Lesson Plan
Department of Exercise and Sport Sciences
Manchester College

Teacher: Kalie Carlisle Date of Lesson: 10-27-2009 Time Period 1:05-1:50pm
Grade Level: 8th Number of Students: 26 Lesson Focus: Badminton
Teaching Style: Problem Solving

Academic Standards
C Movement Concepts: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

A Responsible Personal and Social Behavior: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

P Motor Skills and Movement Patterns: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Performance Objectives
C Student will be able to write down their group’s plan to use all of the equipment provided on the badminton problem solving worksheet with 85 percent accuracy.
8.2.3 Describe strategies used in a net/wall game situation.

A Student will be able to cheer on team members during badminton slide relays with 100 percent accuracy.
8.5.5 Value others during physical activity.

P Student will be able to demonstrate the overhand clear shot against the wall using the racquet in the open position 7 out of 10 tries.
8.1.1 Combine and refine fundamental techniques in games and sports and work towards achieving competence in increasingly complex physical activity contexts.

Equipment/Materials
26 badminton racquets
52 shuttles
Marking Tape

Skill Development (Incorporate Gardner and Bloom references)
Fitness Activity
Badminton Slide Relays

1. Students will be in groups of four
2. Student one will slide down to the half court line pick up a racquet and bounce ball up & down to end line. Then turn around and bounce back to half court line to put equipment down. From the half court line student will slide back to starting line.
3. Then student two, three, and four will go

Introduction/Set Induction
Today we are going to learn about Badminton. Has anyone ever played badminton before? This is a great activity to play with friends and family
in a gym or a backyard. Badminton is similar to tennis, but in Badminton you use your wrist and not your arm. In today’s lesson we are going to learn the clear shot.

Introduce New Skill
Explanation/Demonstration
Clear shot
Forehand Grip
Shake hands with racket at the base
Form a V with thumb and forefinger on top of handle
Overhand Clear Shot
Drop the racket arm down behind the shoulder, cock the wrist, and keep the weight over the back foot
Lead with the elbow on the forward motion, shift weight to front foot
Contact the shuttle slightly in front of the body
Follow through
Underhand Clear Shot
Same as the shot before, but the shuttle is contacted from below, driving the shuttle upward and deep
Make a wide semicircular pattern with racket arm
Rotate the body into the shot
Teaching cues
Powerful swing
1. Long backswing
2. Rotate body into shot
3. Full extension of arm
4. Grip fingers firmly on contact
5. Follow through
Contact points- (Show picture)
A. Closed, smash
B. Square, drop
C. Open, clear

Guided Practice Activity
Learning Clear Shots
Students will practice against the wall
The overhand clear shot
The underhand clear shot
Partner Toss
Partner one will toss to the left of partner two
Partner two will have to decided to use the overhand or underhand shot based on partner one’s toss
Will hit 10 times then switch rolls

Group Activity
Problem Solving Activity
1. Students will be in groups of 5
2. Students will have 5 different types of racquets and types of shuttles.
3. Directions to students
a. Figure out in your groups how to use all of the five racquets to get all of the shuttle cocks from the starting point to the ending point in the least amount of time.

b. Fill out the worksheet

c. At the end students will show the rest of the class their plan

Assessment (Form Attached)

See attachment

Instructional Adjustments

✓ Use a bigger racquet
✓ Use a smaller racquet
✓ Use a large colorful shuttle cock
✓ Use a small weighted shuttle cock
✓ Have students closer to wall or further away from wall

Closure

1. What are two ways that you can clear a shot in badminton? (overhand and underhand)
2. If I want to clear a shot my racquet must be in what position? (Open)
3. Did you all like working as a team in the problem solving activity?
   a. Pick out two students to tell what they liked about it
4. What techniques worked well in that activity?
   a. Pick out two students to tell

References


Badminton Problem Solving Worksheet

Group Member Names:

Directions
Figure out in your groups how to use all of the five racquets to get all of the shuttle cocks from the starting point to the ending point in the least amount of time.

Write groups plan out (in bullet points)

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•
•
•
•
•
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Draw out plan

Starting point

Ending point