P.E Wings Gr. 10 : Badminton Unit Timeline

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

April 30th, 2013

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| Activities | Time Frame | Task components and communication |
| Warm Up & Stretches | 10 mins | 2 lapsLunges, high knees, butt kicks etc. Improv stretching: arms, legs, etc. |
| LessonSkillsGame Activity | 40 mins | Address etiquette and safetyRacket GrippingPractice/Warm Up Rally-get comfortable Serving: Forehand & BackhandHigh & Deep shotsLight & ShortPractice with a partner. 10 eachShots for game play: Forehand and Backhand hitsSingles rotating activity. Rally and practice serving & shots.  |

May 2nd, 2013

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| Lesson Components | Time Frame | How tasks will be communicated |
| Warn Up & Stretches | 10 mins | 2 lapsLunges, high knees, butt kicks Improv stretching: arms, legs, etc. |
| LessonSkillsGame Activity | 40 mins | Review last classTypes of shots: Drop shot, Clear, SmashStrategy: Side to side. Clear and drop shot combinationLogistics: Boundary lines Demonstration of scenarios in a real gameSingles Ladder Tournament |

May 7th, 2013

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

May 9th, 2013

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| Lesson Components | Time Frame | How tasks will be communicated |
| Warn Up & Stretches | 10 mins | 2 lapsLunges, high knees, butt kicks etc.Improv stretching: arms, legs, etc. |
| LessonGame Activities | 40 mins | Review of last classKing of the CourtContinue/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.