

## Unit 3: Badminton

**LEARNING  
OUTCOMES****The student will:**

- be able to deny opponent space in own court area
- demonstrate an ability to make appropriate decisions
- demonstrate the overhead, drop and smash shots.

**EQUIPMENT**

Nets, rackets, shuttles, long narrow courts, cones.

**CLASS ORGANISATION**

2's, 3's and 4's

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up 5 mins.	Students should be made aware of different emphasis on points depending on own score / opponent score	<p><b>King / Queen of the Castle</b> In groups of 4 / 6, students take it in turns to play a competitive rally. The winner of the point remains on the court, moving to the 'King/Queen's side', and the loser leaves the court. Waiting players come on in turn to challenge. The first person to get 5 points is 'King/Queen of the Castle'. Players get a score only for a point won on the King/Queen's side of the court. As players come on to the challenging side they bring a shuttle on and always start the rally. If beaten when on the King's side they rejoin the line but hold onto points already won.</p> <p>Stretching</p>	<ul style="list-style-type: none"> <li>• When do you want your opponent to be at the back?</li> <li>• How do you get your opponent to the back?</li> <li>• What else can you do? - spot <b>weaknesses</b>, e.g. backhand etc.</li> </ul>
Warm up 5 mins.			
Development	Defend space on own court. Create time to recover. Use of deception to disguise your intention. Limit opponem't's time by playing drop shot / smash.	<p>(a) 1 v 1 7 / 9 Point Rally</p> <ul style="list-style-type: none"> <li>• same as Unit 2</li> </ul> <p>(b) 1 v 1</p> <ul style="list-style-type: none"> <li>• denying opponent space</li> </ul> <p>(c) <b>Reaction call practice</b></p> <ul style="list-style-type: none"> <li>• to cover court. Teacher (or student) calls position he wants students to go to. e.g. front, back, right, left, front smash, front drop, etc.</li> <li>• students stand in middle of court in ready position, on signal move and return immediately to centre.</li> </ul> <p>(d) 1 v 1 practicing the above (c).</p> <p>(e) 1 v 1 Game same as (a)</p> <p>(f) <b>Change partners</b></p>	<ul style="list-style-type: none"> <li>• To deny your opponent space where should you stand on the court? - the middle.</li> <li>• Is this always best?</li> <li>• When your opponent is at the back of the court what should you do? - anticipate short return. - you bring your opponent to the front of the court with a drop shot.</li> <li>• Where should you defend? - front</li> <li>• Where are the spaces?</li> <li>• What is the best way to move about the court to different partners? - stretch, head up.</li> <li>• Don't run, why not? - go and see.</li> </ul>