

Year 10 Badminton

Intro

These two lessons aim to promote the values of trust, respect, inclusion, equity and responsibility and help students to acquire and develop a variety of badminton skills

Lesson 1.

One hour duration

- a. Warm Up. 10 minutes.

Team Rallying. (*responsibility, inclusion*):

4-6 to a court. The group are numbered off and must keep the rally going in the numbered order. Aim for your best team score. Clear the court after your shot.

- b. Technical phase. 20 minutes.

Champions (*respect, responsibility*):

6 to a court. One player (Champion) starts on one side of the net. The first Challenger serves from the other side of the net. If the champion wins the rally he/she stays on playing against a new Challenger. If he loses the new Champion takes over on the opposite side. The teacher explains the rules then observes behaviour (TMs) on each court.

- c. Game phase. 20 minutes

Handicap Singles (*trust, responsibility, equity*):

The pupils are asked to give themselves a handicap value from 0-8 (0 for the top player in the group, 8 for the least proficient). The teacher accepts the handicaps that they give themselves. Games of singles up to 11 are now played using the handicap eg. if player X with a handicap of 8 plays player Y with a handicap of 4 then X starts the game on 4 points. The teacher can observe whether each player gives themselves a fair handicap and whether scoring is handled fairly.

- d. **Cool Down**. 10 minutes

Teacher-led introduction to teachable moments:

Teacher highlights examples of behaviour from a variety of pupils in terms of the chosen values eg. Observe for pupils who handle competition well and not so well. Are they good winners and good losers? A fair competition is a more enjoyable one. Try to choose at least one example from each of the five values.