

Subject: Physical Education

Grade: 7/8

Lesson Title: Intro to Badminton

Teacher: A. Willner

Stage 1: Identify Desired Results

Outcome(s)/Indicator(s):

PE 7.7—*Analyze and apply, with guidance, movement concepts while participating in: net/wall games (e.g., badminton - body awareness in ready position to receive a serve)*

- a. Select and practise effective grip, footwork, and body movement to execute the various strokes used in net games such as tennis, badminton, table tennis, and pickleball.
- b. Demonstrate recommended footwork for movement on the court and field as required for the situation.

PE8.7—*Analyze the situational decisions, of self and others, while under the pressure of game play in target games, net/wall games, striking/fielding games, invasion/territorial games, and low-organizational, inventive, and cooperative games to determine the effectiveness of the decisions and to propose options for improvement.*

- a. Discuss and practise options for strategic choices to use in specific game situations, whether real or created

Key Understandings: ('I Can' statements)

- I can demonstrate how to hold a badminton racquet properly
- I can demonstrate an overhand and underhand hit

Essential Questions:

- Why is it important to have a proper grip/hold on a racquet?

Stage 2: Determine Evidence for Assessing Learning

- Students can demonstrate how to hold a badminton racquet properly
- Students can demonstrate an overhand and underhand hit

Stage 3: Build Learning Plan

Set: Warm Up

Time: 15-20 minutes

1. Walk until everyone is there, run
2. Dance: Cupid Shuffle, Bird Dance

Development:

Time: 35-40

1. Badminton skills
 - a. How to hold a racket
 - b. Overhand/underhand striking
2. Practice with a partner passing back and forth.
3. Deal or No Deal—review the rules

Materials/Equipment:

- badminton racquets
- Badminton birdies
- jump ropes

Management Strategies:

- equipment down when I am talking

Learning Closure:

Time: 5 minutes

1. Equipment away
2. Change out
3. Quietly line up at the door

Safety Considerations:

-make sure that your partner is paying attention when you are practicing your skills

Possible Adaptations/

Differentiation:

-practice against the wall instead of with a partner

Stage 4: Reflection