

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

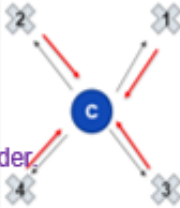


Introduction: Understanding the concept of agility and coordination and why they are essential skills required in badminton. Students to set up a square area representing a badminton court and practice moving out to the edges of the square and back to the centre facing forwards (towards the 'net') at 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)	Approaches (ideas to intro & teach)	Assessment (ideas for diagnostic, formative & summative assessment)
<p>1. Warm up Challenge (live on teams)- Tennis ball/socks hand keepy upys. Students to submit their score on the teams chat.</p> <p>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.</p> 	<ul style="list-style-type: none"> <li>Welcome students into the call and ask them to comment what physical activity they have completed outside of PE this week.</li> <li>Complete tennis ball/sock hand keepy upy challenge and students to post their score. <b>(coordination test).</b></li> <li>Students watch pre-recorded video of teacher completing on-court movement task.</li> <li>Students to choose either challenge 1 (easier) or challenge 2 (more difficult). Students to answer 3 questions and post their answer on teams post <b>(agility test).</b></li> </ul>	<p><b>Diagnostic</b> – All students to post their 'hand keepy upys' score as soon as the time is up.</p> <p><b>Formative</b> – Students to keep a record of their scores for either Challenge 1 or 2 for each attempt to show progression.</p> <p><b>Summative assessment</b> – 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).</p>

Key terms (vocab utilised)	Big questions (to help structure learning & reflection)
<p>Agility- The ability to change direction quickly without losing speed or power.</p> <p>Coordination- The combination of multiple movements into a single movement that is fluid and achieves the intended goal.</p> <p>Chasse- Side step action to cover a short distance efficiently on court e.g. moving to the net.</p> <p>Split step/jump- A small jump to widen your stance to get ready for the next shot.</p>	<p>In your breakout room groups please answer...</p> <ol style="list-style-type: none"> <li>Explore ways that you could improve your challenge score</li> <li>Other than agility and coordination, name one skill-related component of fitness that is essential in badminton and why?</li> <li>Can you think of another sport that requires the use of agility and why is it important?</li> </ol>

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