

	Subject: BADMINTON Service	Year:	Group:	Total No.:	M:	F:
	Lesson Description: Serving	Ability:	Period:	SEN:		
	NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b; 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Duration:	w/c:			

Objectives: To be able to perform a forehand and backhand serve using the correct technique to help gain an ascendancy over the opponent. To know and understand the rules governing the serve and the service areas. To be able to use the serve to begin a rally to gain an ascendancy over the opponent. To understand that the 'long high serve' is most effective in singles and the reasons for this.

Key Aspect of Transfers of Skills and Analysis	Throughout every aspect of this session :
	- Discuss and analyse the different types of services used and skills, positioning, disguise and phases of movement from the serve that gain an instant advantage and outwits an opponent in Tennis, Badminton and Volleyball
	- Identify the similarities and the teaching points found in each of these service skills to gain a strategic advantage when performing them
	- Enhance knowledge, understanding and the ability to transfer the range of service skills, tactics and approaches to gain ascendancy in practices and games

Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Warm Up and Teacher-Led Stretching	Students move to different areas of the court on teacher's call. Students take position midcourt. Teacher calls out lines and areas on the court which students move to and then return to midcourt - stretch	To understand the reasons for warming up and stretching at the start of the session. To be able to recognise different lines and areas on the court and be able to move around between them quickly. To understand the importance of stretching at the start of the session. To know the names of major muscles.		Use short sidesteps. Move as quickly as possible. Always face the net. Hold stretches for 8 seconds. No bouncing.	Observe pupils performances Q & A on benefits of stretching and their warm ups	⬆ Pupils demonstrate stretches they know and state the muscles that they stretch
Partners forehand serve to each other	- Demonstrate forehand serves to students away from net. - Students are to stand 5 metres away from each other and take it in turns to 'serve'. - Discuss rules of the serve.	To be able to perform an accurate forehand serve using the correct technique to gain an ascendancy over the opponent To know and understand the rules that dictates the technique of a serve.		Hold shuttle at waist, either by the tips of the 'feathers' or just above the rubber. Drop shuttle and aim to contact at knee height.	Evaluate pupils knowledge and understanding from answers and performances of service	⬇ Use short handled rackets or 'choke' the racket. ⬇ Stand closer together ⬆ Stand further apart.
Partners backhand serve to each other	As above using backhand serve.	To be able to perform an accurate backhand serve using the correct technique to gain an ascendancy over the opponent		Contact at thigh level. Push the shuttle.	⚡ - Discuss the benefits of out thinking opponents from the serve	⬇ take away nets ⬇ Stand pupils closer to the net ⬆ Pupils return poor serves ⬆ Pupils evaluate their own and their partners serving and analyse how they could improve it
Serving at the net	Use green badminton chart to outline to students the 2 service areas. Pairs stand on opposite sides of the net and take it in turns to attempt to serve into the service box. (Allow them to choose their favourite serve).	To be able to identify and describe the 2 service areas used in singles and doubles games. To be able to use either the forehand or backhand serve to land the shuttle in this service area. To understand that the 'long high serve' is most effective in singles and the reasons for this to gain an ascendancy over the opponent.		Singles = long & thin. Doubles = short & fat. Forehand = long & high Backhand = low and short.	M/C - Q & A : Are they outwitting their opponents from the serve Q & A : Are the skills predictable or unpredictable from the serve	⬆ Lay targets down on floor for pupils to serve into and improve their accuracy Cr – Discuss basic service tactics ⚡ - Pupils discuss how to gain an advantage over competitors from the serve
Serve &	If the serve is a good one try to	To be able to use the serves to begin a rally.		Watch the shuttle carefully to	Observe	⬆ Make sure return is to back

Rally	keep the shuttle going over the net. Count how many times the shuttle passes over the net before it touches the floor.	To be able to perform a forehand and backhand serve using the correct technique. To outwit the opponents when performing the serve To use a variety of serves and skills to outwit the defenders / opponents To be creative when serving in the game To be able to perform a rally from a serve To know and understand how to return the serve; the benefits of this; and how to perform this skill To be able to outwit opponents from service	see if it is going to land in. - Pupils must constantly look to outwit the defenders from various serves and positions - Pupils as a unit must try to be creative to outwit the opponents and opposing team to create a scoring opportunity from each serve	performances, skills and techniques used in the rallies Q & A on teaching points of serving and shots played in these Rallies	court ⬆ Pupils return poor serves ✍ - Students create tactics and strategies (in pairs) Allow pupils to create strategies to keep rallies going ??? Are the students gaining ascendancy from the serve? ??? Are the students getting into scoring positions from the serve?
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	Q & A on the teaching points and objectives	⬆ Ask pupils questions why a Cool down is essential after exercise
Informed Choices and Lifestyle	Discuss how we become and stay healthy Discuss the positive effects of a balanced diet for a Badminton players Discuss the benefits of a pre match and post match meal in Badminton. Describe what should be included in a Badminton players pre and post match meals				
Equipment	Rackets Shuttles Nets & Posts Badminton Chart Peer evaluation Sheets Cones Chalk for targets Pen Whiteboard				

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Play should not begin until the court is clear of stray shuttles. - Ensure that all jewelry is removed before the lesson.
- Check the workspace before the lesson for any hazards, i.e. wet gym floor
- Encourage students to get into the habit of protecting the face with the racket head.
- All nets and posts should be correctly erected and secure.
- Play should not begin until the court is clear of stray shuttles.