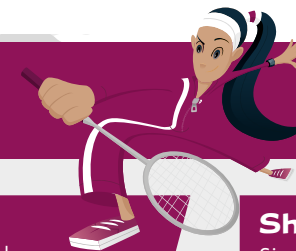


Module 2: Lesson 1 - Movement

Ages 9-11



Learning Outcomes

1. Players can perform an explosive split-step and link this to moving in different directions.
2. Players can change direction at speed and remain balanced.
3. Players can consistently lunge, chasse in balance.

Techniques to Demonstrate

1. Overarm throwing action.
2. Forehand and backhand grip and hitting actions.

Equipment

Rackets
Throw-down lines
Giant shuttle

Shuttles
Success balls

Shuttle Progression

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

Warm-up Game Line Tag

1. Position players on the badminton court lines on both sides of the net.
2. 1 player on either side of the net is the chaser.
3. Players to move around the court but must remain on the badminton lines. The chaser must also remain on the lines and aims to catch players and tag them. When a player is caught, they count to 5 and then become the chaser.
4. Players must face the net at all times and perform the following movements:
 - Running forwards
 - Running backwards
 - Chasse

Skill Activity Split-steps

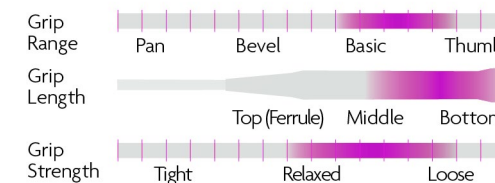
Video: Grips for badminton
Movement techniques
Overhead hitting techniques
Underarm hitting techniques

1. In pairs, position players opposite one another 3 metres apart. 1 player has a racket and is the hitter, using an appropriate grip to hit on the forehand or backhand side, whilst the other has a shuttle and is the feeder.
2. The feeder throws the shuttle underarm towards their partner and at the same time calls "split". The hitter performs a split-step before moving forward to play an underarm shot. The hitter then recovers back to their original position with their racket in a central position. The hitter splits again and moves back to shadow an overhead shot and then recovers once more.

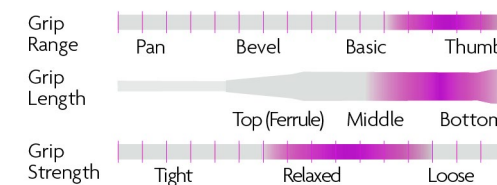
Embedding the Skill Spellminton

1. Players to spread out across the hall and using a giant shuttle the aim is to throw the shuttle overarm to one another – for each successful catch a letter is awarded, for example, the letter B.
2. When another catch is achieved the group receives a second letter, A. The aim of the game is to spell the word 'badminton'.
3. Play as a cooperative game first (with everyone on the same team) and then split the group into 2 teams and encourage the players to intercept the shuttle. The winning team spells 'badminton' first.

Forehand underarm hitting

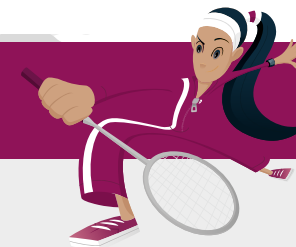


Backhand underarm hitting



Module 2: Lesson 1 - Movement

Ages 9-11



National Curriculum Outcomes

1. Develop running, flexibility, technique, control and balance in combination.
2. Working cooperatively in pairs to develop technique, accuracy and control.
3. Develop throwing accuracy in a fun, competitive/cooperative way whilst developing skills in literacy.
4. Including attacking/defending skills in a modified competitive game.
5. Apply and develop a range of skills with modified challenge.
6. Apply and develop a broader range of skills in an increasingly challenging situation.

Teaching Tips

Line Tag

1. If you do not have a badminton court then use throw-down lines.
2. If players step off the line (either accidentally or on purpose) they become the chaser.
3. Ensure players face the net at all times.

Split-steps

1. Key points for the split-step:
 - This is a widening and lowering of the base by flexing the knees/hips. The split-step is timed to just before the opponents hit and land just after the impact.
 - It is used as it provides a more powerful push off by pre-stretching the muscles of the legs, as they produce a more forceful contraction.
 - Encourage split steps with both legs leading.
 - The ground contact should be short, with the force being applied through the balls of the feet.
2. Key points for the lunge:
 - Heel landing first, toe pointing forwards, knee in alignment with foot etc.
 - Encourage lunging with both the racket and non-racket leg.
3. Key points for the throwing action:
 - Body rotates outwards towards a sideways position
 - Throwing arm goes back with outwards forearm rotation (supination), creating a momentary L shape
 - Non-racket arm elevates and points in general direction of the shuttle flight
 - Racket leg is placed behind the racket shoulder to generate power
 - o Weight is loaded on to racket leg creating a wide stable base
 - Racket knee flexes and extends quickly and starts to drive upwards and forwards
 - Hips rotate inwards to initiate the drive forwards of the racket leg

Spellminton

1. Emphasise that this is a team game where communication is key in terms of players signalling a free space for their team mates to pass to.
2. If a team loses the shuttle they keep their letters and carry on from where they left off when they regain the shuttle.

Simplify

1. Increase the number of lines available to players by using throw-down lines.

1. Players to perform the activity slower ensuring they can focus on each movement.

1. Enlarge the playing area creating more space for players to move into.

Challenge

1. When a player is caught, they only count to 3 before they become the chaser.

1. Players to time their split-step as the shuttle is released from their partner's hand.
2. Use lunging movements to get to the shuttle quickly.
3. The feeder to use a racket to feed instead of a throw.
4. Hitter to perform activity without feeder prompting when to split-step.

1. Introduce that when a team loses a shuttle they have to start again from B.