

Lesson no.	Subject: Badminton	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
4		Overhead clear	7						SEN:
Objectives:	To be able to confidently perform with accuracy, these shots in a rally, keeping the shuttle in the air and to improve the distance that they can hit the shuttle. To be able to use the clear to move your opponent around the court, to the rear and the rear corners.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity, Resilience and Tactics	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Warm Up and Stretching	- To jog through some Shuttle Runs on the Badminton Court and to increase their speed which will increase their heart rate? - Accurately replicate and perform the stretches	To understand and know the benefits of a warm-up prior to exercise, and stretching post exercise To confidently perform with accuracy, the skills / actions within the warm-up / stretches	- Run efficiently - Keep head up	↑ Use actual names ↑ Increase intensity	Observe performances <input type="checkbox"/> Use warm up cards with key phrases	R+ Students must believe in themselves	Maths: Concept of speed Objectives: To recognise what speed is Student expectations: I understand distance over time	Cardio-respiratory system Students review the gas exchange at the alveoli, the properties of the alveoli and how these help gas exchange; Larger surface area, the wall of the alveoli is moist and only one cell thick, increased number of capillaries, short distance for diffusion, Large blood supply, movement of gas form a high concentration to a low concentration of gas.	
Overhead Clears	In pairs accurately replicate and perform rallies from the certain positions of the court i.e. Rear-court (1), Mid-court (2) , Fore-court (3)	To comprehend and grasp how to confidently perform with accuracy, the basic overhead shots used in Badminton and the relationship between power and distance.	- Handshake grip. - Stand sideways on. - Reach high above and just in front of the right shoulder. - Hand moves from behind shoulder blade with bent elbow to hit the shuttle above the head. (Extending arm at elbow) - Non-dominant hand points to shuttle	↓ Stand close together when performing the clears ↑ Pupils evaluate their performances of the overhead clear ↑ Accurately replicate and perform diagonal clears	⦿ Use the overhead clears evaluation sheets to work together to analyse the strengths and weaknesses in the shot.	R+ How do you bounce back from a poor Overhead clear <input type="pencil"/> Produce the tactics to reduce the chances of hitting the clears long	English: Understanding of how newspapers present the news. Understanding the conventions of how newspapers are written. Objectives: To understand the content of a story, its presentation and its language. Retrieval of information and inference. Understanding of bias. To be able to write own newspaper story.		
Rallies	In fours – Two on each side. The pupils accurately replicate and perform rallies where they hit the shuttle and rotate to the back of the queue	To progress and enhance their physical strength, speed and flexibility of the clear To be able to confidently perform with accuracy, these shots in a rally, keeping the shuttle in the air. To improve the distance that they can hit the shuttle.			Q & A: of where this shot is used and why <input type="hand"/> Ask students for feedback regarding the clear	⊖ Define what a good shot would be when returning a clear? R+ Students must keep at it			
Increasing the range	In fours, on a half court the pairs are to stand one in-front of each other and accurately replicate and perform rallies with the other pair – hitting the shuttle over different ranges					<input type="pencil"/> Pupils design own practice to enhance clears R+ Work in groups to problem solve regarding weak clears			
Pairs try to direct the clears to rear corners of court.	A and B start in centre of court on opposite sides of the net. A high serves to B who must return the serve to the rear corners of A's court. A uses the overhead clear to return the shuttle to B before moving back to midcourt position.	To know that the clear is a defensive stroke and can be used to slow the pace of the game and regain position on court. To be able to use the clear to move an opponent around their court. To know to move back to midcourt position after each shot. To be able to use the clear to move your opponent around the court, to the rear and the rear corners.	- Your non-hitting shoulder is to face the direction you want to send the shuttle. - Make the opponent move away from where they already are, look for space.	↓ Decrease the distance between the clears ↑ Vary the corners each pupil hits the shuttle to	<input type="eye"/> Assess the body movements when performing the clears				
Testing and Targets	How many overhead clears without a mistake	To appreciate how to make adjustments and adaptations when performing	Use sets / volleys only	↑ Punish a bad return and start again ↑ Increase the distance between the clears	<input type="eye"/> Assess the actions when trying to watch and judge the flight of the ball	R+ Reward for resilience			
½ Court singles games.	Students to work on ½ courts (some will have to work between courts.) Observe Games Start with a serve and continue the rally. Count how many times you can get the shuttle over the net.	To be able to continue a cooperative rally using the overhead clear. To be able to modify and refine the overhead skills into techniques To be able to critically evaluate how well it has been achieved and finding ways to improve.	To use any shot to keep rally going Use correct serving technique	GET THEM TO MOVE PARTNER AROUND COURT	<input checked="" type="checkbox"/> Evaluate clears and offer feedback for the difficult returns. Q & A: Are they performing the returning skills and techniques in the games at speed	<input type="bullet"/> Discuss the tactics of using the clear in a game R+ Students learn from losing a point	Background reading of newspapers: hard copies and online editions. Group work and discussion. Multiple-choice. Self/peer/teacher assessed writing project.		
Leadership & Coaching	Create 2/3 drills to work on the Overhead Clears when mistakes arise within the games	To be able to modify and refine the Overhead clears strokes	Give clear instructions and teaching points for the Forehand and Backhand Clear strokes. Give praise	↑ Students look at ways of improving their shots and skills with fewer errors	<input type="eye"/> Coaches reflect on the shots used in the single games	R+ How do you bounce back from a clear	Science: Forces and motion Objectives: Forces being needed to cause objects to stop or start moving, or to change their speed or direction of motion (qualitative only)		
Officiating	Officiate the Singles half courts games	To be able to officiate fully a single game and understand the roles of line judges. To be able to umpire competitive fixtures.	Concentrate on each point and court at all times Know the rules Score correctly Use the correct the signals and scoring	↑ Explain why you made each decision ↑ Write the scores down	<input checked="" type="checkbox"/> Evaluate decisions, scoring, signalling and communication made in the games	<input type="pencil"/> Assess the skills R+ Students must be able to problem-solving skills.	Student expectations: I know that if something is going to move slower or faster, it needs to have unbalanced forces on it.		
Cool Down	Gentle walking along every line within the badminton court	To understand why you Cool Down and do rhythmical movement after exercise	- Gentle walking speed. - Take in deep breaths - Keep upright	↑ Ask pupils questions why a Cool down is essential after exercise	Q & A on the teaching points and objectives of the skill, activity and lesson <input type="checkbox"/> Use cool down cards with key phrases	<input type="pencil"/> Pupils create a new cool down for overhead clears			
Active lifestyle & Social Guidance	Discuss the benefits of joining a Badminton club and playing Badminton regularly								
Equipment	Rackets Shuttles Nets & Posts Badminton Chart Peer evaluation Sheets Cones Chalk for targets Pen Whiteboard								
Healthy Lifestyles and well being	State why 30 minute exercise a day is for your health?								