

This is a preview!

Full “Badminton Unit” is 42 pages!

2 to 3-Week Badminton Unit

5th-12th Grade



Health Education Today

**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Here is an Overview of the Program:

Name	
	01Badminton Unit.docx
	01Badminton Unit.pdf
> 	02Lead Up Games Badminton
	03Study Guide and Test.docx
	03Study Guide and Test.pdf
	04Great website for Badminton.pdf
> 	05Warm Ups and Stretching
	06Peer Grading Sheet.docx
	06Peer Grading Sheet.pdf
	07Play Score Sheet.pdf
> 	08Learning Targets and Standards
	09Physical Literacy Unit Check List.docx
> 	10BONUS Jump Rope Tests
> 	11BONUS Olympic Stations
	12Previews of Other Lessons.pdf
	13Troubleshooting Issues with Files.pdf

What is Included in this Program:

1

40 pages of Step-by- Step Teacher Directions

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

3

Lead up games!

4

Study Guide and Test

1

40 pages of Step-by- Step Teacher Directions

Day 1: Badminton Skills and Drills

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Badminton Racquets	One for each student	
Birdies	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Care of equipment: This is discussed before any equipment has even been passed out. This is important because badminton equipment is delicate and could break easily. Have students get with their partner of choice, sitting one behind the other on one line.

3. Go over rules: This is optional, but if you have a way to show your students this website and its photos while you go over the rules and grip and shots, it would be great!
<https://www.wikihow.com/Play-Badminton>

-Badminton uses rally scoring, so every time you win a rally, you get a point. Games are to 21. You must win by 2 points. (Or, if you like the old fashioned scoring, you can have your P.E. students play where you must be serving to score...it's up to you!) Either way, the server always says his/her own score first.

-No touching any equipment when coming out into the gym to squad up (punishment = 25 push-ups)

-Walk under the nets at the string, don't touch nets when going under

-Be careful with racquets, no throwing in the air or spinning, or hitting with the racquets. I will be checking racquets very carefully. When you get a racquet, see if it has a piece of tape on the shaft. If it does not, this means this racquet is not broken in any way. Be sure to tell me if it is broken when you get it, because when you turn it in and it's broken, you will be responsible for any broken racquets. (this checking system makes students more responsible and careful)

-Birdies are delicate-hold with thumb and first finger, always start your rally with an underhand serve.

-Whenever I whistle, please sit down.

Program is standards-based:



National Standards

Day 3: Badminton Lead Up and Games

<u>National Standards Met:</u> Nat. P.E. Standard 1,2,4,5	<u>Common Core Standards Met:</u>	<u>My State Standards Met:</u>
 <u>Equipment Needed:</u>	 <u>How Many:</u>	 <u>Directions:</u>
Badminton Racquets	One for each student	
Birdies	One for each court	

1. Start today's lesson with a warm-up cardio activity and stretching, and finish the lesson with additional stretching. (See the top of this unit, or look in main folder #9 for other warm up ideas.)

2. Rally warm-up

3. Call in together for a more in-depth serve talk and demonstrate:

The High Serve: High serve is mostly used in singles. A good high service must be high and lands in between the two baselines at the rear court. Malaysia's former legendary player Eddy Choong had one of the best high serve during his time. The shuttle would go up very high and very deep. When it came down, you had to stand at the edge of the rear court to retrieve it. If you smash, you would probably hit the feathers.



The high serve is **considered as a defensive serve** because it gives the player sufficient time while the shuttle is high up on the air. It will put you in a less vulnerable position. One of the advantages of this serve is that it forces your opponent back to the base line and open up his court.

The Low serve: The low serve are used **when a player wants to attack**. Most attacking players in singles uses the low serve because they have to keep their shots low so that it will open up an opportunity for the kill. The low serve is also used when your opponent's attack is strong because they will have less opportunity to attack when you keep the shuttle low.

2

Skills, drills, instruction cues, technique, rules, workouts, warm-ups, and stretches

#1: Move It Warm Up:

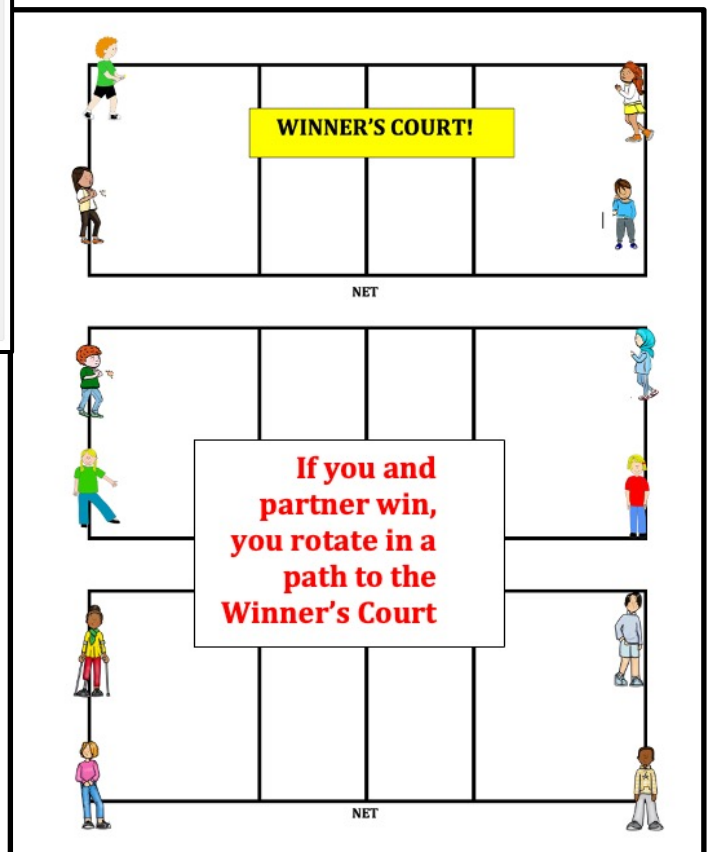
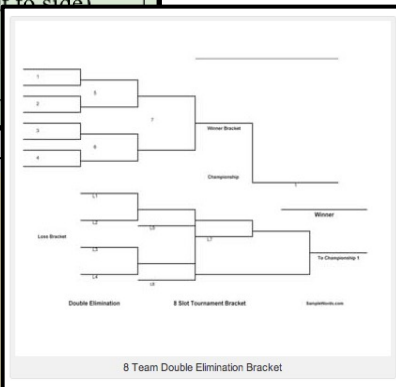
1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm



Jump Rope Speed Test:

1 partner jumps while the partner counts jumps. (You choose if they miss they keep counting where the jumper left off (back to zero!), or start the count over with a miss-maybe and unit don't go back to zero, and when students get better add new rule that the count goes back to zero if they miss!) Have students record their score and set a new goal so they can improve throughout the year.

Grading for Jump Rope Speed Test:



6 Learn to slice your shots. The slice can help slow down the shuttle or change its direction. This is a more advanced skill that will make it hard for your opponent to know where you're going or to be able to return the shuttle. Here's what you can do:^[5]

- Slice your net shots. Start the forward motion as usual and then move the racket inward as you slice it perpendicular to the center of the birdie, thus slicing the shuttle and making it spin cross court instead of moving forward, as your opponent would expect it to do.
- If service of the shuttlecock from the server's racket causes the bird to touch the net and then go over, play must stop and the play is done over. However, if the shuttlecock happens to touch the net then go over further into the play, the stroke is good and the bird can remain playable.
- Slice your drop shots. Just slice the racket, moving it perpendicular to the center of the shuttle when it's in the air. This will slow down the shuttle, making it quickly fall on the opponent's side near the net.

3

Lead up games!

Wally Badminton:

Preview:

This could be used as a practice activity for accuracy, or included in a game. There are a couple variations depending on the location of the basketball hoop.

1. When the basketball hoop is at the back of the court: While playing a 1 vs. 1 or 2 vs. 2 game, or practicing the overhead or underhand clear, have students try to hit the backboard. If used during game



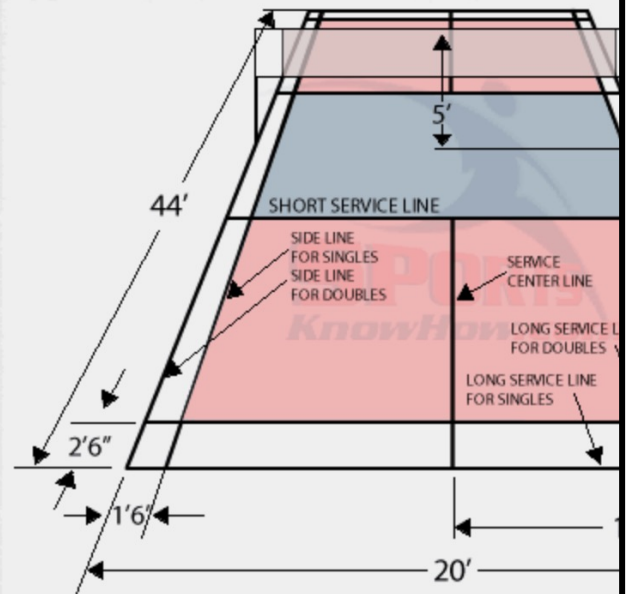
MARATHON:

Skip with High Knees

-Step (R), lift opposite knee (L), step other foot (L), lift opposite knee (R)



BADMINTON COURT DIMENSIONS DIAGRAM



4

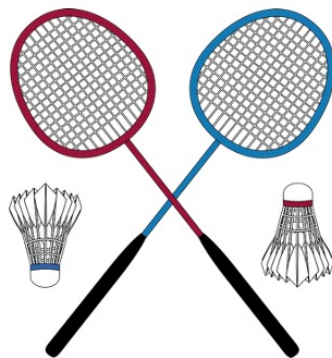
Unit Test and “Peer Assessment Sheet”

BADMINTON STUDY GUIDE:

<https://www.sportsknowhow.com>

GENERAL RULES:

- A shuttle landing on the line is good
- A shuttle hitting the net is good and play continues (including on the serve) if all other aspects of the play is legal
- All players must be **inside** the lines of their respective service courts at the point of contact during the serve
- A "let" is a situation requiring a replay (see reasons listed below)
- When the leading team's score reaches 11 points, players get a 60 second break
- A 2 minute interval is allowed after each game
- In the **third game**, players change ends when the leading team's score reaches 11 points



BEGINNING PLAY:

- Serve is decided by one of the following:
 1. coin flip
 2. volley
 3. spin of racket
 4. drop of the bird (direction pointing)

The Team that wins the game will serve first in the next
FAULTS:

- During the Serve
 1. shuttle
 2. head of
 3. shuttle
 4. shuttle
 5. server's
 6. receiver
 7. server's
 8. receiver

Badminton Test Key:

FILL-IN-THE-BLANKS:

1. In badminton, games consist of ____ 21 ____ points.
2. You must win by ____ 2 ____ points.
3. Doubles service court size is ____ short ____ and ____ wide ____.
4. A serve where the birdie hits the net but lands in the correct service court is called a ____ let ____.
5. If the team's score is odd when they get the serve back, the player in the ____ left ____ (right or left?) court should serve.

MATCHING: (Write the letter in the blank)

6. When serving, the birdie must be hit below the ____ waist ____.
A. shoulders B. waist C. knees
7. The first serve of the game is from the ____ right ____ side of the court.
D. left E. server's choice F. right
8. Touching the net with the body or racket is a ____ fault ____.
G. let H. fault I. legal move



Student Assessment Form:

Student Name: _____
Period: _____ Date: _____
Class: _____
Skill Assessing: _____
Comments/Observations: _____



A-	B	C	D	F
9	8	7	6	5 or lower
Very Good	Good	Adequate	Acceptable, but could improve	Needs Improvement

Learning Target Posters Included:



Free Updates! Just re-download.

Thank you for previewing:

This Program's Creator is a
Qualified Teacher

◆ I am a National Board Certified Teacher
with a Masters of Education Degree and I
have experience teaching Elementary, Jr. High,
and High School P.E.; and High School Health.

Experience
is the best
teacher!



Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>
<http://www.corestandards.org>

Graphics:

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