

TARGET PRACTICE

STUDENT TARGETS

- ✔ **Skill:** I will demonstrate a serve with correct form, making at least three shuttles in the hoop.
- ✔ **Cognitive:** I will identify movement concepts applied to successful serves.
- ✔ **Fitness:** I will be actively engaged in an effort to improve my badminton skills.
- ✔ **Personal & Social Responsibility:** I will demonstrate safe play by making sure the area around me is clear before I serve.

TEACHING CUES

- ✔ Athletic Stance
- ✔ Drop Birdie
- ✔ Wrist Flick
- ✔ Contact

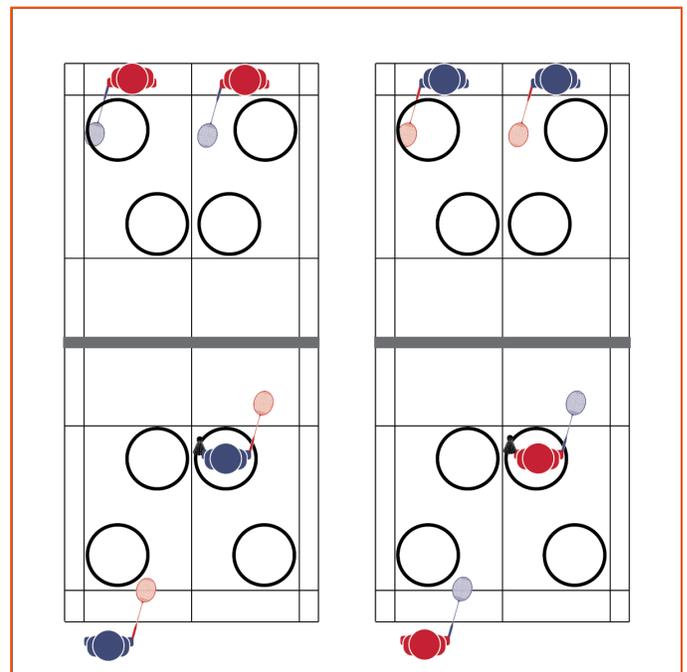
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 1 net per 4 students
- ✔ 1 racquet per student
- ✔ 6 shuttles per 4 students
- ✔ 6 hula hoops per court
- ✔ Badminton 101 Skill Cue Chart for Serving

Set-Up:

1. Set up badminton nets to create 1 court per 4 students.
2. Place 6 hula hoops at each court with 3 hoops on each side. Position hoops where a good serve would land.
3. Pair students, 2 pairs at each court, and each court with 6 shuttles.



Activity Procedures:

1. Today's activity is called Target Practice. The object of the activity is to practice serving form and placement by serving shuttles into the hoops. We'll begin with a basic forehand serve. (Teacher demonstrates)
2. When I say "GO," serve the shuttle over the net and into a hoop. The hula hoops are placed where a "good" serve would land.
3. Take turns with your partner and see how many shuttles you can get in the hoops as a team (1 shuttle = 1 point). The pair across the net will work with you to check placement, total points, collect shuttles, and then serve them back.
4. Teachers, allow students adequate practice time and then demonstrate and practice the backhand serve.

Grade Level Progression:

L1: Play the activity as described with a focus on control and accuracy of the serve.

L2: Provide progressively smaller targets such as small hoops or buckets, making the activity more challenging with an increased focus on refining consistency in form and accuracy.



TARGET PRACTICE

UNIVERSAL
DESIGN
ADAPTATIONS

- ✔ **Adaptation:** Create larger a target area or eliminate areas altogether. Points are earned each time the shuttle is served over the net.
- ✔ **Extension:** Assign a specific point number to the different hoops. For example: Blue=3; Green=2; Red=1. Students are responsible for totaling and tracking their score.

ACADEMIC
LANGUAGE

Target, Placement, Balance, Force, Position, Skill-Related Fitness

STANDARDS
& OUTCOMES
ADDRESSED

- ✔ **Standard 1 [H1.L1-2]:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (L1): Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games) (L2).
- ✔ **Standard 2 [H2. L1]:** Uses movement concepts and principles to analyze and improve performance of self and/or others in a selected skill (L1).
- ✔ **Standard 4 [H5.L1]:** Applies best practices for participating safely in physical activity (L1).

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** What are the 2 types of serves?
- ✔ **DOK 2:** What are the similarities and differences between the 2 types of serves?
- ✔ **DOK 3:** What strategic advantage does the forehand serve offer? Why? (Provide detailed examples of game situations.)
- ✔ **DOK 3:** What strategic advantage does the backhand serve offer? Why? (Provide detailed examples of game situations.)

TEACHING
STRATEGY
FOCUS

Help students examine similarities and differences: Understanding the advantages and limitations of different shots is fundamental strategic knowledge for badminton participation. The similarities and differences between the 2 types of serves help to illustrate the importance of knowing when and why different shots can and should be used.