

Unit 6: Badminton

UNIT OBJECTIVES

The student will:

- *co-operate with others;*
- *demonstrate an ability to make appropriate decisions*
- *show an understanding of the rules of the game*

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>(a) 2 v 2 shared racket</p> <ul style="list-style-type: none"> • two players with one racket between them play opposite another two players, who also share a racket • players continue to rally over and back but must give the racket to their partner after each hit • co-operation, i.e., try to keep rally going <p>(b) Competition - keep score</p>	<ul style="list-style-type: none"> • How can I keep rally going? • How can I help my partner? - keep shuttle high.
Stretching		Lower, middle, upper body	
Development	Creating, attacking and defending space. Teamwork. Rules and boundaries for doubles.	<p>(a) 2 v 2 doubles</p> <p>(b) Rotate 2 v 2</p> <ul style="list-style-type: none"> • play against different pair. <p>(c) Change partner</p>	<ul style="list-style-type: none"> • Where are the spaces? - depends. • How can you increase your chances of putting the shuttle into the space? - playing from the front. • In doubles, what is the best formation? Side by side, one front, one back? - go and see. • Can you identify weaknesses in your opponents? Backhand, or not calling for 50/50 shuttle? • Does this make a difference?