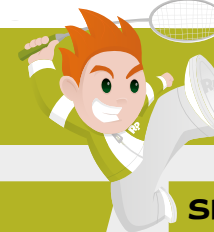


Module 1: Lesson 2 - Movement

Ages 5-7



Learning Outcomes

1. Players can move in different ways and retain their balance.
2. Players can hit the balloon consecutively whilst moving.

Techniques to Demonstrate

1. Movements (lunge, chasse).
2. Grips for hitting on both the forehand and backhand sides.

Equipment

Rackets
Throw-down spots
Balloons

Shuttle Progression

Simplify: Balloon
Entry Level: Fluff balls
Progress: Success ball
Advanced: Shuttle

Warm-up Game

Polar Bears

Video: Lunging techniques

1. Mark out an area and randomly place a throw-down spot on the floor for each member of the polar bear team.
2. Split the group into 2 teams; the polar bears and the seals
3. The polar bears stand on their spots whilst the seals move from one side of the area to the other.
 - The polar bears' aim is to tag the seals as they move past
 - Each seal that makes it to the other side receives 1 point
 - Polar bears can lunge with 1 leg towards a seal, providing 1 foot remains on the spot
4. After a set time, swap teams over ensuring both teams have a couple of goes at being a polar bear and seal.

Skill Activity

Follow the Leader

Video: Movement techniques

1. Stand in front of the group, who are spaced a safe distance from one another.
2. Call out the following movement patterns whilst pointing left, right, forwards and backwards with a racket, for the players to follow.
 - Chasse (sidesteps where one foot chases the other but does not catch up)
 - Hop
 - Run
 - Walk
 - Jump

Embedding the Skill

Balloon Tap-ups

1. Mark out an area for players to stay within.
2. Make sure each player has a racket and balloon.
3. Refresh with the players both a forehand and backhand grip.
4. Ask the players to use an appropriate forehand grip, to move around the area remaining in control of their balloon whilst tapping it upwards using a forehand hitting action.
5. Players should be encouraged to count the number of consecutive hits and try to beat their score.
6. Repeat game using an appropriate grip to play a backhand with a backhand hitting action.



Module 1: Lesson 2 - Movement



Ages 5-7

National Curriculum Outcomes

1. Participate in team games introducing simple strategies for attacking and defending.
2. Master basic movements.
3. Engage in competitive and co-operative activities.
4. Master basic movements.

Teaching Tips

Polar Bears

1. It is important that a lunge movement is demonstrated to the group.
 - Heel landing first, toe pointing forwards, knee in alignment with foot etc
2. Position throw-down spots widely to encourage polar bears to lunge on both their racket and non-racket leg.
3. Explain that the aim is to work as a team to get the best results; some seals may sacrifice themselves to distract the polar bears.

Follow the Leader

1. Ensure that children control their speed and remain in balance.

Balloon Tap-ups

1. Encourage players to keep their head up so they are aware of their surroundings:
 - Using marked lines ask that all the players touch each line with their foot whilst performing the activity.
 - Only moving in straight lines get the players to dodge you to prevent you knocking their balloon off.
2. If you are limited with space you could:
 - Pair the children and ask one to count whilst the other performs the activity then swap.
 - Split the group into 2 and allow the groups to take it in turn to perform and observe. You can ask the observing group to check that the correct grip is being used.

Simplify

1. Move spots closer together reducing the size of the lunge that needs to be performed.

1. Players can perform the movements on the spot.

1. Ask players to balance the balloon on their racket whilst moving around the area.

Challenge

1. Move spots further apart increasing the size of the lunge that needs to be performed.

1. Players can try more advanced movements such as:
 - Walk backwards
 - Run backwards
 - Cross-behind steps

1. Players can use fluff balls or success balls to reduce the time in the air, creating the need for faster movement.
2. Moving freely around the area players must now dodge you to prevent you from knocking their balloon off.

