

	Subject: <b>BADMINTON</b> Attacking Skills Lesson Description: <b>Back Hand Drive</b> NCPE Location: 1.1a; 1.1b; 1.1c; 1.2c; 1.2d; 1.3a; 1.3b; 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d;2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Year:	Group:	Total No.:	M:	F:
		Ability:	Period:	SEN:		
		Duration:	w/c			

**Objectives:** To know that the shot should be as horizontal and low to the net as possible, and not high enough to be smashed back by the opponent. To be able to move from the middle of the court to the sidelines and play the shuttle down the sidelines of the court, or diagonally cross-court away from your opponent. To be able to use the correct grip, footwork and body position whilst returning the shuttle with an accurate backhand drive.

<b>Key Aspect of Transfers of Skills and Analysis</b>	Throughout every aspect of this session : <ul style="list-style-type: none"> <li>- Discuss and analyse the different types of attacking skills that gain an instant advantage and outwits an opponent</li> <li>- Identify the similarities and the teaching points found in each of these attacking skills to gain a strategic advantage when performing them</li> <li>- Enhance knowledge, understanding and the ability to transfer the range of attacking skills, tactics and approaches to gain ascendancy in practices and games</li> </ul>
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Activity	Description	Objectives	✓ Teaching Points	Evaluation / Performance	Differentiation and Creativity
<b>Student led warm up</b>	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Observe pupils performances	Ⓢ Ask students how they could make warm up easy / harder / intense / relaxed
<b>Intro into backhand drive games</b>	Students learn new concepts and ideas of an area of concern or weaknesses of the backhand drive within a small sided game. Discuss how they gain ascendancy using this skill	To develop their knowledge, understanding and performance of backhand drive in small sided games To be able to perform a range of skills and shots to start and keep a game going	Focus on backhand drive  Must constantly use the skills to gain ascendancy over opponents within the game	Observe and evaluate the students backhand drive within the small sided game	Cr –Are the students being creative in the backhand drive skills ???? Are the students outwitting their opponent ???? Are they being creative with the skills within the small sided games
<b>Backhand drive</b>	- Pairs backhand rally (backhand shots only), diagonally across court. (Start rally with a backhand serve) - Feeder serves to workers backhand. A rally is played out where the worker must use only backhand shots to move the feeder around the court as much as possible. The feeder must return the shuttle to the workers backhand each time.	To know that the shot should be as horizontal and low to the net as possible, and not high enough to be smashed back by the opponent. To be able to move from the middle of the court to the sidelines and play the shuttle down the sidelines of the court, or diagonally cross-court away from your opponent. To be able to use the correct grip, footwork and body position whilst returning the shuttle with an accurate backhand drive. To perform the drive at speed and height, with strength and accuracy,	- Hold racket up and in front of chest.  - Reach with racket foot.  - Forward swing led with elbow.  - Pivot and turn upper body in direction of shuttle.  - Punch shuttle so that return is fast and flight is flat	Pupils highlight weaknesses and good points for their Backhand drive shots  Peer evaluation sessions – Pupils state strength and weaknesses of partners and own backhand drive shots	⚡ Slowly loop passes and gradually increase tempo and drive ⚡ Remove net ⚡ Play forehand drive shots only ⚡ Put spin and slice on the shot ⚡ Evaluate grip, stance, execution and technique with partner ⚡ Serve – drive – drive – drive till win point ⚡ Serve – backhand drive – backhand – forehand drive – forehand hand. ⚡ Serve – drive – rally – smash ⚡ Serve – drive – drive – clear – smash – block - drive – rally
<b>Doubles games</b>	- Doubles games with student umpires.	To be able develop their knowledge and understanding of the laws whilst officiating To develop their communication and doubles play To incorporate all the skills, shots and techniques to play a competitive game of doubles To improve their knowledge and understanding of doubles play	- Use any shot - Move to mid court after each shot - Disguise shots - Anticipate shots from opponents - Know where opponent is before and after each shot - Pupils must constantly	Video games and evaluate backhand drives in double s and make pupils observe drives:: Did they outwit opponent Gain ascendancy in rally. Win point Was is a good shot	⚡ Increase size of court ⚡ Award extra points for winning points with drives and blocks ⚡ Decrease size of court ↔ Give points difference start M/C - Discuss with students the tactics and strategies used when driving M/C - Evaluate the BH Drives against their opponents

		To be accurate in the replication of actions, phrases and sequences in games To make decisions about what to do to improve their performance To be able to outwit opponents To outwit the opponents when performing the skills, techniques, shots and approaches within a game To use a variety of shots and skills to outwit the defenders / opponents when attacking To be creative when attacking whether individually or in the game To gain an advantage from the skills, techniques, shots and approaches in a game situation	look to outwit the defenders using various skills, techniques, shots and approaches - Pupils as a unit must try to be creative to outwit the opponents and opposing team to create a scoring opportunity from skill / strategy	M/C - Identify how they can outwit opponents through using the back hand drive ??? Are the students gaining ascendancy from the skills and strategy? ??? Are the students getting into positive scoring positions? ??? Are they being creative when attacking?	<i>Cr</i> - Discuss teaching points used to beat / outwit opponents <i>Cr</i> - Discuss the skills used to beat / outwit / gain ascendancy over an opponents <i>Cr</i> - Discuss the skills used to gain ascendancy - Discuss, observe, evaluate and listen to the student's feedback of how you transfer these skills when outwitting the opponents and defenders - Observe, evaluate and listen to the students feedback of how creative these skills and tactics are when outwitting the opponents and defenders			
<b>Student led Cool Down</b>	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cooling down activity.	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	<b>Q &amp; A</b> on the teaching points and objectives of the skill, activity and lesson	⬆️ Ask pupils questions why a Cool down is essential after exercise			
<b>Informed Choices and Lifestyle</b>	Discuss the numerous jobs available in Badminton e.g. Referee, Coach, Manager, Physiotherapist, Masseur, Development officer, Liaison officer, Sport Rehabilitation, Sports Doctor, Sports Psychologist, Dietician, Sports Journalist, Sports Analyst, Sports Designer - Discuss one role							
<b>Equipment</b>	Rackets      Shuttles      Nets & Posts      Badminton Chart      Peer evaluation Sheets      Cones      Chalk for targets      Pen      Whiteboard      TV      Video      Laptop							
ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology
<b>Comments / Notes:</b>								

### HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Play should not begin until the court is clear of stray shuttles - Ensure that all jewelry is removed before the lesson.
- All students should be wearing the correct clothing and footwear, appropriate for the game of badminton
  - Check the workspace before the lesson for any hazards, i.e. wet gym floor
- All nets and posts should be correctly erected and secure. - Encourage students to get into the habit of protecting the face with the racket head, particularly in doubles play.

### ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

<b>Competence</b>	<b>Performance</b>	<b>Creativity</b>	<b>Health and Active Lifestyle</b>
<b>Developing Skills</b>	<b>Making and Applying</b>	<b>Physical and Mental Capacity</b>	<b>Evaluating and Improving</b>