

Unit 4: Badminton

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

- *show an understanding of creating space laterally, i.e., right and left*
- *demonstrate an ability to make appropriate decisions*
- *show an ability to do the underhand drop and smash.*

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		<p>Reaction calls (like Unit 3)</p> <p>(a) Use of numbers, e.g. (1) net, (2) right, (3) back, (4) left.</p> <p>(b) Change numbers, e.g. (1) left, (2) back, (3) net, (4) right.</p>	<ul style="list-style-type: none"> • <i>What's the best way to do this?</i> - <i>Stretching, head up, back straight, racket ready.</i>
Development	<p><i>Keeping shuttle low to give opponent less time.</i></p> <p><i>Use of space!</i> <i>Place the shuttle left and right as spaces become exposed.</i> <i>Use of deception.</i></p>	<p>(a) 1 v 1 (short, wide court)</p> <p>(b) 1 v 1 <i>throw shuttle to find spaces (without racket).</i></p> <p>SKILL DROP SHOT • SMASH</p> <p>(c) 1 v 1 with racket <i>7 / 9 point rally</i></p> <p>(d) Rotate partners</p>	<ul style="list-style-type: none"> • <i>Where are the spaces?</i> - <i>sides.</i> • <i>How can you make it harder for your opponent?</i> - <i>keep shuttle close to net.</i> • <i>How can you defend space?</i> - <i>position yourself. Racket ready position.</i> <ul style="list-style-type: none"> • <i>Where is the best place to defend?</i> * <i>Where is the best place to attack?</i>