

Key Stage 3 PE – Year 9

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	Movement and forehand rallying To develop the ability to outwit opponents with movement of the shuttle. To understand the different lines and areas on the court and be able to move around between them quickly. To identify strengths and weaknesses when playing & adapt strategies where necessary.	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. Discuss importance of movement around the court? T.P's- Balanced stance, side on, racket up ready + push off toes to move direction quickly. 1 vs 1 maintain a rally. Place a cone in the centre of the court. Pupils must always retreat to cone to work on positioning. Singles/doubles games-mini competition. Recap rules of badminton & singles/doubles scoring. (Court dependant)	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	Overhead Clear To perform and replicate overhead clear with direction and intention to outwitting an opponent. Begin to attempt more advanced variations of this shot including the backhand clear. To score and officiate games fairly.	Warm up – pairs - overhead clear rally without net. Discuss overhead clear variations. Depth and drop shot versions. Teaching points; Disguise is important, body preparation is the same so as not to indicate to opponent. Snap wrist on contact, high arc of shuttle (See 'overhead clear' QR code) 1 vs 1 practice on half court. Singles/doubles games-mini competition. Recap 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 count
3	Smash/Jump Smash To be able to accurately replicate a smash shot with control and power. To understand the importance of movement and preparation for an effective smash and how to make adjustments. To officiate badminton matches fairly and accurately.	Warm up – hopping and jumping relays. Progress to use of shuttle and racket. 1-1 – underarm clear feed to smash, 5 each. Teaching points; Snap wrist, Aim towards ground, progress to use of jump smash (timing is key – See 'jump smash' QR code) Use hoops to target certain areas of the court. Singles/doubles games-Conditional games- 2pts for hitting spots/targets on the court. King of the court competition.	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 English-communication
4	Drop shot (underarm and overarm) To replicate simple and more complex drop shot variations. To understand drop shot placement to produce a productivity outcome. To begin to develop strategic and tactical play during a rally. To confidently score a game.	Pairs warm up – Recap previously learnt skills in a cooperative rally. Discuss disguising shots. Demo short drop shot and overarm drop shot. Pairs to experiment with drop shot variations. Teaching points; deception, low over net & use of angles. Discuss tactics - Now allow use of overhead clear to force opponent backwards and follow up with drop shot to control rally (See 'deception' QR code)	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

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Lesson		<p>Example of Learning</p>	<p>Independent Learning</p>	<p>SMSC Links (Personal Development)</p>	<p>Transferable skills</p>
5	<p>Doubles and singles tactics To develop their understanding and knowledge of basic outwitting strategies. To understand how movement of the shuttle will result in dominating rallies. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending.</p>	<p>Warm up – 4’s student led-progressive pulse raiser and dynamic stretches. Recap all prior learning during a 2-minute badminton skill based warm up rally. Brainstorm badminton tactics. Doubles positioning. (Front and back court or side to side). Focus on taking advantage of opponent’s mistakes. Important to judge the flight of the shuttle and move opponent/s around court. Singles and doubles games – king of the court competition.</p>	<p>Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation Integrity Independence Communication</p>	<p>Maths – keeping score</p>
6	<p>Outwitting Opposition To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules.</p>	<p>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 the forehand clear and drop shots using the correct technique. Organise class tournament to allow all pupils to show progression (King of the court- 3 minute games, winners move up and losers go down a court) Pupils to officiate and score singles and doubles matches. Even score = serve from right side. Odd score line = serve from left hand side.</p>	<p>Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation Integrity Independence Communication</p>	<p>Maths – keeping score</p>
7	<p>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</p>	<p>Small matches 1v1 Using shots, correct technique decision making, movement around court, rules to show level for badminton</p>	<p>Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation Integrity Independence Communication</p>	<p>Science – forces Power of shot Maths – keeping score</p>
8	<p>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</p>	<p>Small matches 1v1 Using shots, correct technique decision making, movement around court, rules to show level for badminton</p>	<p>Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation Integrity Independence Communication</p>	<p>Science – forces Power of shot Maths – keeping score English-communication</p>