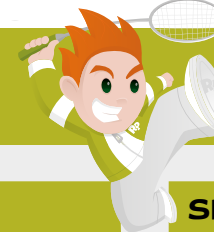


Module 2: Lesson 2 - Movement

Ages 5-7



Learning Outcomes

1. Players can move in different ways and retain their balance.

Techniques to Demonstrate

1. Movements (lunge, chasse, split-step).
2. Grips for hitting on the forehand

Equipment

Rackets
Shuttles
Throw-down spots

Shuttle Progression

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

Warm-up Game

Cross the River

1. Split the group into small teams of 3 or 4 players and give each team enough throw-down spots for each team member plus 1 additional spot.
2. Nominate a player to place the stepping-stones (spots) in a line in front of them ensuring there is a space between each.
3. The first player walks across the stepping-stones until they reach the furthest stone. Their team mates follow behind until each player is standing on a stepping-stone.
4. The last player picks up the free stepping-stone and passes it up the line to the first player who places it in front of their own stone and then steps onto it.
5. All players move up onto the stone in front of them and they repeat this exercise until they have made it across to the other side of the hall.

Skill Activity

Folow the Leader

Video: Movement techniques

1. Demonstrate the following movements:
 - Lunge
 - Split-step (ready position)
 - Jump from 2 feet to 2 feet
 - Hop/step from 1 foot to 2 feet
2. Players walk, skip, run etc. around the hall in different directions until you call a particular movement.
3. Players perform that movement and then freeze on the spot until you ask them to start walking again.
4. Different walking patterns can be used e.g. walking backwards, sidestepping, crossover steps, chasseeing.

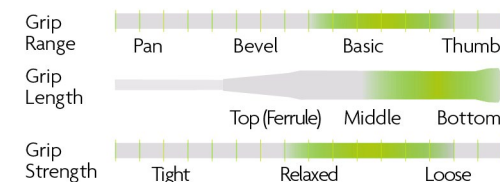
Embedding the Skill

Sharks

1. This is a competitive game that focuses on players grips and balance.
2. Each player holds a racket using an appropriate grip to play a forehand. They then balance a shuttle on their racket with the cork facing upwards.
3. Players to move around the hall and try to knock other players' shuttles off their racket using only their non-racket hand. Once a player's shuttle falls from their racket, they lose a life. The winner is the last person remaining.



Backhand underarm hitting



Module 2: Lesson 2 - Movement



Ages 5-7

National Curriculum Outcomes

1. Participate in team games introducing simple strategies for attacking and defending.
2. Become increasingly competent in fundamental skills.
3. Participate in team games to consolidate and become increasingly competent in fundamental skills.

Teaching Tips

Cross the River

1. Emphasise the teamwork required to move across the hall.
2. Encourage the group to experiment with different distances between stepping-stones.

Follow the Leader

1. Key points for movements:
 - Lunge - Heel landing first, toe pointing forwards, knee in alignment with foot etc.
 - Encourage lunging with both the racket and non-racket leg
 - Split step – racket arm in front
 - Jump – players encouraged to jump diagonally with either leg leading
 - Hop – step off both legs in all directions
2. Ensure players practise the movements first so they are familiar with them.
3. Emphasise the exercise is about balance and not speed.

Sharks

1. Ensure players are sitting down in the safe zone.
2. As the players left in the game decrease, reduce the size of the space they can travel in.
3. Alternatively players could be given a number of lives before they are out or to reduce the amount of time children are inactive they can perform a number of lunges/split steps before continuing.

Simplify

1. Replace the throw down spots with larger hoops.
2. Reduce the distance they need to travel.

1. Players can perform simpler movements such as chasse, hop, jump, walk or run.

1. Swap the shuttle for a success ball or fluff ball.

Challenge

1. Remove a spot so that they need to share spots in order to move forward.

1. Players to perform the movements at a quicker pace.

1. Reduce the amount of space to play in.
2. Players must perform tap-ups whilst moving around the space.

