

Badminton Unit Plan

I. STANDARDS AND UNIT OBJECTIVES

A. Cognitive Standards

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

1. Students demonstrate understanding of the movement concepts involved in badminton.
2. Students demonstrate knowledge with the rules of Badminton, equipment, court size and terms.

B. Affective Standards

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and or social interaction.

1. Students will understand badminton at family reunions and in clubs outside of school.

C. Psychomotor Standards

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

1. Students will be able to demonstrate the Forehand Grip by 4 out of 5 times.
2. Students will be able to demonstrate the Backhand Grip by 4 out of 5 times.
3. Students will be able to demo an Overhead Clear Shot over the net into the opponent's court during a game situation, 7 out of 10 times.
4. Students will be able to demo an Underhand Clear Shot over the net into the opponent's court during a game situation, 7 out of 10 times.

II. MOTOR SKILLS

A. Long serve/ short serve

1. Stand 3 to 4 feet behind short serve line
2. relax
3. cock racket back to get a lot of back swing drop shuttle cock
4. hit cock at knee level
5. The same for the short serve except you hit at thigh level instead of knee level.

B. Over head clear

1. Position self behind or under the fallen birdie
2. Put racket at back scratching position
3. snap wrist when you hit birdie
4. hit high and should be 18 to 20 feet high.

C. Forehand/ Backhand net clear

1. Lunge at shuttle racket leg forward at contact
2. hit high
3. rotate wrist like flipping pancake towards your opponents back court.
4. The backhand is the same but you are lunge at the opposite side of the net so you rotate your wrist backwards.

D. Smash

1. Get in racket in front of you
2. angle racket in a downwards angle
3. move forward no back swing hit down hard and fast.

III. DRILLS AND LEADUP ACTIVITIES

A. Long serve/ short serve

1. Low service drill- this drill you have a partner and you serve back and forth trying to keep the birdie low to the net.
2. Drive serve drill- this drill you have a partner and you serve back and forth trying to get the birdie deep into the back court of you partner.

B. Overhead Clear Shot

1. Shadow badminton- you are just copying your partner with the moves that they do.
2. multiple shuttle overhand stroke- this is where there are more than one birdie flying in the air as you hit them all back and forth working on you reaction time.

C. Forehand/ Backhand net clear

1. Clear-drop net flight drill- you are trying to barely get the birdie over the net then you are trying to get it deep in the back of the court.
 2. Wall rally drill- you hit the birdie off the wall as you work on your forehand and backhand while trying to keep the birdie in the air.
- D. Smash
3. Smash drill- you have a partner who tosses the birdie up to you along the net and you smash it down towards him.
 4. Smash block drill- you are trying to recover from your partner smashing the birdie at you.
 5. Shadow badminton- you are just copying your partner with the moves that they do.
 6. multiple shuttle overhand stroke- this is where there are more than one birdie flying in the air as you hit them all back and forth working on your reaction time.

IV. SKILL TEST

- A. Lockhart-McPherson Badminton Test is a test that will see if the students have the skills to play a basic game of Badminton. For this test you need tape, a smooth wall, stop watch, a timer which can keep score and record also and materials to keep score. The students have a fifteen second practice right before they actually do the test. The test is three thirty second trials. The students will line up behind a starting line, and then put the birdie into play while staying within the restraining box that is taped on the floor. The objective of the skills test is to keep the birdie in the air while hitting it above the tape mark on the wall that is supposed to be the net each time you hit the birdie above the net without going too high you get a point. You are trying to get as many points as possible. If the birdie touches the floor then you don't get a point and you have to start at the beginning again behind the starting line also if you go out of bounds you gain no points. This skills test works on hand eye coordination, agility, foot work, your serve, the grip of the racket and your shot to keep the ball in play. (see attachment)

V. WRITTEN TEST

- A. The written test will include the rules, history, terms, equipment used and court size.

Badminton Test

1. What is the national governing organization of badminton in the United States?
 - A. American Badminton Association
 - B. National Badminton Association
 - C. United States Badminton Association
 - D. National Badminton Rule committee
2. What is the name of the organization that governs the internationally?
 - A. International Badminton Association
 - B. World Badminton Association
 - C. International Badminton Federation
 - D. Olympic Badminton federation
3. In what country was the modern game of badminton developed?
 - A. United States
 - B. England
 - C. Denmark
 - D. Japan
4. Who introduce the game in England?
 - A. Prince
 - B. Elton John
 - C. King George III
 - D. The Duke of Beaufort
5. What type of racket is most likely to warp if not kept in a press?
 - A. Wooden frame and nylon strings
 - B. Piece of crap
 - C. Metal frame and gut strings
 - D. Wooden frame and gut strings
6. What type of grip is on good rackets?
 - A. leather
 - B. Plastic
 - C. Composition
 - D. Nylon
7. What type of strings last longest?
 - A. Nylon
 - B. Cat gut
 - C. Sheep gut
 - D. Polyester

8. What type of string has the greatest resiliency?
 - A. Nylon
 - B. Gut
 - C. Polyester
 - D. Dacron

9. What is the correct height of the badminton net at the middle of the court?
 - A. 3 feet
 - B. 8 feet
 - C. 11 feet
 - D. 5 feet

10. What is the difference in an indoor and outdoor shuttlecock?
 - A. Band of color around the base
 - B. Material of the feathers
 - C. Weight of the shuttle
 - D. Color of the shuttle

11. What is the difference in practices shuttles and official tournament shuttles?
 - A. Band of color around the base
 - B. Material of the feathers
 - C. Weight of the shuttle
 - D. Color of the shuttle

12. How many points does the server get for winning a rally?
 - A. 1
 - B. 2
 - C. 3
 - D. 5

13. How many points must be won by one player to complete a game of women's singles?
 - A. 6
 - B. 11
 - C. 15
 - D. 21

14. How many points must be won by one player to complete a game of men's singles?
 - A. 11
 - B. 15

- C. 21
- D. 32

15. How many points must be won by one team to complete a game of women's doubles?

- A. 11
- B. 20
- C. 15
- D. 32

16. How many points must be won by one team to complete a game of men's doubles?

- A. 15
- B. 23
- C. 20
- D. 11

Badminton Answer Sheet for Test

- 1. C
- 2. C
- 3. B
- 4. D
- 5. D
- 6. A
- 7. A
- 8. B
- 9. D
- 10. C
- 11. B
- 12. A
- 13. B
- 14. B
- 15. C
- 16. A

VI. Block Plan

BLOCK PLAN
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Steps	Monday	Tuesday	Wednesday	Thursday	Friday
FIT	Aerobics	Stretches	Fitness stations	Obstacle course	Relays
SKL	Intro to Badminton	Cont. intro	Introduce forehand grip	Review forehand grip	Intro backhand grip
ACT	Grip volley by self	Review grip volley partners	Low service drill	Drive serve drill	Clear drill
FIT	Pacer	Fitness stations	Aerobics	Stretches	Relays
SKL	Rules	Over head clear shot	Underhand clear shot	Rules	Review
ACT	Smash and block drill	Clear-drop net flight drill	Drive serve drill	Skills test	singles
FIT	Obstacle course	Relays	Stretches	Fitness stations	Aerobics
SKL	Volley challenge	Review rules	Review everything	Volley	History
ACT	Singles	Doubles	Doubles tournament	Finish tournament	Written test

VII. References

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