

Badminton Lesson Plan

Objectives:

Angry Birdie (warm-up) game:

- To give an introduction to badminton for the students while doing a skills check for educators to observe

Motor (Angry Birdie + Batty Rally): Students will work in groups of 6 to practice their underhand, overhand, and backhand swings in badminton by playing games designed to highlight these techniques.

Cognitive (Fundamentals +Assessment): Students will be able to describe or demonstrate the correct forms for underhand, overhand, and backhand swings of a badminton racquet.

Affective: Students will gain a positive attitude towards playing badminton, and will participate in all class activities

Taken from Robinson & Randall, Teaching Physical Education Today Canadian Perspectives, p. 70.

Target Group:

- Elementary - Intermediate (Grades 5-7)
- Beginner badminton players

PLOs:

Active Living:

- 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
- Promotes cardiovascular movements

Movement skills:

Grade 5

- demonstrate preparation (ready position), movement, and follow-through phases of a selected activity.
- create structured, repeatable sequences of non-locomotor, locomotor, and manipulative movement skills

Grade 6&7

- demonstrate the proper technique to send and receive an object with or without an implement in predictable settings (e.g., kick a soccer ball against a wall, strike a tennis ball with a racquet, chest pass a basketball to a partner, throw a flying disk to a teammate)

Safety, Fair Play, and Leadership:

- demonstrate an ability to participate safely in specific physical activities

Taken from www.bced.gov.bc.ca/irp/pdfs/physical_education/2006pek7

Procedure

- Before the lesson, set up nets on 4 courts. Place a hula hoop and a frisbee on the mid-right on each side the 4 courts. Also place 3 racquets and 3 birdies on each side of the courts.
- **Russell**: Gather students in front of me in a semi circle.
- Split students into 4 groups of 6 (24 students total) onto 4 courts. Each group of 6 will have a student teacher (Choon, Linda, Russell, Samantha, Tammy) leading the activities on their court. We will start by playing Angry Birdie.

Angry Birdie (Warm-up game) – 5 minutes

- **Russell and Tammy**: Will demonstrate the game. One group of 6 will be split into 2 groups of 3. One group of 3 will play on one side of the net, the other group of 3 will play on the other side.
- Line up students single file behind the far back line on each side of the court.
- One student from each side will attempt to hit the birdie however they can over the net into the specified targets (hula hoops and Frisbees). After each attempt, they will walk to the back of the line.

Transition

- **Everyone**: finish up the game after 5 minutes, gather everyone in the centre of the gym where **Choon** will demonstrate the fundamentals of badminton swings – underhand, overhand, and backhand swings, as well as the proper stances.
- While **Choon** is demonstrating, 2 of us help model the techniques with **Choon**. The rest of us will pick up the hula hoops and Frisbees and store them away in preparation for the next game.

Fundamentals – 5 minutes

- **Choon**: Get students to spread out, arms width apart, on a line facing him. Drop their birdies on the ground, hold onto their racquets.
- Begin by modelling underhand swings. Describe the motion as how one would roll a bowling ball. Swing the racquet hand back, take a small step forward with the leg opposite of the racquet hand, and swing through. Ask students to follow along with their racquet.
- Next, move onto modelling overhand swings. Describe the motion as how one would cast a fishing line. Whip the racquet hand back over the head gently, take a small step forward with the leg opposite of the racquet hand, and swing through. Ask students to follow along with their racquet.
- Finally, finish off fundamentals by modelling backhand swings. Describe the motion as how Elvis would “rock and roll”. Take a step forward with the leg on the same side as the racquet hand, move hips side to side like Elvis, and swing forward along with the

hips.

- After 5 minutes, end the fundamentals lesson.

Transition

- **Samantha and Linda:** Will demonstrate the game. Split the class back up into their previous groups of 6. Each group of 6 will have a student teacher (Choon, Linda, Russell, Samantha, Tammy) leading the activities on their court.

Batty Rally (Game 2) – 8 minutes

- **Everyone:** split your group of 6 into 2 groups of 3. One group of 3 will play on one side of the net, the other group of 3 will play on the other side.
- Tell students to rally with each other on their court, using the swings and methods modelled previously by Choon.
- To make the game more fun and difficult, ask students to name an item from a category (eg. animals, food) with no repetition each time they hit the birdie.
- **Everyone:** Change the categories used on your court after a few rounds.

Transition

- **Everyone:** After 8 minutes, end the game and gather everyone around the centre of the court for cool down and conclusion.

Conclusion - 2 minutes

- **Russell:** Ask students if they had any questions, difficulties, or concerns about any of the activities.
- Ask someone who feels confident in what they learned to demonstrate the fundamentals (underhand, overhand, backhand).
- Ask if any student can demonstrate the 3 techniques - underhand, overhand, and backhand swings.
- Ask students to put away racquets and birdies in their respective bins.

Time/ Duration

- 20 minutes (5 minutes for Angry Birdie, 5 minutes for fundamental, 8 minutes for Categorical Rally, 2 minutes for cooldown and conclusion).

Materials/Supplies

- Badminton Racquets x 29
- Birdies x 29
- 8 hula hoops
- 8 Frisbees
- Badminton Nets

Safety Issues

- With 24 people playing on 4 courts, caution should be taken to avoid hitting each other with racquets.
- Make sure everyone is spaced out on the gym.
- Make sure everyone grips their racquet firmly in their hand so it won't slip and fly away when swinging.

Closure

What badminton techniques did we work on today?

- Serving and returning the birdie using underhand, overhand, and backhand swings.
- Utilizing these swings while moving around the court.

Assessment

- Ask if anyone has any questions or difficulties with any of the activities.
- Ask someone who feels confident in what they learned to demonstrate the fundamentals (underhand, overhand, backhand).
- Ask if anyone came up with good strategies for hitting the birdie into the targets during the first game.
- Use Learning Outcomes checklist.

Extensions

- Angry Birdie: Extend difficulty by letting the students stand farther back or moving the targets farther away.
- Fundamentals: Move around instead of being stationary while practicing the movements.
- Batty Rally: Not allowed to use the same techniques twice in a row.

Adaptations/ Modifications

- Angry Birdie: Use a frisbee instead of a hula hoop to increase difficulty.
- Batty Rally: If one is unable to name an item from a category while rallying, they can choose to just rally without naming anything.

Evaluation

<u>Learning Outcomes</u>	<u>Needs Improvement</u>	<u>Satisfactory</u>	<u>Exceeding Expectations</u>
Student is able to understand and implement underhand swings during play	Can swing underhand, but is inaccurate	Can swing underhand, and is mostly accurate	Can swing underhand, and is always accurate
Student is able to understand and implement overhand swings during play	Can swing overhand, but is inaccurate	Can swing overhand, and is mostly accurate	Can swing overhand, and is always accurate
Student is able to understand and implement backhand swings during play	Can swing backhand, but is inaccurate	Can swing backhand, and is mostly accurate	Can swing backhand, and is always accurate
Student is able to hit the birdie over the net	Inconsistently hits the birdie over the net	Hits the birdie over the net most of the time	Consistently hits the birdie over the net
Student is able to use proper footwork	Does not use the proper footwork	Uses the proper footwork most of the time	Always uses the proper footwork
Student is able to keep the birdie in the air during a rally	Unable to return most hits	Able to return most hits	Able to return all or almost all hits