

	Subject: BADMINTON	Year:	Group:	Total No.:	M:	F:
	Lesson: Peer Performance Observation and Coaching	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives: To be able to identify faults/weaknesses in own/others technique. To be able to offer informed feedback regarding a partners play, and suggest possible ways of improving both tactically and technique-wise. To be able to suggest appropriate drills/practices that could help correct errors/improve performance

Activity	Description	Objectives	✓	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Before the lesson the pupils who are actually coaching and teaching within this lesson should provide you of a detailed plan of the activities and teaching points that they are going to use						
Student led warm up	Partner led warm up and stretching exercises to focus on - Fast footwork and movement around court (shuffling/sidesteps/forwards/backwards etc) - Stroke shadowing -Upper and lower body	To be able to lead a partner through a full warm up and cool down. To be able to identify faults/weaknesses in own/others technique.		- listen to and follow instructions of those leading the warm-up	Observe pupils performances	① Ask students how they could make warm up easy / harder / intense
Peer Performance Observation and Coaching	Pupils work with a different individual each week and alternate responsibilities - Worker plays singles game while partner observes. Use regular time-outs so as weaknesses and strategies can be discussed.	To be able to identify faults/weaknesses in own/others technique. To be able to offer informed feedback regarding a partners play, and suggest possible ways of improving both tactically and technique-wise. To be able to suggest appropriate drills/practices that could help correct errors/improve performance.		- Use the correct techniques and coaching points for the skills - Keep the group active at all times - State the dangers and concerns found in this area - Set out your objectives - Use suitable practices to develop and enhance performance - Use Differentiation and Creativity techniques for students	Record times, practices and performances Identify their own strengths and weaknesses M/C - Analyse strength and weaknesses in performances	- Record times, practices and performances M / C - Give them a range of students Cr - Identify their students strength and weaknesses and devise strategies to develop their movements, skills and performances Observe performances
	- Partner suggests drills that may improve 'weak' and strengthen 'strong' shots and players, - partner feeds the shuttle and assists in the drills offering constant feedback and help.	To perform the skills to their best ability To listen to, and accept constructive criticism, praise and feedback in association to their shots, technique, movement, rotation and all suitable aspects of badminton when performing the skills and activities			Observe performances	(Teacher may help by suggesting drills and commenting on performance) Cr - Pupils discuss how to gain an advantage over competitors Cr - Pupils devise strategies to enhance these skills
	Feedback session	Be able to analyse performances, identifying strengths and weaknesses To make decisions about what to do to improve their performance and the performance of others		- give correct and precise feedback, - give suggestions on how to correct their faults	Identify their own strengths and weaknesses of coaching session	- Listen to groups M/C - Students analyse coaching ability, delivery and techniques used. They evaluate all these to develop traits and skills of coaching
Singles/ Doubles League organisation	Group discusses and agrees upon the format to be used for the competition.	To know how league/cup competitions work, the format they use with regards rules, points and placing.		- Everyone plays each other - Everyone keeps their own score - Establish laws, fixtures, scoring and points system	Pupils evaluate performances in defence and attack every five minutes	Fixtures are played with full student officiating. Points are awarded and league positions drawn up each week.
	Fixture lists are drawn up.	To be able to set up a league within the group and run the competition over a		- Know responsibilities and roles		

	Roles and responsibilities are given - Non doers are used to officiate games and score check, report, video performances and take photos	number of weeks.		- Enjoy it - Have fun	Discuss teaching points used Discuss the skills used	<u>The player and coach must then put what they have discussed and practiced back into the full game and evaluate the training methods.</u>
Games	Competitive Doubles or Singles games (see final games pages)	To appreciate how to make adjustments and adaptations when performing in groups and teams your coaching, evaluation and analysis skills. To be able to explore and experiment with techniques, tactics and compositional ideas to produce efficient and effective outcomes within games.		(see final games pages)	<i>M/C</i> - Evaluate performances Discuss teaching points used Discuss the skills used	<u>The player and coach must then put what they have discussed and practiced back into the full game and evaluate the training methods.</u> <i>- VIDEO PERFORMANCES - Evaluation coaches and performers</i>
Student led Cool Down	The 2 students chosen to lead the cool down do so.	To develop analysis, evaluation and understanding skills of 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	Q & A on the teaching points and objectives of the skill, activity and lesson	⬆ Ask pupils questions why a Cool down is essential after exercise
Informed Choices and Lifestyle	Evaluate the benefits and effects of Badminton on the Muscular and Skeletal system Evaluate with group the benefits and effects of Badminton on the Cardiovascular and Respiratory system Evaluate the benefits and effects of Badminton on the all the major systems in the human Body					
Equipment	Rackets Shuttles Nets & Posts Badminton Chart Peer evaluation Sheets Cones Chalk for targets Pen Whiteboard TV Video Camera					

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

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. 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
- Check the workspace before the lesson for any hazards, i.e. wet gym floor

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

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