

LESSON PLAN

Student Teacher: Trey Forbes
Team Teacher: Miss. Lauzon

Grades: 4th-6th

Teaching Date: February 26, 2009

Standard(s):

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (Standard 1)

Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (Standard 2)

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings. (Standard 5)

Performance Objective(s)/Indicator(s)

Psychomotor: TSW demonstrate the ability to accurately underhand and overhand clear the shuttle within badminton boundaries 7 out of 10 times.

Cognitive: TSW demonstrate knowledge of the game by using the proper grip and technique for the shot designated.

Affective: TSW practice safety as they develop the skills of badminton.

Equipment Needs: 15 badminton rackets, 15 shuttles

PRACTICE OPPORTUNITIES

Time	Instructional Activities (Detailed)
2-3 min.	Intro- The purpose of the clear shot is to move the defense players back so you can get back in to good position to play again. It can also be used to set up the defense for a short shot. Today we are going to work on the overhead and underhand clear shots. Demonstrate both the overhead and underhand clears.
5-6 min.	Overhead Clear- Have students pair up, grab a racket, and one shuttle per group. The students will line up with their partner 20-30 feet from the north wall. The first partner will be up while the other partner is standing within a safe distance behind them. When I say go, the first student will toss up the shuttle to him or herself and clear it against the wall. They will then retrieve their shuttle and hand it to the next partner. The second students will wait to hit until I say go.
5-6 min.	Underhand Clear- Demonstrate the underhand clear to all the students. Have students line up exactly like the overhead clear activity, except this time they will be doing the underhand clear.
4-5 min.	Group Activity- Number the students off by two's. Have the number ones stand in a line facing the north wall, and the number two's a safe distance away also facing the north wall. Two other teachers will grab a racket and all the shuttles. The teacher will hit the shuttle at the first person in line and they must clear it, either overhead or underhand, 10 feet high on the wall. The first group to 10 wins.

2-3 min.	Closure- Review the forehand grip, overhead clear, and underhand clear. Tell them when they get back from drink break Miss. Lauzon will be teaching them the serve.
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PROCEDURES

<p>Introduction (Set Induction): Explain to the students the purpose of the clear shot. Today we are going to focus on the overhead and underhand clear.</p>

SKILL ANALYSES

Skills to be Taught	Teaching Cues
Forehand Grip:	-Form “v” with thumb and forefinger on top of the handle -Thumb wraps around the handle
Backhand Grip:	-“v” is over the top left bevel -Thumb is around the back bevel
Overhead Clear:	-Non-racket foot forward for forehand -“Scratch Back” with racket -Racket open when contacting shuttle
Backhand Clear:	-Non-racket foot forward for forehand -Racket comes by side of racket-hand leg -Hit high and far

<p>Closure: Review the forehand grip, overhead clear, and underhand clear. Tell them when they get back from drink break Miss. Lauzon will be teaching them the serve.</p>
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References:

Zakrajsek, D. B., Carnes, L.A., & Pettigrew Jr., F.E. (2003). *Quality lesson plans for secondary physical education*. Champaign: Human Kinetics.

Darst, P.W., & Pangrazi, R.P. (2006). *Dynamic physical education for secondary school students*. San Francisco: Pearson Education.