take attendance.

**(40 mins) Badminton Games / Top Gun Tournament**:

- Have students find a partner and find a team to play against.

- Rotate the team that won the game to the right every 5 minutes, with the exception of the Top Gun court where the winning team will stay and the losing team will move back to the first court.

**(10 mins) Take Down**:

- Remind students of classes coming up / knowledge assessment.

- Have students put equipment away before they leave to get changed.