

BADMINTON 101

STUDENT TARGETS

- ✔ **Skill:** I will perform each shot, demonstrating all cues.
- ✔ **Cognitive:** I will identify each of the different shots when they are demonstrated by the teacher.
- ✔ **Fitness:** I will stay actively engaged in physical education class.
- ✔ **Personal & Social Responsibility:** I will safely participate by using the equipment correctly.

TEACHING CUES

- ✔ Use cues on teach cards that correlate with different shots

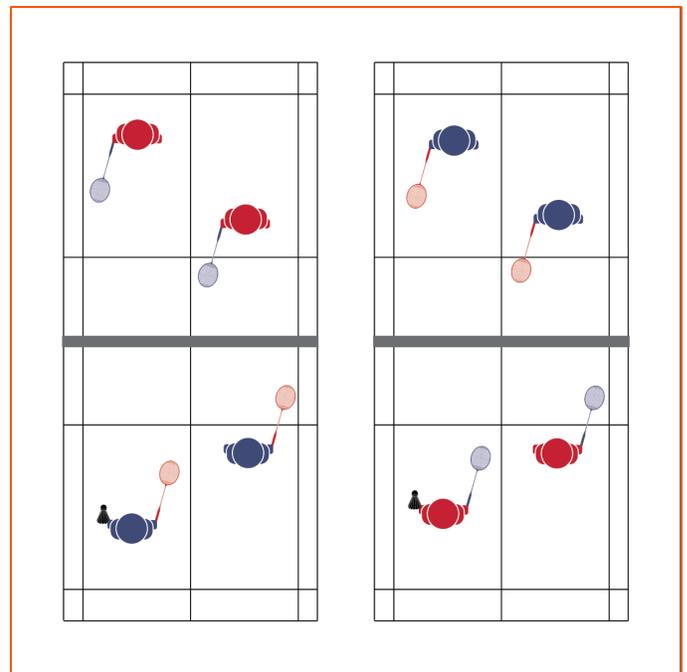
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 1 net per 4 students
- ✔ 1 racquet per student
- ✔ 1 shuttle per 2 students
- ✔ Badminton 101 Skill Cue Charts

Set-Up:

1. Set up badminton nets to create 1 court per 4 students.
2. Pair students, 2 pairs at each net.
3. If nets are limited, students can split the courts and share with classmates.



Activity Procedures:

1. Today's activity is called Badminton 101
2. The object of the activity is to learn and practice different shots used in badminton.
3. Teachers: Demonstrate and explain the different shots. Highlight the critical elements and skill cues provided on the Skill Cue Charts.
4. After I demonstrate each shot, you and your partner will practice that shot for [a set period of time].
5. When you hear the stop signal, come back to the teacher court for a demonstration of the next shot. (Continue until the class has completed all of the different shots.)

Grade Level Progression:

L1: Execute the activity as described. Prompt students to recite cues.

L2: Prompt students to complete the Badminton Wikipedia Scavenger Hunt (as homework or during an inactive PE day). Use this assignment to prompt class discussion with respect to the historical and cultural significance of badminton.



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UNIVERSAL DESIGN ADAPTATIONS

- ✓ **Adaptation:** Have the students go through the skill in slow motion, without using a shuttle. Using a lowered net (cones and jump ropes set up) will also allow for more practice and success.
- ✓ **Extension:** Have students put the skills together and allow gameplay with a partner. Gameplay should utilize the rules and skills learned that day.

ACADEMIC LANGUAGE

Etiquette, Clear, Smash, Drop, Forehand, Backhand, Serve, Backhand Serve, Forehand Serve, Service Line, Center Line, Safety, Skill

STANDARDS & OUTCOMES ADDRESSED

- ✓ **Standard 1 [H1.L1]:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities.
- ✓ **Standard 2 [H1.L1]:** Applies the terminology associated with exercise and participation in net/wall games appropriately (L1); Identifies and discusses the historical and cultural roles of games, sports, and dance in a society (L2).
- ✓ **Standard 4 [H2.L1]:** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.
- ✓ **Standard 4 [H5.L1]:** Applies best practices for participating safely in physical activity.

DEBRIEF QUESTIONS

- ✓ **DOK 1:** What skill is being demonstrated? (Demonstrate a skill)
- ✓ **DOK 2:** How would you use this skill during gameplay?
- ✓ **DOK 3:** Can you describe a shot sequence that could be used to gain an offensive advantage?

TEACHING STRATEGY FOCUS

Preview new content: Search and prepare YouTube videos demonstrating elite performances of each badminton shot. Show each video to students at the start of class or just before your skill demonstration. Students will connect what they see to their own learning in a way that will help analyze technique, performance, and engagement.