**Year 7 Badminton**

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| **Unit aim** | To become more confident and competent when serving and reacting to a serve.  |
| **Lesson outcomes** | Demonstrate correct forehand and back grip. Improve accuracy when performing the back hand serve. | Improve accuracy when performing the forehand serve. | Improve awareness and control when performing the net kill. | Improve accuracy when performing an underarm clear in response to a good low serve | Improve accuracy when performing an overhead clear in response to a good high serve |
| **Intended knowledge** | 1. Students will know the difference between forehand and backhand grips2. Students will know how to perform the backhand low serve3. Students will know the service box lines and rules of service4. Students will know where the backhand serve should land to put pressure on an opponent5. Students will know that ‘grip’ means how you hold the racket.6. Students will know that a ‘serve’ is used to start a new rally/point. | 1. Students will know to perform the high serve2. Students will know where the high serve should land to put pressure on an opponent3. Students will know why it is important to vary the serve.4. Students will know the ready position.5. Students will know that ‘vary’ means to change or alter something. | 1. Students will know how to perform the net kill and correct pan handle grip2. Students will know how to use the shot in response to a poor shot to the front court3. Students will know the importance of winning the point quickly4. Students will know that a ‘response’ is a reaction to something. | 1. Students will know how to perform an underarm clear 2. Students will know that the clear can be used in response to a good low serve3. Students will know that a clear should land in the rear tramlines4. Students will know the importance of returning to mid-court after every shot. 5. Studnets will know that ‘tramlines’ are the two lines that go around the court. | 1. Students will know how to perform an overhead clear 2. Students will know that the clear can be used in response to a good high serve3. Students will know that the clear creates space in the front court for a softer shot. |
| **Prior Knowledge** | Students will know how to hold a racket using a basic grip.Students will know that Badminton is played over a net. | Students will know how to perform the forehand and back hand grip.Students will know the backhand serve is aimed at the front of the service box to move the opponent forward.Students will know the serve starts each point. | Students will know that a high serve should land at the back court.Students will know the importance of being ready on their toes and with racket up.Students will know that variying the serve can ouwit their opponent.  | Students will know the importance of winning the point as quickly as possible.Students will know that the net kill is performed when the shuttle is hit too high over the net.Students will know that a player can’t touch the net. | Students will know how to perform the underarm clear.Students will know that the underarm clear is used after a low serve.Students will know that clears should land at the back court.Students will know that clears give a player time to prepare for the next shot. |

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| **Lesson 1 -** Demonstrate correct forehand and back grip. Improve accuracy when performing the back hand serve. |
| **Do now** | What is the aim of the game in Badminton?What equipment do you use?When have you ever played Badminton before? |
| **Teacher exposition****(I do)** | ContextGrips are usually relaxed and hitting action comes from the wrist and elbow. Forehand grip is used when playing shots on the racket side of the body, backhand shots are played on the non-racket side. Forehands are generally easier to master but when learning how to serve, backhands allow for more control as the racket swing is shorter and in front of the body. This serve should land just into the front of the service box forcing the opponent to lift the shuttle.* Forehand grip – make a V with thumb and finger then shake hands
* Backhand grip – thumb on top with racket strings facing up/down
* Face net, one foot forward
* Backhand grip, racket in front
* Pinch shuttle, hold in front of racket
* Use wrist to push shuttle gentle over net
 |
|  **Learning task (We do / you do)**  |
| *Practice*  * **Serve into targets placed at front court**
* **Partner lets shuttle land**
 | *Application - Game Ideas* 1. Service competition – score point for hitting targets, first to 5 points
2. Service competition - use different targets, can’t move on until target hit.
3. ½ court games – score extra point if partner can’t return serve
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| **Responsive adaptations** | **Developing*** **No net**
* **Aim for service box-no targets**
 | **Securing*** **Use targets**
* **Make targets smaller and vary position**
 | **Mastering*** **Vary angle of serve**
* **Partner decides position of targets**
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| **Progress check questions****(Factual)** | 1. **What is the difference between forehand and backhand grip?**
* ***Thumb position***
* ***Forehand*** *- shake hands grip, back hand*
* ***Backhand*** *- Thumb on the back of the handle*
1. **Why is a backhand serve used?**
* *Move opponent out of the centre court position to the front*
1. **How would this serve allow you to outwit your opponent?**
* Create space at the back of the court for the next shot to be played into which is harder to return.
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| **Errors or misconceptions to look out for** | * Mis-timing racket swing and contact with shuttle – too early/too late
* Holding shuttle incorrectly – holding at bottom or pinching point furthest away from them
* Aiming for front court instead of front service box – including position of targets
* Incorrect player serving – not giving shuttle back to player who won point to serve again
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| **Lesson 2 -** Improve accuracy when performing the high serve. |
| **Do now** | Why is a good serve important?Where should a backhand serve land? |
| **Teacher exposition****(I do)** | ContextThe high serve is a forehand shot used to start a point, usually more so in singles. It should be hit towards the back of the court to force the opponent back and expose the front court for the return shot.* Forehand grip - Shake hands, V with thumb and finger
* Side on, non-racket foot forward, racket arm back
* Pinch shuttle, hold in front
* Swing racket forward, pendulum swing
* Let go of shuttle, contact out in front and follow through to target
 |
|  **Learning task (We do / you do)**  |
| *Practice*  * **Serve into targets placed at back court**
* **Partner lets shuttle land**
 | *Application - Game Ideas* 1. Service competition – score point for hitting targets, first to 5 points2. Service competition - use different targets, can’t move on until target hit.3. ½ court games – score extra point if partner can’t return serve |
| **Responsive adaptations** | **Developing*** **No net**
* **Aim for service box-no targets**
* **Use a shorter swing**
 | **Securing*** **Use targets**
* **Make targets smaller and vary position**
* **Start to vary serve used**
 | **Mastering*** **Vary angle of serve**
* **Vary service technique used**
* **Partner decides position of targets**
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| **Progress check questions** | 1. What are the main coaching points of a high serve?Shake hands (forehand) gripSide on stanceWeight from back foot to front footDrop shuttle out in frontPerform a pendulum swing underarm2. Why would you play a high serve in a game?To send the opponent to the backcourt (preferably near the tram lines)To vary the serve from the low serve so the opponent can’t predict where the shuttle will go3. How would this serve help you outwit your opponent?Create space at the front of the court so the next shot can be played there, moving opponent around, harder to return if out of position. |
| **Errors or misconceptions to look out for** | * Mis-timing racket swing and contact with shuttle – too early/too late
* Holding shuttle incorrectly – holding at bottom or pinching point furthest away from them
* Swinging round from the side and not a pendulum swing
* Overhead serves – not following service rules
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| **Lesson 3 -** Improve awareness and control when performing the net kill. |
| **Do now** | What could you do to win the point quickly?How would you react to a poor serve from your opponent? |
| **Teacher exposition****(I do)** | ContextA pan handle grip is used when playing shots out in front on the forehand side, when you are facing the net, namely the forehand net kill. The net kill is used when an opponent plays a poor shot to the front court (often a low serve). The shuttle is lifted over the net more than it should be allowing the player time to play a quick, attacking shot downwards to win the point.* Pan handle grip
* Lunge on racket foot
* High arm, hit shuttle downwards as close to net as possible
* Pull back as you contact shuttle to not hit the net
 |
|  **Learning task (We do / you do)**  |
| *Practice*  * **Partner feeds to front court forehand**
* **Perform net kill aiming for front court**
 | *Application - Game Ideas* 1. Target Practice – make targets in the front court. Score when targets hit. Feed from one side, target placed on opposite side to encourage aiming for space2. Service-net kill competition – Partner short serves, net kill to win point. If partner returns, they score, if partner misses, you score.3. ½ court games – score extra point if win a point using a net kill. |
| **Responsive adaptations** | **Developing*** **No net**
* **No targets**
* **Hand feed**
 | **Securing*** **Make targets smaller**
* **Racket feed**
 | **Mastering*** **Targets out wide to encourage using width**
* **Vary feed angle**
* **Feed to backhand**
 |
| **Progress check questions** | 1. What are the main coaching points for the net kill?

Pan handle gripLunge on racket footHigh arm, hit shuttle downwards as close to net as possiblePull back as you contact shuttle to not hit the net 1. Why is the net kill used in a game?

To quickly win the point after a poor serve from your opponent, to put your opponent under pressure with a fast shot.1. How would this shot help you outwit an opponent?

Opponent would have limited time to react and are less likely to return the shot if hit directly to the ground or at their body. |
| **Errors or misconceptions to look out for** | * Shuttle lifts/loops – not hitting downwards, arm too low
* Hit into net – let shuttle drop instead of getting on top of it to hit down
* Hitting the net – too much follow through, not pulling back
* Shuttle lands too deep – following through with power
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| **Lesson 4 -** Improve accuracy when performing an underarm clear in response to a good low serve |
| **Do now** | How do you return a low serve?How do you create space on the court? |
| **Teacher exposition****(I do)** | ContextAn underarm clear is played from the front court, often in response to a good low serve or drop shot. It is a defensive shot that should be played to the back court, giving the player time to prepare for the next shot but also to force the opponent to the back and expose the front court.* Forehand grip - Shake hands
* Lunge on racket leg
* Take racket back with arm out stretched, wrist back
* Snap the wrist when making contact, sending the shuttle to back court
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| **Learning task (We do / you do)** |
| *Practice** Large shuttle throw and catch from service line
* Keepy uppys using underarm action
* Partner hand feeds to service line
* Hit an underarm clear
* If partner catches shuttle they score, if they miss, you score

 | *Application - Game Ideas*  1. Targets Practice - Low feed to service line, return aiming for targets in rear court. 5 serves each then change target2. Low serves only game – Receiver has to start from centre. Point scored if able to return. Can play out the point for bonus point or reset every serve.3. ½ court game – if winner is from an underarm clear, 2 points scored.  |
| **Responsive adaptations** | **Developing*** **No net**
* **Hand feed**
* **No/ Larger targets**
* **Starting position at front court**
 | **Securing*** **Racket feeds**
* **Make targets smaller and vary position**
* **Have to start from centre court before shot**
 | **Mastering*** **Vary angle of feed**
* **Partner decides position of targets**
* **Start using backhands**
 |
| **Progress check questions** | 1. What are the main coaching points of the underarm clear?* Forehand grip - Shake hands
* Lunge on racket leg
* Take racket back with arm out stretched, wrist back
* Snap the wrist when making contact, sending the shuttle to back court

2. Why is the underarm clear used in a game?* To return a shot played to the front court e.g. low serve
* To clear the shuttle to the back of the court and give you more time to return to the centre

3. How could you use this shot to outwit your opponent?* By forcing your opponent to the backcourt which will create space at the front of the court to play the next shot. A return is less likely if the shuttle is played into the spaces.
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| **Errors or misconceptions to look out for** | * Not reaching shuttle – not lunging forward, flat footed
* Mis-timing racket swing and contact with shuttle – too early/too late
* Shuttle not reaching rear court – lack of power and not snapping wrist
* Hitting shuttle at side of the body –not contacting early enough
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| **Lesson 5 -** Improve accuracy when performing an overhead clear in response to a good high serve |
| **Do now** | How do you adjust your shot to return a high serve? |
| **Teacher exposition****(I do)** | ContextAn overhead clear is played from mid- backcourt, often in response to a good high serve. It is a defensive shot that should be played to the back court, giving the player time to prepare for the next shot but also to force the opponent to the back and expose the front court.* Forehand grip - Shake hands
* Side on stance, point arm at shuttle
* Scratch back with racket
* Hit shuttle at highest point, snap wrist
 |
| **Learning task (We do / you do)** |
| *Practice** Large shuttle throw and catch – front court out of bounds
* High feed, hit overhead clear
* Aim for targets, let shuttle land
* If large target hit 5 times, reduce size

  | *Application - Game Ideas* 1. Keep the Kettle Boiling – co-operative rally with partner. High serve then count number of shots using overhead clear. If shuttle drops, start from 0.  2. Set up targets in back court. High serve – rally overhead clears x 4, play out point. 2 points scored if winner lands in target.3. ½ court game – if winner is from an overhead clear, 2 points scored.  |
| **Responsive adaptations** | **Developing*** **May need to rally to get shuttle high**
* **Use pan handle grip**
* **Start to one side of court already in stance**
* **No/ Larger targets**
 | **Securing*** **Make targets smaller and vary position**
* **Start increasing shot distance**
* **Encourage next shot played to front court**
 | **Mastering*** **Vary angle of feed**
* **Partner decides position of targets**
* **Front court out of bounds**
* **Start using backhands**
 |
| **Progress check questions** | 1. What are the main coaching points of the overhead clear?
* Forehand grip - Shake hands
* Side on stance, point arm at shuttle
* Scratch back with racket
* Hit shuttle at highest point, snap wrist
1. Why is the overhead clear used in a game?
* To return a shot that has been placed high in the air e.g. high serve, underarm clear
* To clear the shuttle to the back of the court and give you more time to return to the centre

3. How could you use this shot to outwit your opponent?* By forcing your opponent to the backcourt which will create space at the front of the court to play the next shot. A return is less likely if the shuttle is played into the spaces.
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| **Errors or misconceptions to look out for** | * Mis-timing racket swing and contact with shuttle – too early/too late, not pointing at shuttle
* Shuttle not reaching rear court – lack of power and square on stance
* Shuttle contacted too low –not hitting at highest point
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