

BADMINTON – ONE MINUTE RALLY (YR 5)

Quick introduction

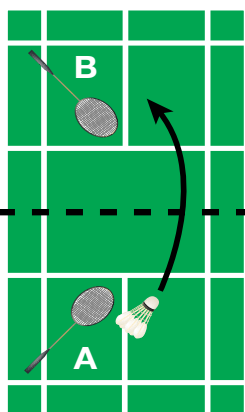
This is a co-operative challenge to see how many shots can be made in a certain time. Use as a ladder for pairs of players or a team competition.

Getting started

- One minute timed by the teacher.
- Players try to hit as many shots as possible over the net in one minute.
- In pairs (pupils A and B) co-operatively hit the shuttle to each other. They count how many times the shuttle travels over the net in one minute. If the shuttle touches the floor, play can continue starting from the last score obtained e.g. 1, 2, 3, 4, 5, 6, 7, 8 shuttle touches floor 9, 10, 11 ...
- When striking the shuttle, both feet must remain on or behind the service line. The recovery step may take the player forwards following the hit, however, if both feet move over the line, the rally challenge attempt ends.
- Half a court allocated to each pair.
- Put throw-down lines or masking tape down the centre of the court to mark two separate half courts.
- Team challenge: At the end of the time, all scores are added together to obtain a class record. Change rally partners. Can you beat the class record?

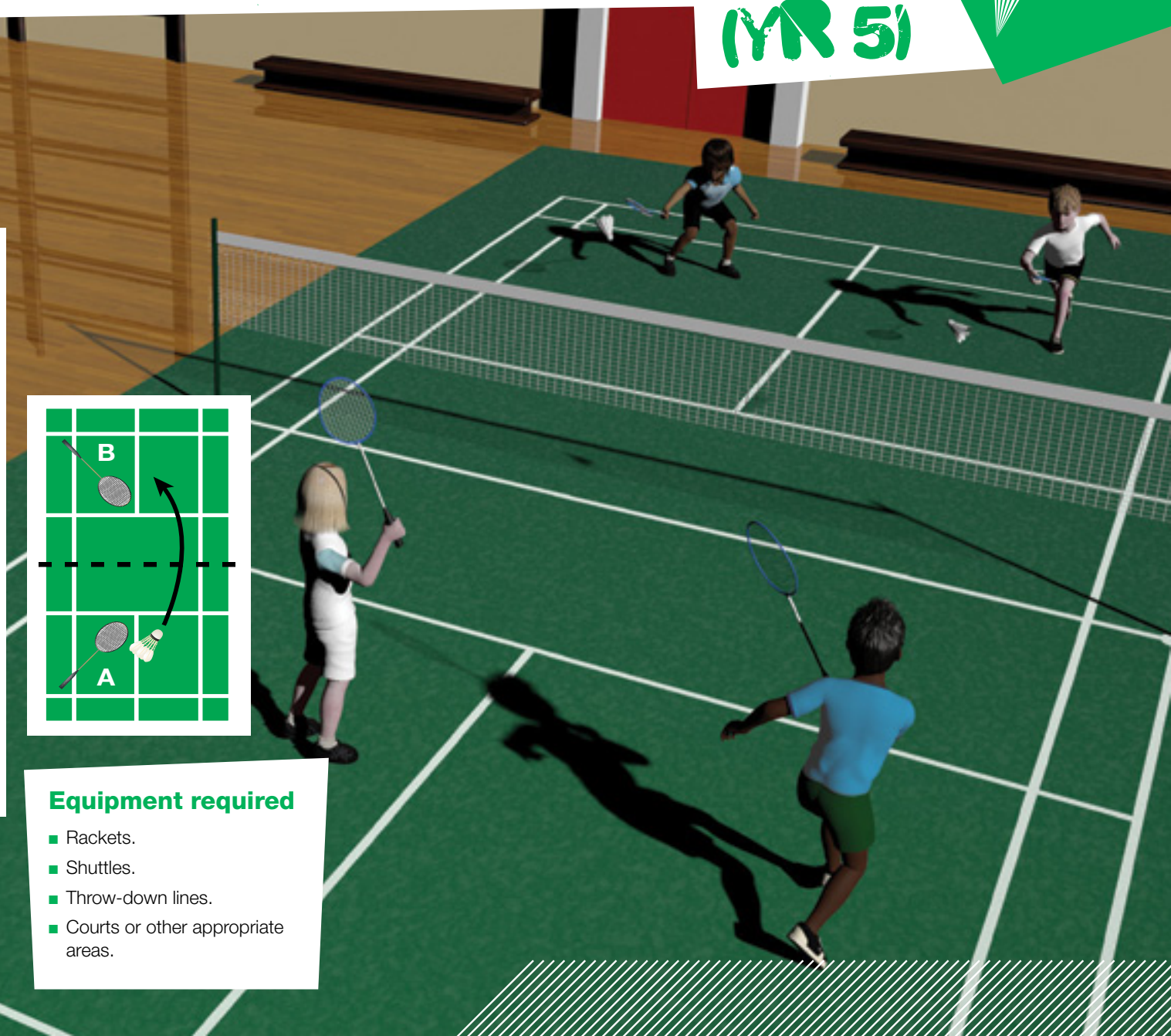
Health and safety

- Be aware of the game on the neighbouring court to avoid collisions.



Equipment required

- Rackets.
- Shuttles.
- Throw-down lines.
- Courts or other appropriate areas.



BADMINTON – ONE MINUTE RALLY CHALLENGE (YEAR 5)



PHYSICAL ME

- Focus on teamwork (co-operation).
- The final count is the last time the shuttle passes over the net.
- Hitting forehand to forehand, or backhand to backhand may result in a higher number of shots.

SOCIAL ME

Leading and volunteering

- Young Officials/Leaders can be used to count the number of shots hit in one minute.
- Equipment managers could get out the equipment and mark out the areas.

Think inclusively (STEP)

Space

- Players can stand closer to the net to aid accuracy or further away to give more reaction time.

Task

- For players developing basic hitting skills, one partner can play the shuttle over the net while the other catches it and throws it back; partners swap roles halfway through the time.

Equipment

- Lower the height of the net or play without a net; this may help beginners or those playing from a seated position (for example, some wheelchair users).

People

- Visually-impaired players can use a larger 'shuttle', such as a beach ball or balloon ball; a partner can catch and toss back.

THINKING ME

- How can I hit ten shots in a row with my partner?
- How can I try to rally forehand to backhand with my partner and vice versa?
- How can I step forward as I strike the shuttle (step forward on the leg which is the same side as the racket is held)?

SPORTING ME

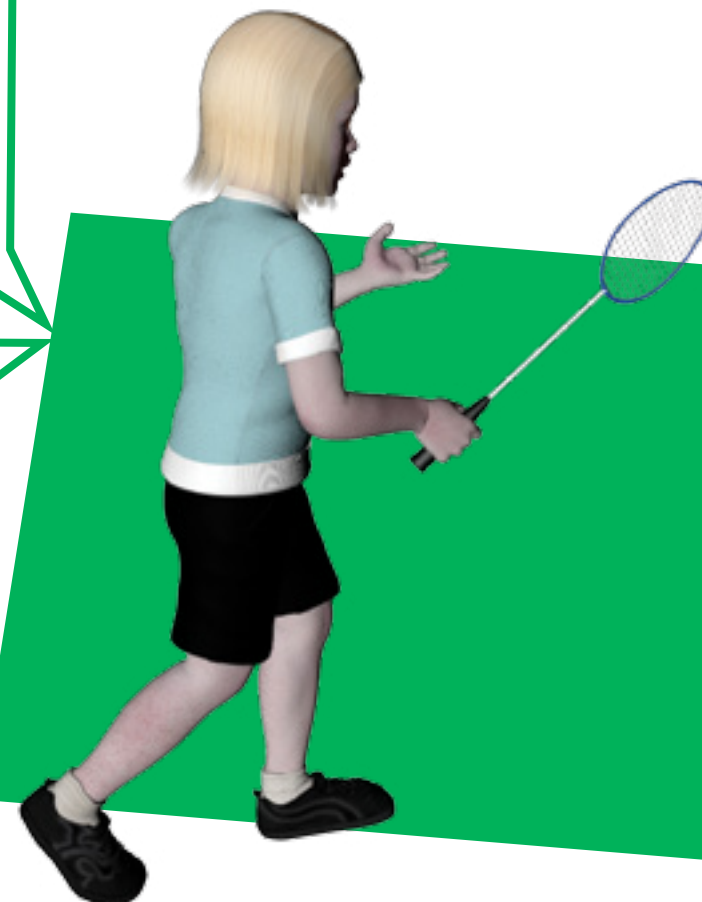
Spirit of the Games: *Excellence through Competition*



Each time I start a rally I try really hard to get a better score than last time.

TACTICAL ME

Even though I am co-operating, how can I practise hitting the shuttle into different areas?



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BADMINTON – LUNGE, CATCH, THROW AND RETURN (YR 5)

Quick introduction

This is a progressive challenge with players practising the lunge. Use to set individual personal bests or as a pairs competition.

Getting started

- Put throw-down spots an equal distance away from centre of cross, as in the diagram.
- Working in pairs, pupil A faces their partner (pupil B) who is stood behind the purple spot.

Lunge, catch, throw

- Pupil B throws a shuttle for pupil A to lunge forward towards the blue spot to catch. Pupil A then throws the shuttle back to pupil B whilst still in the lunge position. Pupil B then throws the shuttle to the green spot for pupil A to lunge sideways to catch and throw back. Repeat for the yellow spot (remember to lunge on the leg which is the same side as the catching hand).

Lunge and catch shuttle on racket

- Try the same activity but using a racket. Lunge and aim to catch the shuttle on the racket (use a beanbag or fluff ball if the shuttle is too difficult).

Lunge and hit shuttle back

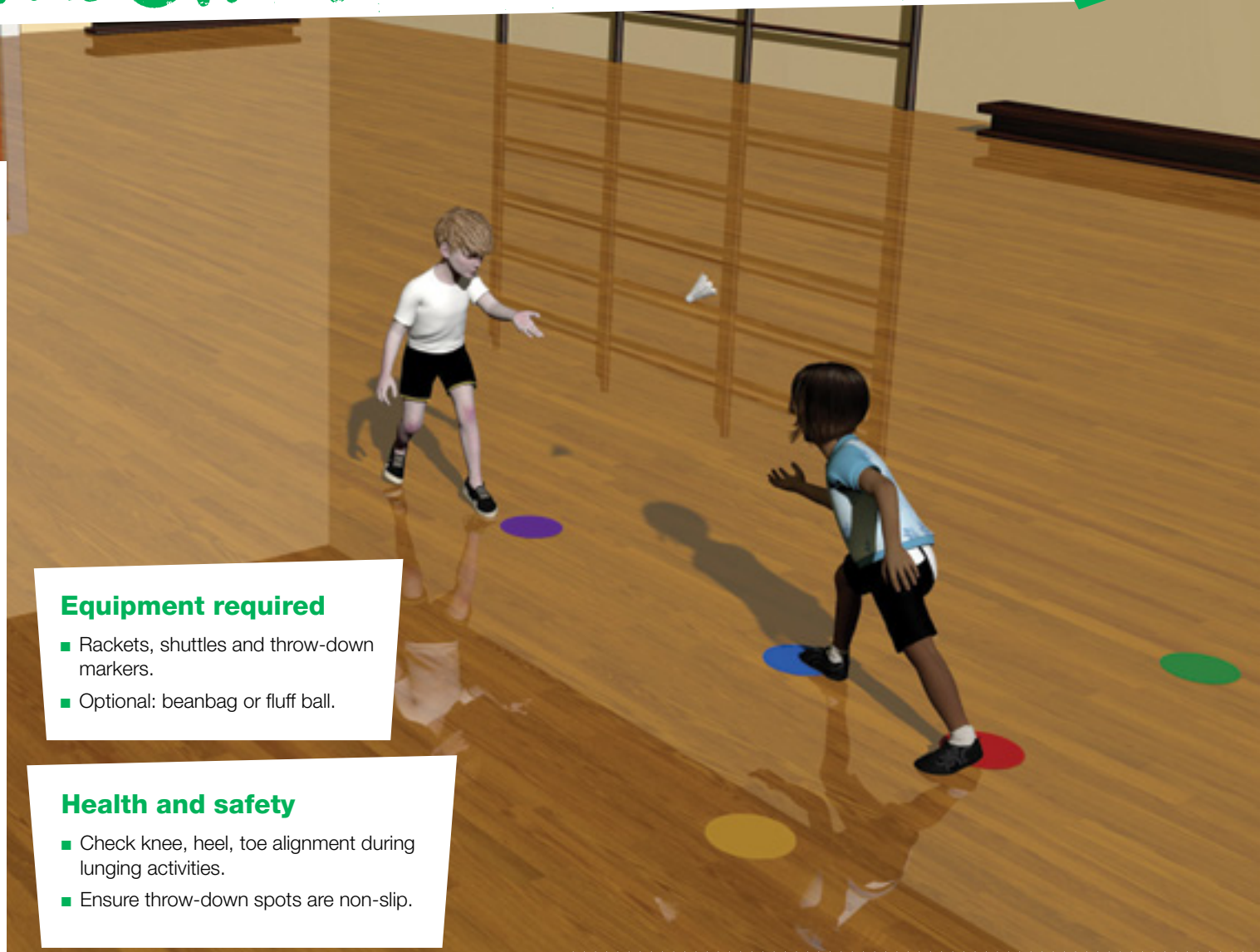
- Try the same activity again but use a racket and hit the shuttle back to pupil B to catch. Blue spot = forehand or backhand. Green spot = forehand. Yellow spot = backhand.
 - Keep back foot on the red spot at all times.
 - Lunge on the leg which is the same side as the racket is held.
 - Repeat lunging to each spot five times.

Equipment required

- Rackets, shuttles and throw-down markers.
- Optional: beanbag or fluff ball.

Health and safety

- Check knee, heel, toe alignment during lunging activities.
- Ensure throw-down spots are non-slip.



BADMINTON – LUNGE, CATCH, THROW AND RETURN (YEAR 5)



PHYSICAL ME

- Maintain knee and foot alignment.
- Maintain upright body posture where possible.
- Lunge on the leg which is the same side as the dominant hand.

SOCIAL ME

Leading and volunteering

- Equipment managers can be used to set up the activity.
- Leaders and coaches can ensure the activity is being performed correctly.

Think inclusively (STEP)

Space

- Vary the distance between the thrower and catcher; some players may need to be closer together initially.

Task

- Players who sit to play (for example, those who have balance issues) can use a racket and reach forward or to either side to hit the shuttle; thrower stands nearer.

Equipment

- Use a beanbag or ball for some players.

People

- Throwers can support their partner by making sure that their throws are accurate and at pace appropriate to their partner's abilities.

THINKING ME

- I can accurately catch, throw and hit the shuttle back to my partner.
- I can catch the shuttle on my racket.
- I can lunge with back foot remaining on red spot and with knee and foot aligned.

SPORTING ME

Spirit of the Games: *Excellence through Competition*



I know I can improve these shots, and use them in games.

TACTICAL ME

I know the lunge is a really important shot in badminton. I will work hard to ensure lunging sideways and forwards are shots I can do effectively.



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BADMINTON – THROWMINTON SINGLES (YR 6)

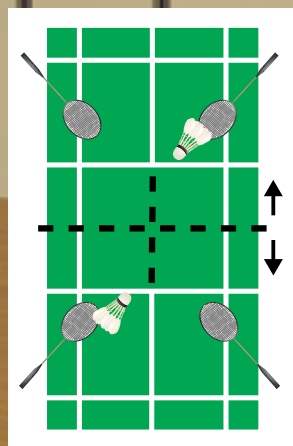


Quick introduction

The big shuttle makes this challenge really exciting. Play to the normal rules of badminton and use as an individual or team league.

Getting started

- On half a court (or full court if space allows), the aim of the game is to play a normal game of singles but using a giant shuttle instead of a racket.
- Players throw the giant shuttle over the net to one another with the aim being to land the giant shuttle on the floor within the opponent's court to score a point. Serves must go past the short service line. At the end of a set time, the player with the most points is the winner.
- Shuttle must land on the floor in opponent's court to score a point.
- Shuttle must be thrown from where it is caught (a player cannot run with the shuttle).
- Throws must be underarm when a player is positioned between the short service line and the net.
- Throws can be overarm when a player is positioned behind the short service line.
- Put throw-down lines or masking tape down the centre of the court to mark two separate half courts if required.

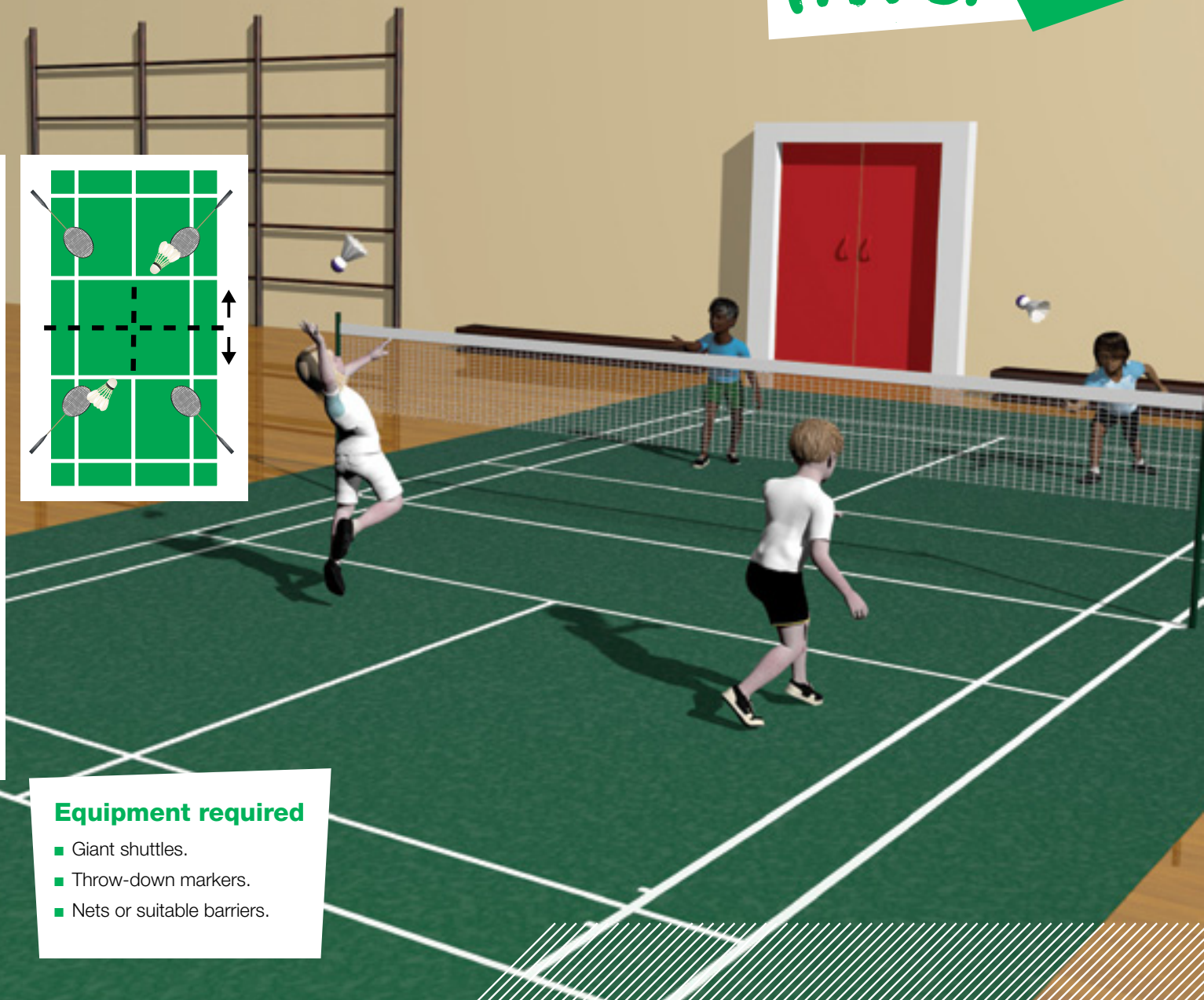


Equipment required

- Giant shuttles.
- Throw-down markers.
- Nets or suitable barriers.

Health and safety

- Be aware of the game on the neighbouring court to avoid collisions.



BADMINTON – THROWMINTON SINGLES (YEAR 6)



PHYSICAL ME

- Encourage body rotation when throwing.
- Focus on preloading the body to ensure the shuttle is weighted accurately to reach desired area.
- Encourage spatial awareness (i.e. if opponent is on the baseline, aim the shuttle to land before the short service line).

SOCIAL ME

Leading and volunteering

- Equipment managers could set up the games.
- Record keepers and scorers could set up the league and score each game.

Think inclusively (STEP)

Space

- Increase or decrease the space used depending on the ability of the players; where ability level is different between teams, balance play by reducing the playing area on one side of the net.

Task

- Vary the kind of throws used; for example, overhead from the rear of the court, underarm close to the net.

Equipment

- Use a slow-moving ball to assist some players.
- Play without a net, or lower the net, to maintain rallies.

People

- Play with seated and standing players together; for example, two seated players close to a lower net, standing players in the back court.

THINKING ME

- How can I throw the shuttle long and short?
- How can I throw the shuttle into a space that my opponent is not covering?
- Am I always aware of the score and how I should play?

SPORTING ME

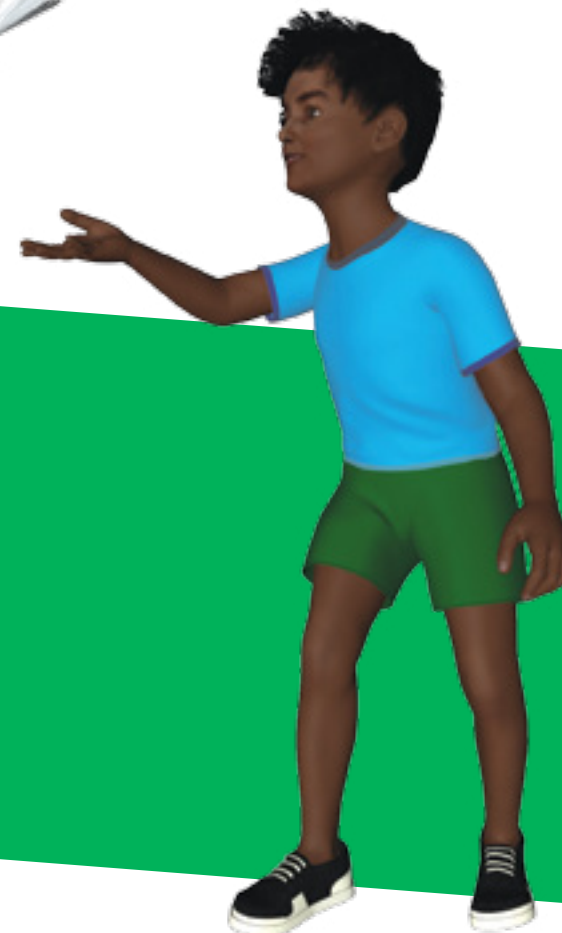
Spirit of the Games: *Excellence through Competition*



I always work really hard to win every single point.

TACTICAL ME

I will use this as match practice to see what happens when I send the shuttle to different areas.



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BADMINTON – FOREHAND SERVING (YR6)

Quick introduction

This is a serving challenge where players attempt low and high serves, scoring points for hitting different areas of the court.

Getting started

- Put throw-down lines or masking tape down the centre of the court to mark two separate areas if required.
- Players take it in turns to forehand serve the shuttle over the net (three low serves and three high serves, then rotate positions). Once the shuttle retrievers (pupils D), have collected three shuttles, they join the queue and the servers become the shuttle retrievers.

Forehand low serve

- Relaxed grip - weight on back leg - transfer weight forwards and flex wrist - drop the shuttle - continue weight transfer - push the shuttle with flexed wrist.

Forehand high (flick) serve

- Relaxed grip - weight on back leg - transfer weight and racket forwards, bend (load) the wrist - drop the shuttle - flick the shuttle.
 - Two points if shuttle hits between the hoops and the throw-down lines.
 - Three points if the shuttle hits or lands in the hoops.
 - Three points if the shuttle lands in the back tramline.

Health and safety

- Players to wait at a safe distance behind activity (use throw-down spot for positional guidance).

Equipment required

- Rackets
- Shuttles
- Throw-down markers



BADMINTON – FOREHAND SERVING (YEAR 6)



PHYSICAL ME

- Whilst serving, part of both feet must be stationary and stay in contact with the ground.
- At the point the shuttle is struck, the shuttle should be below the lowest rib.
- The backswing and forwards motion of the racket must be a continuous action.

SOCIAL ME

Leading and volunteering

- Equipment managers could set up the game and look after the equipment.
- Young Officials/Leaders can be used to score the games.

Think inclusively (STEP)

Space

- Reduce or increase the distance to the targets depending on ability.

Task

- Focus on developing the skill before aiming at targets; for example, a successful serve over the net, wherever it lands, scores one point.

Equipment

- Some players may need to substitute hitting a sponge ball off a tee or adapted cone for a self-drop serve.
- Play with a lower net or no net; use two line of cones on the floor instead; shuttle must cross both lines.

People

- A partner can drop-feed the shuttle if required.

THINKING ME

- How can I perform a forehand low serve and hit the shuttle over the net and in the designated area?
- How can I perform a forehand high serve and hit the shuttle over the net and in the designated area?
- Do I really understand the service laws?

SPORTING ME

Spirit of the Games:

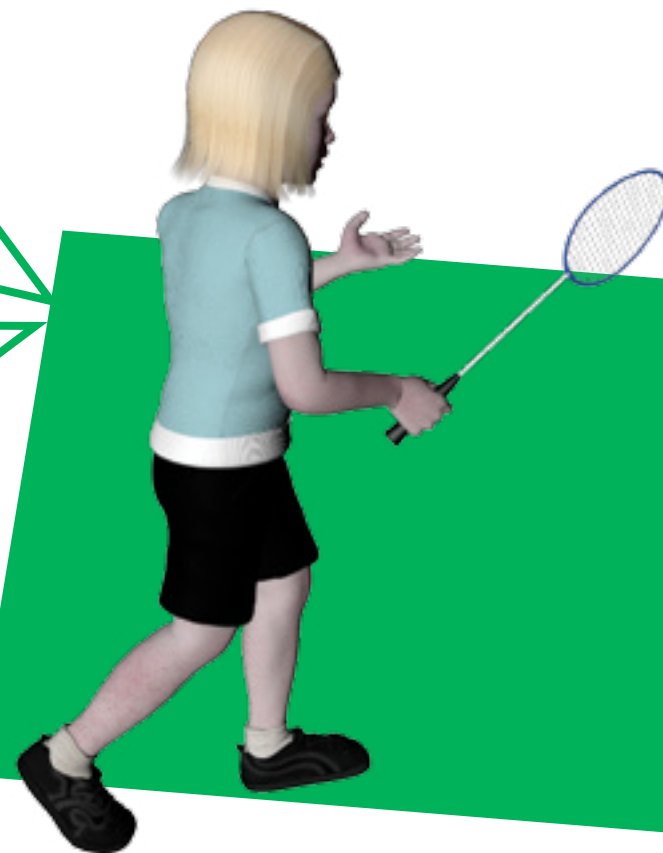
Excellence through Competition



I always respected the decision of the official even when I thought they had been harsh.

TACTICAL ME

I must learn to be able to serve in different ways to different areas.



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