

Warm-up 2

Topic: Badminton

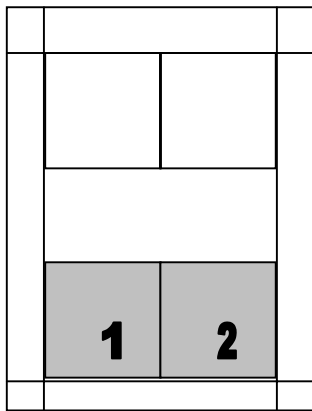
Focus: Prepare the body for physical activity, familiarize students with movement patterns related to badminton, and to discover some cognitive aspects of badminton.

- Forehand (proper grip)
- Backhand (proper grip)
- Footwork (knees bent, one foot slightly ahead of the other, weight on ball of foot)
- Anticipation (move to a central position and take a good ready stance)
- Strategy (move to open space, hit to open space)

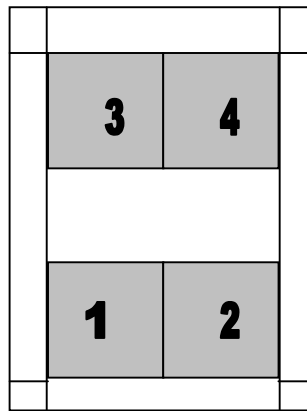
Administration: Demonstrate both activities, allow students to get a racket, get into partners, and move to designate areas. During demonstration focus on good body position, good presence, and be very active.

Equipment: Minimum 36 rackets and 18 shuttles

Diagram of space:



Groups of 2



Groups of 4

Three learning domains:

Cognitive - Think tactically
- Covering space

Psychomotor - Get students moving through the desired movement patterns

Physical - Increase heart rate and core temperature

Activity 1:

2 person

- everyone finds a badminton service court area
- players pass the shuttle staying within the service court area; they must hit the shuttle above their heads and it must land in the service area to be counted as 'in'
- start without using rackets, students can hit the shuttle with their open hand. This will ensure that students focus on their body placement and movement along with their strategy, instead of focussing only on their racket swing. Once they have a good grasp of this activity you can add in the rackets.
- start them off with a cooperate task
 - > see how many passes they can make in a row
- move to a competitive task
 - > they attempt to hit the shuttle in a manner that makes it hard for the opponent to return
- finish with a to-win task
 - > assign points to every shuttle that is not returned and that falls inside the designated playing area

Activity 2:

4 person, 2 vs 2

- a pair of people will now play a long court game against the pair of people who are playing in the service court area opposite to themselves
- players must pass the shuttle from their service court area, to the service court area of their opponents
- if the shuttle lands outside of these areas it will be considered 'out'
- the area in-between the two service court areas is a 'no-man's land'
- start cooperatively and move towards competitive then to-win