P.E Wings Gr. 10 : Badminton Unit Timeline

Teachers: Danielle Andriulaitus and Nicole Lau Equipment: Rackets. Nets. Shuttles. POSITIVE ATTITUDE

April 30th, 2013

|  |  |  |
| --- | --- | --- |
| Activities | Time Frame | Task components and communication |
| Warm Up & Stretches | 10 mins | 2 laps  Lunges, high knees, butt kicks etc.  Improv stretching: arms, legs, etc. |
| Lesson  Skills  Game Activity | 40 mins | Address etiquette and safety  Racket Gripping  Practice/Warm Up Rally-get comfortable  Serving: Forehand & Backhand  High & Deep shots  Light & Short  Practice with a partner. 10 each  Shots for game play: Forehand and Backhand hits  Singles rotating activity. Rally and practice serving & shots. |

May 2nd, 2013

|  |  |  |
| --- | --- | --- |
| Lesson Components | Time Frame | How tasks will be communicated |
| Warn Up & Stretches | 10 mins | 2 laps  Lunges, high knees, butt kicks  Improv stretching: arms, legs, etc. |
| Lesson  Skills  Game Activity | 40 mins | Review last class  Types of shots: Drop shot, Clear, Smash  Strategy: Side to side. Clear and drop shot combination  Logistics: Boundary lines  Demonstration of scenarios in a real game  Singles Ladder Tournament |

May 7th, 2013

|  |  |  |
| --- | --- | --- |
| Lesson Components | Time Frame | How tasks will be communicated |
| Warn Up & Stretches | 10 mins | 2 laps  Lunges, high knees, butt kicks etc.  Improv stretching: arms, legs, etc. |
| Lesson  Skills  Game Activity | 40 mins | Review of last class  Doubles: Strategy- Work back and front or side to side  Communication etc.  Logistics: serving rotations & boundaries  Demonstration of scenarios in a real game  Doubles Tournament (pairing based on singles results? Very top with very bottom, work towards the middle pairing people) |

May 9th, 2013

|  |  |  |
| --- | --- | --- |
| Lesson Components | Time Frame | How tasks will be communicated |
| Warn Up & Stretches | 10 mins | 2 laps  Lunges, high knees, butt kicks etc.  Improv stretching: arms, legs, etc. |
| Lesson  Game Activities | 40 mins | Review of last class  King of the Court  Continue/new ladders tournaments |

Doubles and Singles Games Activities

**King of the court**- Two people rally and a third person waits. The winner of the rally gains a point. And the loser switches off with the person whose waiting. Can stay in threes or challenge around.

**Ladders Tournament-** Randomly place pairs or people in a column. People can only challenge those two above themselves. One cannot deny a challenge unless already challenged by another. All regular game rules apply. If the bottom people defeat those above, they take the place on the board, the losers only move down one spot. (Do not take the place those who defeated them)

**Rotating People-** Every 5 minutes one side of the courts move clockwise to a new opponent. Used to practice shots etc. Can keep track of score in the forms or games, or just be used as a non-competitive way to practice serving, shots, strategy etc.