

Old Dominion University
Physical Education Lesson Plan

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Unit: badminton
striking # 4/5

Lesson Focus: Backhand striking/ Serving/ forehand

Grade Level: 6th

Lesson Duration: 45 min.

Instructional Model: Motor Skill Theme

Part 1 – Standards, Objectives, and Assessment

Learning Targets:

- I can identify muscles used when striking a birdie
- I can explain how each plane of motion is used when playing badminton
- I can determine which strike to use when the birdie is coming toward me
- I can use the correct hand placement for each strike

Lesson Goal(s)

- By the end of the lesson, the students should be able to know how to use the proper technique to forehand strike a birdie using their hands
- The students should be able to understand how to pass the birdie to another person and/or target
- The students should be able to understand how to receive a birdie hit by another student
- The students should be able to participate in all class activities cooperatively without disturbing the class or lesson
- The students will be able to perform the activities in a safe manner

Objective:

Students will demonstrate how to strike a birdie with forehand strikes, back hand strike, and serving consistently, which will be taught during the lesson.

Domain: Psychomotor

SHAPE: Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

VA SOL: SOL 6.1.a Demonstrate skill attainment in one or more lifetime activities.

Assessment: Students will be evaluated with peer assessment. Students will be given a rubric with a certain amount of points allotted. Their partner will check off whether or not they can accurately demonstrate the tasks.

Objective:

Students will understand how to strike a birdie using proper techniques.

Domain: Cognitive

SHAPE: Standard 3- The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

VA SOL: SOL 6.1.b. Apply and demonstrate the knowledge of how movement is created, directed, and stabilized in one or more lifetime activities.

Assessment: Students will be evaluated using a checklist that is evaluated by the teacher, if they understand and can demonstrate how to properly strike a birdie.

Objective:

Students will be able to demonstrate appropriate encouragement to peers and receive feedback.

Domain: Affective

SHAPE: Standard 4- The physically literate individual exhibits responsible personal and social behavior that respects self and others.

VA SOL: SOL 6.1.d. Demonstrates appropriate and proper use of equipment in one or more lifetime activities.

Assessment: Students will reflect on how they communicated to their peers and how that affected their peers.

Part 2 - References & Equipment

References: Instructor

Equipment: birdies, balloons, badminton rackets, badminton net

Part 3 - Lesson Activities

Instant Activity (Time: 5 mins)

Organization/Transition: Students will gather in the center of the gym to receive instruction from the teacher for colored octopus.

Description: Students will play colored octopus. During this game various colors will be called. If the student is wearing that color they must run across the mac court without being tagged.

Materials: Mac Court

Set Induction (Time: 2-3mins)

Organization/Transition: Students will be sitting in front of teacher in the center of the gym to receive directions for the day's activities.

Description: Teacher will review the learning targets. Students will be asked what they know about badminton and how to properly strike the birdie.

Materials: Learning target board

Main Lesson

Activity 1

(Time 5 mins)

The Floor is Lava

Organization/Transition: Students will gather in front of teacher and given instructions. Once instructions are given students will get a balloon and racket find their own self space and begin the activity.

Description: Starting off students will be in their own self space bouncing the balloons using their rackets. Students will explore different angles with their hand to see where the balloon travels. Once students feel comfortable they will be able to walk around the gym and practice different type of striking techniques (forehand and backhand)

Equipment: Balloons

Cues: Eyes on balloon, level racket, flick of the wrist, follow through

Modifications: birdie, or bigger rackets

Extensions: Move to gator balls and practice different ways of striking.

Activity 2

(Time: 10-15 min)

Partner passing

Organization/Transition: Students will stand around the teacher with the ball/birdie or balloon and racket on the floor by their feet while instructions are given. Once instructions are given students will find their own self space and begin the activity.

Description: Students will find a partner and their own self space. Students will begin striking the birdie to one student and then they will catch it and return the birdie. First students will start with forehand then move on to backhand.

Equipment: Birdies and rackets

Cues: Eyes on the birdie, forehand, follow through, arms extended

Modifications: Students can use a balloon.

Extension: Take a step back for every completed pass with the partner

Activity 3

(Time: 10 - 15 min)

Service

Organization/Transition: Students will stand where they are with their birdie and racket at their feet while instructions are given. Once instructions are given students will find a partner and begin the activity.

Description: Students will find a partner and stand in their own self space facing each other. Students will practice serving the birdie to one another using correct technique.

Equipment: lines on the mac court, birdies and rackets.

Cues: eyes on the birdie, follow through, teamwork, flick of the wrist

Modifications: use a balloon

Extension: take a step back for every completed pass between each partner.

Activity 4

Play badminton

(Time: 10 -15 min)

Organization/Transition: Students will stand around the teacher with their birdie and racket at their feet while instructions are given. Once instructions are given students will find their place on each side of the net and begin playing.

Description: Students will get into small teams of 4 and play a game of badminton. First team to 20 points wins

Equipment: Mac Court lines, birdie, rackets, badminton net

Cues: eyes on the birdie, be ready, follow through, move quickly, team work, flick of the wrist

Modifications: use a balloon.

Extensions: Every student must touch the birdie before it goes over the net

Closure

(Time: 5 min)

Organization/Transition: Students will stop and give their birdie and racket to the teacher. Students will then be instructed to sit in front of the teacher to answer questions.

Description: Once students are sitting quietly; the teacher will make small groups where students will then participate in “think, pair, share” once they are done discussing students will share with the class their findings. If something is missed, the teacher will go over it.

Equipment: Learning Targets board

Part 4 - Reflection

Did the students learn the correct technique for each type of strike

Can the students describe how to strike a birdie correctly?

Did the lesson have high activity level?

Does anything need to change to make this lesson more effective and engaging?

Did the students offer appropriate encouragement?