

Net/Wall Games Lesson Plan

Grade: 5
Lesson: 2/5
Skill Theme: Badminton Forehand Serve
Class Length: 20 min
of Students: 25
Facility: Gymnasium

Equipment Needed	Amount
• Cones	9
• Badminton rackets	30 (class set)
• Birdies	60
• Foam balls	12

Safety Issues:

The instructor should be aware of potential hazards for this lesson:

- Ensure adequate space between students to avoid injuries resulting from collisions
- Remind students to be mindful of their racket swings to avoid hitting other students

Learning Objectives:

By the end of the lesson, students will be able to:

- Understand the concept of open space, maintaining a rally, defending a space and setting up an attack for net/wall games
- Demonstrate correct V-grip of badminton racket
- Demonstrate proper ready position, proper execution and follow through of a forehand badminton serve
- Control how much power is required to send the birdie various distances

Prescribed Learning Outcomes:

Active living knowledge	A1	Describe the personal, physical and emotional health benefits of regular participation in physical activity (e.g., increased confidence, increased overall energy, a fun way to meet new friends).
	A2	Define the components of fitness as being muscular strength and endurance, cardiovascular endurance, and flexibility.
	A3	Analyze the relationship between nutrition and physical activity.
Participation	A4	Set a personal goal for physical activity.
	A5	Participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities that develop muscular strength and endurance, cardiovascular endurance, and/or flexibility.
Movement skills	B1	Demonstrate preparation (ready position), movement, and follow-through phases of a selected activity.
	B2	Demonstrate proper technique to send an object (e.g., kick, strike, throw) at varying distances in predictable settings.
	B3	Demonstrate proper technique to receive (e.g., catch) an object while adjusting to varying speeds and different levels.
	B4	Create structured, repeatable sequences of non-locomotor, locomotor, and manipulative movement skills.
Safety, fair play and leadership	C1	Demonstrate safe use of equipment and facilities to avoid putting self and others at risk.
	C2	Describe the importance of warm-up and cool-down routines for specific activities (e.g., safety, efficiency, focus).
	C3	Demonstrate fair play in physical activity.
	C4	Demonstrate leadership in physical activity.

Procedure	Set up	Adaptations	Teaching Cues
Warm-up Activity: Meteor Ball (Led by Grace and Blaise)			(8 min)
<p>Objective: Students try to move the ball into the open space of another team.</p> <p>In this game, teams of students work together to prevent the ball from landing in their space (assigned quadrant) and to move the ball into another team’s quadrant. Students can only use their hands to catch or throw the ball out of their space. If the ball lands in a team’s space, the team will receive one point. The team with the lowest points wins.</p> <p>The instructor can monitor the game and maintain the scores. When the game finishes, the instructor will ask open-ended question to help students understand the objective of the game and to connect the game to the upcoming activity.</p> <p><u>Example questions include:</u></p> <ul style="list-style-type: none"> ○ Why did we play this game? (Possible answers: warm up, to learn about open space, to practice team work) ○ What strategies did you use to get the ball to land in another team’s quadrant? (Possible answers: aim for open space, spread your team mates apart, utilizing the space) ○ How can you position yourself effectively to play as a team? (Possible answers: communication, teamwork) ○ How does this game relate to badminton? (Possible answers: skills of net/wall games) 	<ol style="list-style-type: none"> 1. Use cones to divide half of the gym into four quadrants. 2. Divide students into four teams. 3. Assign each team to a quadrant (note: students cannot leave their quadrant during the game). 4. Each team receives one ball to throw into another quadrant. 	<p>Increase difficulty:</p> <ul style="list-style-type: none"> • Instructor can add more balls to the game • Increase the size of the play area • Game can be played with one hand • Reduce the size of the balls used <p>Reduce difficulty:</p> <ul style="list-style-type: none"> • Reduce the number of balls used • Decrease the play area • Increase the size of balls used 	<p>Introduction Lead by Grace:</p> <ul style="list-style-type: none"> • Tell class our focus for today is on net/wall games, more specifically badminton • Go over safety issues <ul style="list-style-type: none"> - Remind students not to throw the ball at other students - Remind students to only throw and catch the ball using their hands • Instructor explains and demonstrates game • Ask if there are any questions <p>After Game Lead by Blaise:</p> <ul style="list-style-type: none"> • Debrief and explain how the game relates to badminton <p>Highlight Skills of Net/wall Games:</p> <ul style="list-style-type: none"> • Understanding open space, maintaining a rally, defending a space, setting up an attack, transferring weight from lower body to upper body

Skill Development: Forehand Grip and Serve (Led by Chrissy)

(4 min)

- Instructor reviews proper forehand v-grip
- Students demonstrate forehand grip
- Instructor checks students for proper grip
- Instructor teaches students how to hold the birdie properly
- Students demonstrate how to hold birdie properly and instructor checks
- Instructor demonstrates forehand serve
- Students practice forehand serve without birdies
- Instructor checks for proper forehand serve technique

- Rackets will be given to students
- Ensure students have adequate space between them to practice serving

V-grip

- Hold racket with handshake grip
- Ensure there is a v-shape between thumb and index finger

Birdie

- Instructor will show students the structure of the birdie
- Hold the flexible part of the birdie with thumb and index finger
- Harder part of birdie facing downwards

Ready Position:

- Stand sideways, non-racket foot at front, weight is on back foot
- Hold racket back with racket head facing downwards
- Hold racket with proper V-grip

Execution(Swing):

- Transfer weight from back foot to front foot while swinging racket
- Swing racket downwards

Follow through:

- End racket swing on left shoulder if right handed, or right shoulder if left handed

Ask students if they have any questions

Skill Development Practice: Pair Practice (Led by Esther)

(3 min)

<ul style="list-style-type: none">• Divide students into pairs (or ask students to find a partner)• Student A stands behind hula hoop and student B stands a few meters away (marked line)• Student A throws birdie to student B. Student B practices their forehand serve to hit the birdie into the hula hoop.• Student A and B switch roles upon hearing a signal from the teacher.	<ul style="list-style-type: none">• Mark where students stand• Hula hoops and birdies will be placed on one side of the gym (1 set of hula hoops and birdies per pair).	<p>Increase difficulty:</p> <ul style="list-style-type: none">• Student A can forehand serve the birdie to student B• Students can practice forehand serve techniques with their non-dominant hand• Increase the distance between students and hula hoops• Change the position of hula hoops to help students practice hitting at various angles• Reduce the size of hula hoops <p>Reduce difficulty:</p> <ul style="list-style-type: none">• Reduce the distance between students and hula hoops• Increase the size of hula hoops	<ul style="list-style-type: none">• Instructor explains and demonstrates the hula hoops pair activity• Remind students to use proper forehand grip and forehand serve• Ask students if they have any questions <p>Safety</p> <ul style="list-style-type: none">• Instructor reminds students to be careful not to trip over hula hoops• Instructor reminds students to be mindful of their racket swings <p>Feedback</p> <ul style="list-style-type: none">• Instructor observes students and provides feedback for students• Instructor will help students correct improper technique
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Cumulative Activity: Rally (Led by Chrissy)

(2 min)

<ul style="list-style-type: none">• Instructor signals students to stop and listen• Instructor tells students they can start to rally with their partner using the badminton forehand serve techniques they learned	<ul style="list-style-type: none">• Students move hula hoops to the center (where there is equal space between students)• Students use hula hoops as a net (divider)	<p>Increase difficulty:</p> <ul style="list-style-type: none">• Students can practice forehand serve techniques with their non-dominant hand• Students can stand further apart <p>Decrease difficulty:</p> <ul style="list-style-type: none">• Students can stand closer together	<p>Safety</p> <ul style="list-style-type: none">• Instructor reminds students to be careful not to trip over hula hoops• Instructor reminds students to be mindful of their racket swings <p>Feedback</p> <ul style="list-style-type: none">• Instructor observes students and provides feedback for students• Instructor will help students correct improper technique
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Conclusion/Cool down (Led by Ivy)

(3 min)

Part 1: Stretching

Instructor leads the following stretches:

- Wrist flexion
- Wrist extension
- Posterior shoulder stretch
- Foreword lunge

Instructor and students stand in a circle.

Debrief

Instructor asks students the following question:

- What game tactics are necessary for net/wall games?
- What is the ready stance for a badminton serve?
- What is the proper execution of a serve in badminton?
- What is the proper follow through of a badminton serve?
- How can you ensure you have a proper v-grip for holding the badminton racket?
- What was the purpose of the meteor game?

Formative Assessment for Forehand Serve

Criteria	Not Meeting	Approaching	Meeting	Comments
Ready Position				
Hold the racket with proper V-grip				
Hold the birdie properly				
Stand at a sideways position with non-racket foot at front and racket foot at back with weight on back foot				
Bring the racket back with racket head facing downwards (wind-up)				
Execution (Swing)				
Transfer the weight from back foot to front foot				
Proper swing downwards				
Follow Through				
End racket swing over your left shoulder if right handed or over your right shoulder if left handed				

Summative Assessment

		Not meeting Expectations	Approaching Expectations	Meeting Expectations	Comments:
Net/wall skills	Phases of movement – ready position, movement and follow through	Occasionally demonstrates the three movements.	Often demonstrates the three movements.	Demonstrates the three movements consistently and with confidence.	
	Stationary movement skills – controlled and sequence movement skills	Occasionally demonstrates control movements and determines appropriate sequences.	Often demonstrates control movements and determines appropriate sequences.	Demonstrates consistent control of movements and determines appropriate sequences.	
Net/wall techniques	Understands open space	Occasionally hits shots into open space	Often hits shots into open space	Strategically places shots in open space	
	Understands court strategies	Occasionally varies shots, speeds and depth.	Often covers the court and demonstrates shots, speeds and depth.	Uses a variety of shots, speeds and depth.	
Team Play	Safe use of equipment and facilities	Occasionally equipment reminders to use equipment and facilities safely.	Often uses equipment and facilities safely.	Safely uses equipment and facilities.	
	Participation and sportsmanship	Requires prompting for physical activity.	Assumes responsibility for own space on the court.	Detects opponent's weakness and helps set the team strategy.	

References

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