

Module 2: Lesson 2 - Movement

Ages 7-9



Learning Outcomes

1. Players can perform a series of movements whilst retaining their balance.
2. Players can complete a split-step (ready position).

Techniques to Demonstrate

1. Movements – sidestep, chasse.

Equipment

Rackets	Shuttles
Success balls	Giant shuttles
Cones	Net/bench

Shuttle Progression

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

Warm-up Game

Volcanos and Mountains

Video: Lunging technique

1. Place an equal number of flexible cones face up and face down around the hall.
2. Split the group into two teams. One team is the Volcanoes with cones facing upwards; the other team is Mountains with cones facing downwards.
3. Teams move around the hall, turning over one cone at a time aiming to turn all of the cones into their own teams, Volcanoes or Mountains.
4. At the end of a set time, count each team's cones to determine which team is the winner.

Skill Activity

Ever Ready

Video: Movement techniques

1. With rackets in their hand, encourage players to perform the following movements around the room:
 - Sidesteps
 - Chasseing
 - Jumping and landing
 - Running forward and back
 - Jumping up to touch a racket held high in the air with their racket hand
2. Whilst players are performing their movements either yourself or a player throw the success ball to players and ask them to tap the ball back, then repeat with a different player and so on.

Embedding the Skill

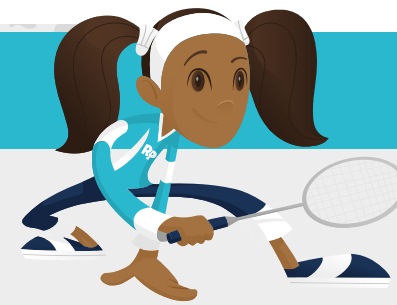
Dodgeball

1. Split players into equal teams and mark out a court with a dead zone in the middle of the area. The game starts with six giant shuttles in the dead zone.
2. On the referee's whistle, three players from each team run to gain possession of the shuttles.
3. Giant shuttles must be passed to the back of the court before the first attempts are made.
4. The aim is to throw the giant shuttle at the opposition, aiming to hit them below the shoulders. Players may block an incoming shuttle with a held shuttle.
5. If a player is hit, they are out and they stand at the side of the court in the order they became out. If one of their team catches a shuttle, then the first player in the line can come back onto court.
6. Players have just ten seconds to throw the shuttle; if they take longer then the shuttle is awarded to the opposition and must be passed over. The game ends when all players from one team are out.



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National Curriculum Outcomes

1. Use running in a simple competitive activity.
2. Use running, throwing and catching in a competitive activity to develop control and accuracy.
3. Play a modified competitive game of badminton.

Teaching Tips

Volcanos and Mountains

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. Encourage lunging with both the racket and non-racket leg towards the cones.

Ever Ready

1. Ensure players have their heads up and are looking where they are going.
2. Reinforce using the correct grip.

Dodgeball

1. Encourage players to use both underarm and overhead throwing.
2. Use a throw-down spot to position waiting players away from the playing area.

Simplify

1. Space the cones further apart/reduce the number of cones.

1. Ask the players to focus on the movement and do not throw the ball to them.
2. Practice the movements in sequence from a static starting position.

1. Reduce the size of the court.

Challenge

1. Players are only allow to use their rackethand.

1. Ask the players to balance a ball on their racket whilst performing the movements.

1. Players are only allowed to throw using their racket hand.
2. Introduce a number of passes that must be completed before the shuttle can be thrown at the opposition.

