

Module 1: Lesson 2 - Movement

Ages 7-9



Learning Outcomes

1. Players can lunge on both legs whilst retaining their balance.
2. Players can complete a split-step (ready position).

Techniques to Demonstrate

1. Lunge and pivot movements.
2. Underarm throwing.
3. How to hold a shuttle.

Equipment

- | | |
|------------------|---------------|
| Rackets | Shuttles |
| Throw-down spots | Success balls |
| Fluff balls | |

Shuttle Progression

- | | |
|---------------------|----------------|
| Simplify 3: | Balloon |
| Simplify 2: | Success ball |
| Simplify 1: | Fluff balls |
| Entry Level: | Shuttle |

Warm-up Game

Polar Bears

Video: Lunging technique

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

Goalies

Video: Throwing action technique

1. Split the group into pairs and position each player between 2 throw-down spots to simulate a goalkeeper inside their goalposts. Position the pairs' goals opposite one another.
2. With 1 shuttle per pair, each player takes it in turn to throw the shuttle underarm (with the thumb of the throwing hand placed inside the shuttle) towards their partner's goal. Their partner aims to save the shot by catching the shuttle. They then throw the shuttle back towards their partner's goal and so on.
3. 1 point is scored for each goal. Play for a set time or up to 10 points.

Embedding the Skill

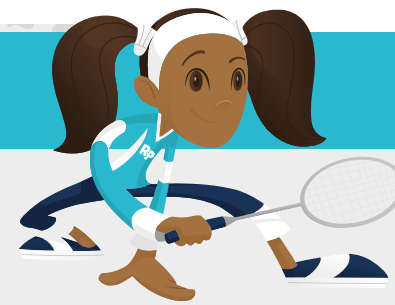
Back and Forth

1. Split the group into 3s.
2. 2 players will rally with a shuttle between a set distance, with the remaining player counting.
3. Players should take it in turn to count the rally, ensuring everyone takes turn.
4. Encourage players to use both backhand and forehand shots.



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National Curriculum Outcomes

1. Develop running, flexibility, control and balance in a fun competitive game.
2. Apply the basic principles of attack and defence in a modified competitive game in pairs.
3. Play a modified competitive game of badminton.

Teaching Tips

Polar Bears

1. Demonstrate the lunge and pivot movement.
2. It is important that a lunge movement is demonstrated to the group
 - Heel landing first, toe pointing forwards, knee in alignment with foot etc
3. Position throw-down spots widely to encourage polar bears to lunge on both their racket and non-racket leg.
4. 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.

Goalies

1. Demonstrate the split-step (ready position) of the goalkeeper so they can move their feet quickly. Knees bent and hands out in front in a central position so they can move quickly to either side.
2. Players should be encouraged to lunge with both legs to perform the saves, then push back to the middle of the goal.

Back and Forth

1. Players may find it easier to start the rally with a backhand serve.
2. Emphasise service law i.e. racket to be pointing in a downward position, feet still and serve to travel past the service line if playing on a court.

Simplify

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

1. Increase the distance between partners to give players more time to react.
2. Make individual goals smaller or larger depending on which player is struggling.

1. If rally breaks down too soon, players can try with a success ball instead.

Challenge

1. Move spots further apart increasing the size of the lunge that needs to be performed.
2. Encourage players to chase or run backwards.

1. Introduce overarm throws.

1. Increase the distance between the two players that are rallying.

