

Key Stage 3 PE – Year 7

Enquiry Question:



Background

Students will have a basic understanding of the game and an experience of the skills required

Why we teach it

Sport that is played competitively in local, County and National competitions. Popular within our school community (student voice); aspirations of Academy.

Values

- Learn transferable skills
- BEST: Teamwork
- BEST: Bravery: Understanding their strengths and weaknesses and show resilience

Lesson	Title	Activities	Independent Learning	SMSC Links (Personal Development)	Transferable skills
1	Introduce the grip and ready position To be able to demonstrate & use the correct grip. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket from a ready position. To understand the different lines and areas on the court and be able to move around between them quickly.	Warm up – Highlight court lines. Pupils to run to lines when called out. Forfeits for last to the line. Pairs; demo grip and ready position. Teaching points; Shake hands, V of hand down side of racket, Wrist movement, side on racket up ready, on toes. Shuttle keepy uppy. Keep your eyes on the shuttle. Relax your wrist. Aim to land the shuttle in the centre of the racket face. Progression; backhand, spin round 360 degrees. 1-1 maintain a rally. Singles basic games-1v1 half court competition- use basic rules of badminton & scoring.	Students to officiate their own game. Give feedback to other students Think about their own performance and how it can be improved	Cooperation Integrity Resilience	Maths – keeping score English-communication
2	Introduce the underarm clear To perform and replicate underarm clear with control and coordination. To understand when best to use underarm clear. To develop the skill of outwitting an opponent using a combination of shots	Paired warm up – pupils to move along net using a side step motion throwing shuttle backwards and forwards. Progress to use of rackets. Underarm clear-discuss when it would be used? When shuttle drops below head. T.P’s – eye on shuttle, judge flight and position body close. Singles games - half court competition. Pupils to accurately score their match. Serve to start from service line.	Students to officiate their own game. Give feedback to other students Think about their own performance and how it can be improved	Cooperation Integrity Resilience	Maths – keeping score
3	Introduce the overhead clear To perform and replicate overhead clear with control and fluency. To begin to outwit opponents with movement of the shuttle. To understand court markings and basic scoring	Paired warm up – throw shuttle over net, partner to catch if possible and throw back. Progress to competition – 1 point for getting shuttle to touch the ground. Recap underarm clear in warm up. Demo forehand overhead clear. Teaching points; focus on contact point with shuttle, aim towards flight of shuttle with non-racket hand. Snap wrist on contact, high arc of shuttle 1 vs 1 – emphasis on aiming for backcourt area. Singles half court competition. Discuss basic rules, court markings & scoring.	Students to officiate their own game. Give feedback to other students Think about their own performance and how it can be improved	Cooperation Integrity Resilience	Science – forces Power of shot Maths – keeping score
	Introduce the drop shot To be able to outwit opponents using	Warm up – Pairs recap previously learnt skills – overhead/underarm clear over a net as a	Students to officiate their own game	Cooperation	Science – forces Power of shot

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Lesson	Topic	Example of Learning	Independent Learning		SMSC Links (Personal Development)	Transferable skills
5	Basic underarm service + court lines To accurately replicate a serving technique. To be able to strike the shuttle consistently with enough height and weight to carry the net. To begin to score & officiate a competitive doubles game using the correct court markings	Warm up – Highlight doubles court lines. Pupils to run to lines when called out. Use a variety of modes of movement. Recap all prior learning during a 2 minute badminton skill based warm up rally. Brainstorm badminton tactics. Teaching points; court dimensions (remember ‘short & fat’ = doubles – Pairs - practice under arm serve Progress to doubles games. Discuss the difference in court markings and positioning (1 front and 1 covering the back of the court).	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.		Cooperation Integrity Independence Communication	Maths – keeping score English-communication
6	Outwitting Opponents in a competitive game situation To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others	Warm up – 4’s student led-progressive pulse raiser and dynamic stretches. Recap prior learning in a 3 minute warm up rally. Play and perform clears and drop shots using the correct technique. Organise class tournament to allow all pupils to demonstrate learning against outcomes. (King of the court-3 minute games, winners move up and losers go down a court) Pupils to officiate and score doubles matches	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.		Cooperation Integrity Independence Communication	Maths – keeping score English-communication
7	Assessment-prep To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in basketball	Small matches 1v1 Using shots, correct technique decision making, movement around court, rules to show level for badminton	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.		Cooperation Integrity Independence Communication	Science – forces Power of shot Maths – keeping score
8	Assessment To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in basketball	Small matches 1v1 Using shots, correct technique decision making, movement around court, rules to show level for badminton	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.		Cooperation Integrity Independence Communication	Science – forces Power of shot Maths – keeping score English-communication