

Activity Area → **Badminton** Focus → **On court movement (agility)** Key Stage → **3**



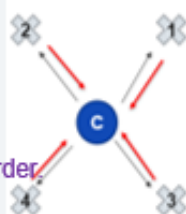
Introduction: Understanding the concept of agility and coordination and why they are essential skills required in badminton. Students to set up a square area representing a badminton court and practice moving out to the edges of the square and back to the centre facing forwards (towards the 'net') at all times.

Learning ambitions ... an ASK from every lesson:

Attitudes	Skills	Knowledge (inc. vocab)
Show perseverance and determination to try and beat original score	Develop efficient 'on-court movement' when moving out toward a marker and back to the centre	Understand the meaning of agility and chasse and how they are related to movement in badminton

Activities (challenges)

1. Warm up Challenge (live on teams)- Tennis ball/socks hand keepy upys. Students to submit their score on the teams chat.
2. After watching pre-recorded video, students choose either:
 Challenge 1- In 1 minute count how many corners and back to the centre you can achieve. Working to corners in set numerical order (1-4).
 Challenge 2- In 1 minute count how many corners and back to the centre you can achieve. Moving to corners in a random order. Students to repeat 3x and post their highest score.



Approaches (ideas to intro & teach)

- Welcome students into the call and ask them to comment what physical activity they have completed outside of PE this week.
- Complete tennis ball/sock hand keepy upy challenge and students to post their score. **(coordination test).**
- Students watch pre-recorded video of teacher completing on-court movement task.
- Students to choose either challenge 1 (easier) or challenge 2 (more difficult). Students to answer 3 questions and post their answer on teams post **(agility test).**

Assessment (ideas for diagnostic, formative & summative assessment)

- Diagnostic** – All students to post their 'hand keepy upys' score as soon as the time is up.
Formative – Students to keep a record of their scores for either Challenge 1 or 2 for each attempt to show progression.
Summative assessment – Complete corner work task as warm up next lesson with the aim of students completing their score (before completing task, organise students into breakout rooms of three to explore 3 changes they can implement to beat their score).

Key terms (vocab utilised)

Agility- The ability to change direction quickly without losing speed or power.
 Coordination- The combination of multiple movements into a single movement that is fluid and achieves the intended goal.
 Chasse- Side step action to cover a short distance efficiently on court e.g. moving to the net.
 Split step/jump- A small jump to widen your stance to get ready for the next shot.

Big questions (to help structure learning & reflection)

- In your breakout room groups please answer...
1. Explore ways that you could improve your challenge score
 2. Other than agility and coordination, name one skill-related component of fitness that is essential in badminton and why?
 3. Can you think of another sport that requires the use of agility and why is it important?