

MOVE AND CLEAR

STUDENT TARGETS

- ✓ **Skill:** I will perform a clear shot, demonstrating all cues.
- ✓ **Cognitive:** I will discuss movement patterns that were used during this activity.
- ✓ **Fitness:** I will stay actively engaged during physical education class so that my heart rate increases.
- ✓ **Personal & Social Responsibility:** I will demonstrate respect towards my teammate and opponents.

TEACHING CUES

- ✓ Athletic Stance
- ✓ Racquet Face Open
- ✓ High and Deep
- ✓ Quick Feet

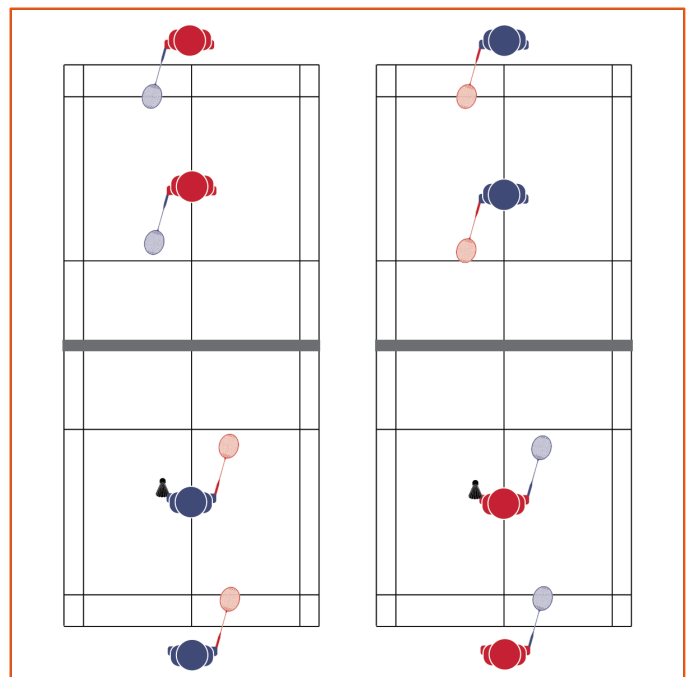
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 1 net per 4 students
- ✓ 1 racquet per student
- ✓ 1 shuttle per 4 students

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 Move and Clear.
2. The object of the activity is to work on clearing the shuttle while repetitively switching with your partner.
3. When I say "GO," 1 side will serve to the opposing team. 1 player from that team will return the shot over the net with a clear. Once that person has made the clear, they will run behind the end line, and their partner will move to the court to return the next shot. The serving team also begins the same rotation as both teams hit the shuttle back and forth.
4. Keep track of how many times you can consecutively hit the shuttle without a miss.
5. Focus on proper form and cues for the clear shot.
6. Freeze when you hear the stop signal, and we will switch opponents.

Grade Level Progression:

- L1:** Play the activity as described with a focus on accurate forehand and backhand strokes.
- L2:** Utilize the Move to Improve Self-Analysis Worksheet with specific strategies for improving performance in the Move and Clear practice task.

MOVE AND CLEAR

UNIVERSAL DESIGN ADAPTATIONS

- ✔ **Adaptation:** Simplify the activity by removing the player rotation. Students work with a partner to see how many consecutive clears they can hit during a rally.
- ✔ **Extension:** Challenge students by increasing the distance they must go before and after a clear. For example, rather than moving to the end line, students must move outside the back corner of the court.

ACADEMIC LANGUAGE

Clear, Athletic Stance, Speed, Power, Agility, Health-Related Fitness, Skill-Related Fitness, Cardiorespiratory Endurance, Timing, Actively Engaged

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [H1.L1]:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (net/wall games) (L1); Refines activity-specific movement skills in 1 or more lifetime activities (net/wall games) (L2).
- ✔ **Standard 2 [H1. L1]:** Uses movement concepts and principles to analyze and improve performance of self and/or others in a selected skill.
- ✔ **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:** Describe the flight of shuttle during a clear shot.
- ✔ **DOK 2:** How does your racquet swing affect the flight of the shuttle?
- ✔ **DOK 3:** How can you adapt this task in order to practice a different type of badminton shot?

TEACHING STRATEGY FOCUS

Help students engage in complex tasks: Move and Clear creates a dynamic activity environment that forces students to think about their skill performance while safely navigating court movement. There’s potential for this activity to become more about movement than learning. Look for teachable moments, positive examples, and student leadership. Stop the task, prompt discussion, refocus student effort, and then resume the activity.