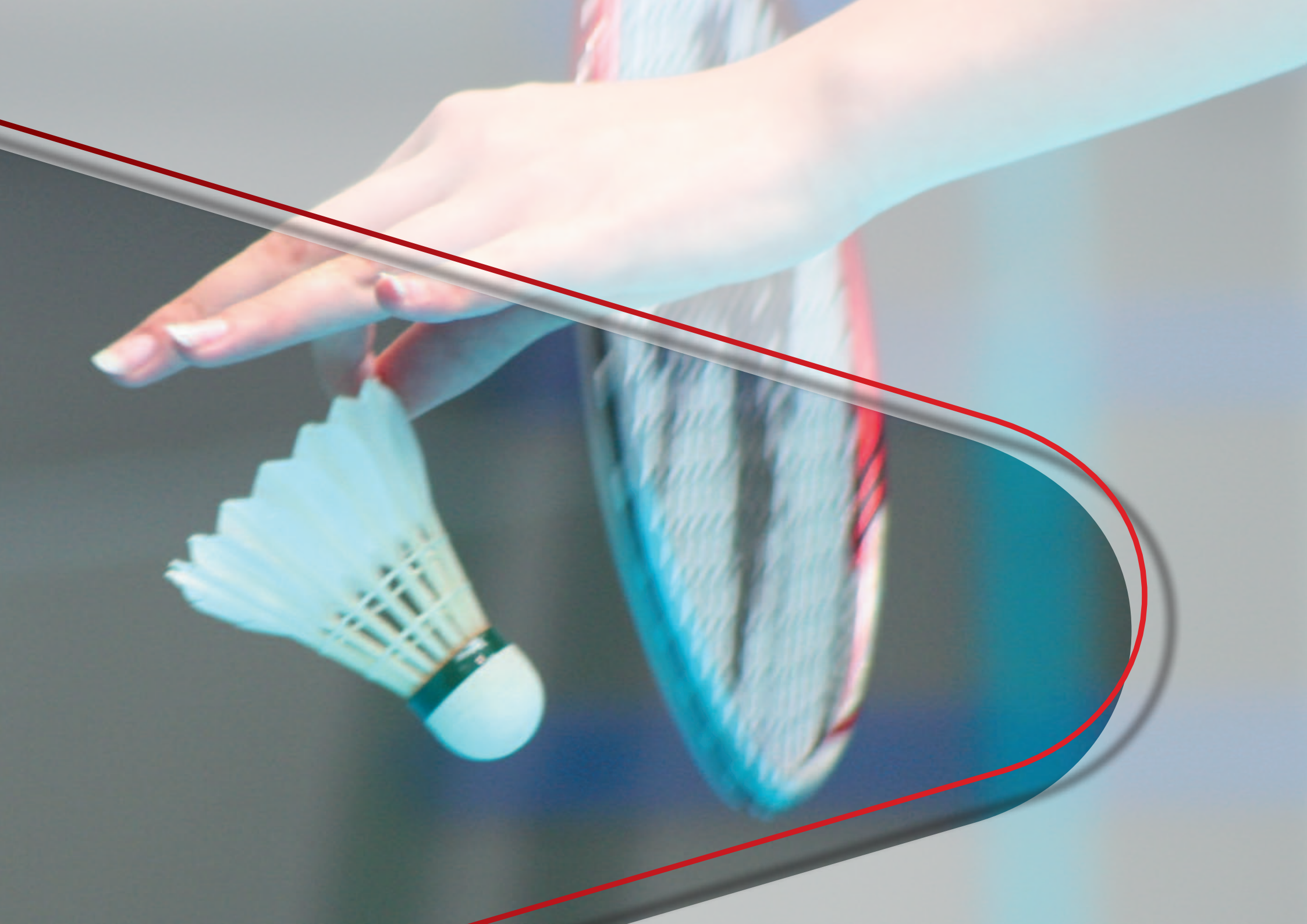


# SHUTTLE TIME

**BWF SCHOOLS BADMINTON**  
LESSON PLANS – 10 STARTER LESSONS





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# Overview

## 1. Introduction – 10 Starter Lessons

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Before starting to read through the lesson plans and to plan lessons, please read the below information:

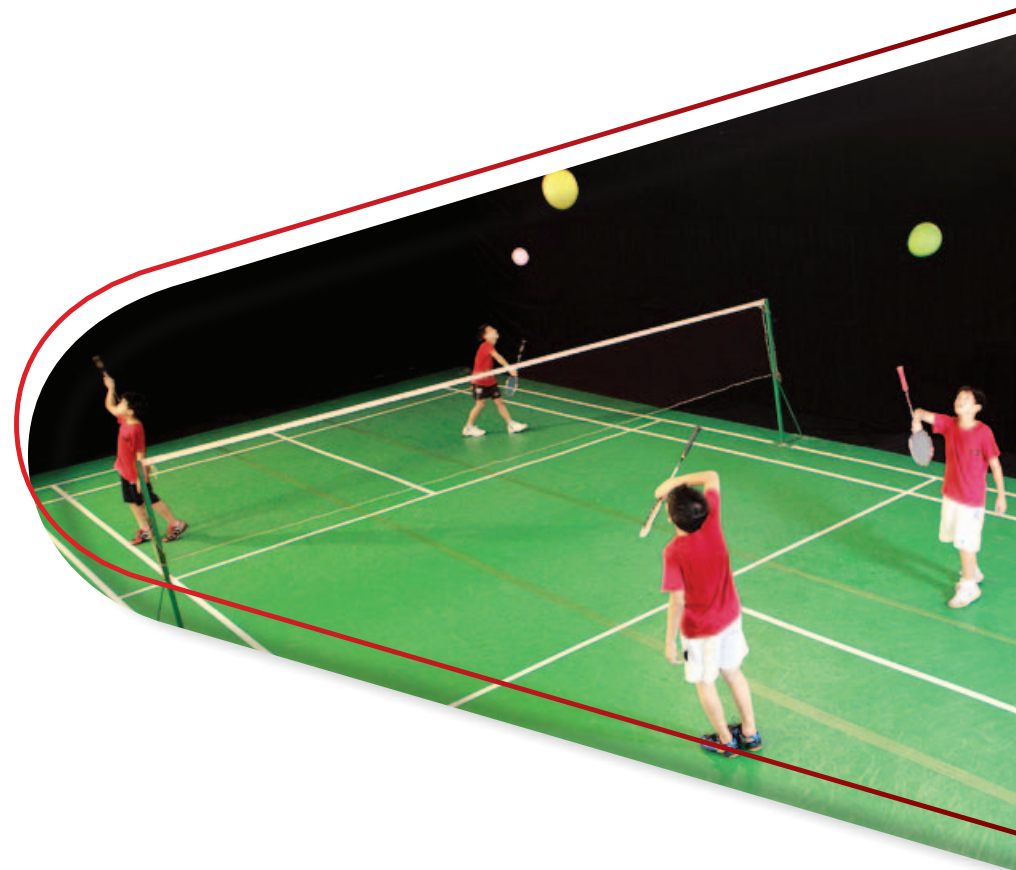
1. Read Module 5 before reviewing Lesson Plan 1 to 10.
2. Each activity included in these plans has video clips to show the activities and to assist the teachers with their preparation.
3. Minimal equipment and facilities are required to organize and deliver these 10 introductory badminton lessons.
4. Lessons are designed to give children of all abilities a positive first impression of badminton and the opportunity to have a successful experience.
5. Each lesson combines physical activities with learning fundamental badminton techniques – see Module 4 – Physical Development Exercises.
6. The technical elements which are introduced in Lesson Plan 1 to 10 are – grips, underarm hitting, serving and movement skills – hit and move.

# Lesson Plans

## 2. Titles – Starter Lessons

There are ten lesson plans in this section. These are:

- Lesson 1 – Basic Grips
- Lesson 2 – Grip Changes and Footwork
- Lesson 3 – Net and Lunge
- Lesson 4 – Net and Starting
- Lesson 5 – Revision Games
- Lesson 6 – Revision Games
- Lesson 7 – Serve and Rally
- Lesson 8 – Backhand Lift
- Lesson 9 – Forehand Lift
- Lesson 10 – Revision Games



# Lesson 1

## Basic Grips

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"> <li>• sport of badminton;</li> <li>• backhand "thumb" grip and forehand "v" grip;</li> <li>• importance of reach.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• describe what badminton is like;</li> <li>• demonstrate two grips used in badminton;</li> <li>• demonstrate a relaxed reach when striking the shuttle (or soft ball / balloon).</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Balloons – at least one for each pupil.</li> <li>• Rackets – one for each pair (one each if possible).</li> <li>• Shuttles – one per child.</li> <li>• DVD player if possible.</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to take outside – you will possibly need to use shuttles / bean bags instead of balloons or put less air in the balloons. No nets are required for this lesson.</li> </ul>

**Lesson 1: Basic Grips**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (10 min)	Pupils observe: <ul style="list-style-type: none"> <li>• a live badminton match or a video clip of badminton;</li> <li>• singles and doubles.</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils are asked to describe the sport, supported by questioning from teacher – example responses – over a net, volleying, hit hard and soft, changes of direction, jump, fast, smash.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Open questions – example – “can you describe what the sport of badminton is like?”</li> </ul>	<ul style="list-style-type: none"> <li>• If observing a live match, make sure the group is a safe distance from the court.</li> </ul>
			↓	Closed questions: <ul style="list-style-type: none"> <li>• Is badminton a fast game?</li> <li>• How many doubles disciplines are there?</li> <li>• Do players change the shuttle in a match?</li> <li>• or teacher simply describes the main characteristics.</li> </ul>	
Balloon tap (5 min)  ▶ L1 – V1	<ul style="list-style-type: none"> <li>• Every second pupil is given a balloon. They must run in pairs “tapping” the balloon with their hands to avoid the balloon touching the floor.</li> <li>• Progression – each pupil has a partner and they must move trying to tap the balloon with their racket hand only.</li> </ul>	<ul style="list-style-type: none"> <li>• Blow up the balloons before the session.</li> <li>• Vary the distance between the partners, according to level.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Change directions using chases if appropriate.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep pairs well spaced apart.</li> <li>• Begin exercise only when the teacher blows the whistle / gives signal.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Begin with walking pace.</li> </ul>	

**Lesson 1: Basic Grips**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Balloon tap relay game (10 min) ▶ L1 – V2	<ul style="list-style-type: none"> <li>Pupils work in teams (up to six pupils in a team). Line up at one end of the hall. Each team is given a balloon. Each pupil in the team must run down the hall and back tapping the balloon with their hands to prevent the balloon from touching the floor – and passes the balloon to the next person in the team.</li> <li>Progression – complete the same exercise using rackets.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils need to find the right feeling for controlling the balloon instead of just trying to hit it hard.</li> <li>The distance of the course may vary (suggest 20 metres).</li> </ul>	↑	<ul style="list-style-type: none"> <li>If pupils can do this exercise well, they could try this game using a racket (only one racket per team).</li> </ul>	
			↓		
Backhand thumb grip with balloon (10 min) ▶ L1 – V3	<ul style="list-style-type: none"> <li>Teacher demonstrates the thumb grip.</li> <li>Working with a balloon and a racket, children asked to keep balloon up in the air with back of hand leading and moving up and away from the body.</li> </ul>	<ul style="list-style-type: none"> <li>Emphasise thumb grip.</li> <li>Back of hand leading and moving up and away from the body.</li> <li>Do not need to use nets.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Encourage creative routine – example – standing, on one knee, both knees, sitting, lying down getting back up.</li> </ul>	<ul style="list-style-type: none"> <li>Keep group well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Use very short grip ("T" piece of racket).</li> </ul>	
Forehand – basic ("V") grip with balloon (10 min) ▶ L1 – V4	<ul style="list-style-type: none"> <li>Teacher demonstrates the basic ("V") grip.</li> <li>Working with a balloon and a racket, children asked to keep balloon up in the air with basic grip.</li> </ul>	<ul style="list-style-type: none"> <li>Fingers are well spread.</li> <li>Hit the balloon in front of body.</li> <li>Check there is a V shape between thumb and forefinger.</li> <li>Do not need to use nets.</li> </ul>	↑	<ul style="list-style-type: none"> <li>As above</li> </ul>	<ul style="list-style-type: none"> <li>Keep group well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>As above</li> </ul>	



**Lesson 1: Basic Grips**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Grip change with balloon (10 min)  ▶ L1 – V5	<ul style="list-style-type: none"> <li>Teacher demonstrates the change between the grips.</li> <li>Working with a balloon and a racket children asked to keep balloon in the air three times with thumb grip and then three times with basic grip.</li> </ul>	<ul style="list-style-type: none"> <li>Change from 3-3 to 2-2 and then to alternate change between the two grips.</li> <li>Hand moves towards the shuttle.</li> <li>Do not need to use nets.</li> </ul>	↑	<ul style="list-style-type: none"> <li>If executing shots well make it into competitive game and count successful shots. Progress to alternate forehand and backhand.</li> </ul>	<ul style="list-style-type: none"> <li>Recommend use of balloons or sponge balls – safety issues.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Reinforce correct technique.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Pupils stretch out fully on the floor and discuss lesson.</li> <li>Teacher reviews main points of lesson.</li> </ul>	<ul style="list-style-type: none"> <li>Badminton is a “volleying” game over a net with hard and soft shots, changes of direction, jumps and fast movements etc.</li> <li>Backhand and forehand grip (demonstrate again).</li> <li>Hit with elbow away from the body and move the racket actively towards the shuttle.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check achievement of lesson goals.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains and demonstrates once again to reinforce main teaching points.</li> </ul>	

## Lesson 2

# Grip Changes and Footwork

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> <li>• introduce the use of chasse steps as a method of moving;</li> <li>• develop grip changing skills.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate the use of chasse steps over short distances;</li> <li>• show the use of alternative grips in a predictable situation.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Bean bags</li> <li>• Shuttles</li> <li>• Rackets</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver this outside.</li> </ul>

**Lesson 2: Grip Changes and Footwork**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains and demonstrates: <ul style="list-style-type: none"> <li>• chasse steps – “one foot chases the other but never quite catches up”;</li> <li>• feet don’t have to be parallel to each other for a chasse;</li> <li>• the use of chasse steps for parallel, diagonal (forward and backward) movements.</li> </ul>	Maintain straight body position (knees slightly bent / flexed) with head staying at the same height.	↑ • Execute chasse steps diagonal (forward and backward) movement (varied pace).	↓ • Start with walking pace and slowly build up parallel movement only.	<ul style="list-style-type: none"> <li>• Maintain safe distance between children when moving across the floor.</li> </ul>
Mirror chase (10 min)  ▶ L2 – V1	<ul style="list-style-type: none"> <li>• Pupils are divided into pairs facing each other. One pupil is the “leader” and the other one is the “chaser”. Using chasse steps, the “leader” moves laterally and changes directions trying to escape from the “chaser”. The “chaser” must follow and try to keep up with the “leader”.</li> </ul>	<ul style="list-style-type: none"> <li>• Use only short distances to chasse (avoid over-chasseing)</li> <li>• Change roles often (30-40 sec).</li> <li>• Encourage straight posture with knees slightly flexed.</li> </ul>	↑ • Chasseing parallel, diagonal (forward and backward) movement.	↓ • Chasseing only on parallel line.	<ul style="list-style-type: none"> <li>• Keep the group well spaced apart.</li> <li>• Allocate partners in terms of skill level / ability.</li> </ul>
Mirror chase with throwing (game) (10 min)  ▶ L2 – V2	<ul style="list-style-type: none"> <li>• Pupils remain in pairs facing each other. One pupil holds a bean bag (or shuttle) and is the “leader”. The “chaser” must follow. The “leader” throws the bean bag and the “chaser” tries to catch it and return it.</li> </ul>	<ul style="list-style-type: none"> <li>• Change roles and partners on teacher’s signal.</li> <li>• Approximately 3 metres between partners.</li> </ul>	↑ • Throwing with “racket arm” only.	↓ • Throw with two hands.	<ul style="list-style-type: none"> <li>• Keep the pairs of pupils well spaced apart.</li> <li>• Allocate partners in terms of skill level / ability.</li> </ul>

**Lesson 2: Grip Changes and Footwork**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)	Safety
Grip change Tic-Toc (5 min) ▶ L2 – V3	<ul style="list-style-type: none"> <li>Remind pupils of the two grips used in badminton. Demonstrate change of grip by rolling racket grip with a thumb.</li> <li>Ask all pupils to shadow change of grips on signal. For this the teacher gives signal like the Tic-Toc of a clock.</li> </ul>	<ul style="list-style-type: none"> <li>Change of grip by rolling the racket grip with the thumb without turning the whole hand.</li> <li>Elbow in front of body.</li> <li>Relaxed grip, squeeze fingers only when hitting.</li> </ul>	↑ <ul style="list-style-type: none"> <li>Teacher varies the difficulty by change of rhythm or change of sequence.</li> </ul>	<ul style="list-style-type: none"> <li>Keep pupils well spaced apart.</li> <li>Practice in rows facing teacher.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>Alternate grips and reinforce teaching points.</li> </ul>	
Grip change with shuttle (10 min) ▶ L2 – V4	<ul style="list-style-type: none"> <li>Pupils work in pairs practicing changing grips by hitting a shuttle thrown by their partner alternately to forehand and backhand sides.</li> <li>Practice 12 shots and change roles.</li> <li>Practice without using net.</li> </ul>	<ul style="list-style-type: none"> <li>Throw underarm with “racket arm” only.</li> <li>Alternate forehand/backhand (no change of direction).</li> </ul>	↑ <ul style="list-style-type: none"> <li>Use racket leg to step forward.</li> </ul>	<ul style="list-style-type: none"> <li>Keep pairs well spaced apart and use the whole space available.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>Concentrate on correct grip and relaxed fingers.</li> </ul>	
Hitting with change of grips (15 min) ▶ L2 – V5	<ul style="list-style-type: none"> <li>This is a progression.</li> <li>Work in pairs and practice hitting targets using change of grips hitting a shuttle thrown by partner (with or without net).</li> </ul>	<ul style="list-style-type: none"> <li>Use hoops or draw targets on the wall.</li> <li>Change partners.</li> </ul>	↑ <ul style="list-style-type: none"> <li>Make the game competitive and give points for hitting targets.</li> </ul>	<ul style="list-style-type: none"> <li>Make sure the shuttles are collected safely after each game.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>Keep slow throwing pace.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Stretching on the floor and teacher repeats key teaching points in lesson 2 (see above).</li> </ul>	Teacher demonstrates again the use of correct grip and the correct movement on court.	↑ <ul style="list-style-type: none"> <li>Use questioning to check learning.</li> </ul>	<ul style="list-style-type: none"> <li>Show correct stretching techniques.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>Teacher explains – group is listening.</li> </ul>	

# Lesson 3

## Net and Lunge

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce:</p> <ul style="list-style-type: none"> <li>• net play and lunge;</li> <li>• lunging stability and balance.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate a lunge with good range and the front foot pointing to the impact point of the shuttle;</li> <li>• consistently strike net shots using a pushing action and appropriate grip.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (or substitute)</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver this outside. You will need nets (or substitute) for this lesson.</li> </ul>

**Lesson 3: Net and Lunge**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains and demonstrates: <ul style="list-style-type: none"> <li>• Lunge – large step forward with the “racket foot”.</li> <li>• Backhand and forehand net shot.</li> <li>• Backhand and forehand net shot with lunge.</li> <li>• Straight body position with stretched “racket arm”.</li> </ul>	<ul style="list-style-type: none"> <li>• Lift the knee before kicking the foot forward.</li> <li>• First contact on the floor is with the heel.</li> <li>• For the net shot demonstrate relaxed appropriate grip.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Ask pupils what is lunge and demonstrate this.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group a safe distance from teacher when demonstrating.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher demonstrates and explains only.</li> </ul>	
Balance and throw (10 min)  ▶ L3 – V1	<ul style="list-style-type: none"> <li>• Pupils work in pairs facing each other standing on one leg. They have to maintain balance whilst throwing and catching a shuttle to each other.</li> </ul>	<ul style="list-style-type: none"> <li>• Repeat exercise on the other leg.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Throw the shuttle slightly to the right or left or work with two shuttles (throw at the same time).</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>• Use a balloon or sponge ball for throwing. Change legs more frequently.</li> </ul>	
Balancing shuttles (5 min)  ▶ L3 – V2	<ul style="list-style-type: none"> <li>• Pupils balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points). Can be performed with racket leg only or alternate legs.</li> </ul>	<ul style="list-style-type: none"> <li>• Lift the knee before kicking the foot forward.</li> <li>• First contact on the floor is with the heel.</li> <li>• Maintain upright posture.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Increase stride length.</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of shuttles on the floor.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Walk with shuttle on the head.</li> </ul>	

### Lesson 3: Net and Lunge

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Having a lunge (shadow) (5 min) <b>▶ L3 – V3</b>	<ul style="list-style-type: none"> <li>Pupils stand in line and make a step with racket ending with the “racket foot” in front of them finishing with shadowing net shot.</li> </ul>	<ul style="list-style-type: none"> <li>The whole group moves together when signal is given by the teacher.</li> <li>Common mistake is twisting the foot.</li> <li>If available use mirror to reinforce technical points</li> </ul>	<ul style="list-style-type: none"> <li>↑</li> </ul>	<ul style="list-style-type: none"> <li>Chasse to lunge position.</li> </ul>	<ul style="list-style-type: none"> <li>Space the group well in two or three lines facing the teacher</li> </ul>
			<ul style="list-style-type: none"> <li>↓</li> </ul>	<ul style="list-style-type: none"> <li>One step only and then lunge.</li> </ul>	
Introduction net shots backhand and forehand (20 min) <b>▶ L3 – V4</b>	<ul style="list-style-type: none"> <li>Pupils work in pairs. One pupil throws the shuttle up and over the net. Their partner practices backhand net shot.</li> <li>Progress the exercise by lunging forward with the racket foot when playing the shot.</li> <li>The shot is a gentle push over the net.</li> <li>Repeat exercise on forehand side.</li> </ul>	<ul style="list-style-type: none"> <li>Swap roles after 12 shuttles each.</li> <li>Hold racket out in front of the body.</li> <li>Contact with shuttle close to the top of the net.</li> <li>Check grip.</li> </ul>	<ul style="list-style-type: none"> <li>↑</li> </ul>	<ul style="list-style-type: none"> <li>Use targets and turn into a competition to motivate pupils.</li> </ul>	<ul style="list-style-type: none"> <li>When working with “multi-shuttles” watch out for shuttles lying on the floor.</li> </ul>
			<ul style="list-style-type: none"> <li>↓</li> </ul>	<ul style="list-style-type: none"> <li>Lower the net for younger pupils or remove the net completely to work on technique only.</li> </ul>	
Playing a net rally (10 min) <b>▶ L3 – V5</b>	<ul style="list-style-type: none"> <li>Two pupils practice net shots by playing a game in the net area.</li> <li>Play net shots only (from below net height).</li> <li>Start the rally by throwing the shuttle.</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed grip.</li> <li>Check appropriate grip is being used.</li> </ul>	<ul style="list-style-type: none"> <li>↑</li> </ul>	<ul style="list-style-type: none"> <li>Can be played in larger area to include lunging. Turn into competition to motivate pupils.</li> </ul>	<ul style="list-style-type: none"> <li>Pay attention to court safety.</li> </ul>
			<ul style="list-style-type: none"> <li>↓</li> </ul>	<ul style="list-style-type: none"> <li>Use a smaller area to concentrate on the racket technique and lower the net where necessary.</li> </ul>	

**Lesson 3: Net and Lunge**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>• Group stretches on the floor.</li> <li>• Teacher repeats the main teaching points of lessons 2 and 3.</li> <li>• Teacher demonstrates once again the backhand net shot and emphasises the importance of good lunge to support the shot.</li> </ul>	<ul style="list-style-type: none"> <li>• Arm movement before leg movement.</li> <li>• Stretch to hit the shuttle in front of the body.</li> <li>• Appropriate relaxed grip.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use questioning to see if goals of lesson are achieved.</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasise proper stretching technique.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher summarises and repeats the key points of the lesson.</li> </ul>	



# Lesson 4

## Net and Starting

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> <li>• introduce the split step start;</li> <li>• continue development of net shots.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• consistently (7/10) strike net shots using a pushing action and basic grips;</li> <li>• explain and demonstrate the use of the split step and lunge.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside. You will need nets (or substitute) for this lesson.</li> </ul>

**Lesson 4: Net and Starting**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains the main teaching points of lesson 4: <ul style="list-style-type: none"> <li>• Make a split step to move towards the shuttle.</li> <li>• Strike forehand and backhand net shots using pushing action, split step and lunge.</li> </ul>	<ul style="list-style-type: none"> <li>• Split step – fast sideways movement bringing one foot parallel to the other.</li> <li>• Low gravity body position (starts and change direction quickly).</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Question pupils on how to start quickly and change direction.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group a safe distance from the demonstration.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher explains and demonstrates.</li> </ul>	
Balance exercise (10 min)  ▶ L4 – V1	<ul style="list-style-type: none"> <li>• Pupils are standing on one leg and jump forward sideward, backward, sideward and forward again to train jumping on one leg.</li> <li>• Progress is a game where the teacher shouts a direction (North, South, East or West) and pupils hop in that direction, balance and hop back to starting position.</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils concentrate on balance and control of movement.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Increase distance of jumps.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the group well-spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Reduce distance and change legs more regularly.</li> </ul>	
Happy feet (10 min)  ▶ L4 – V2	Start with fast feet: <ul style="list-style-type: none"> <li>• Work in groups face away from teacher or helper. Pupils move 'on the spot' – "happy feet".</li> <li>• Teacher gives signal (clap, stamp or whistle) pupils start and move as quickly as possible in selected direction (e.g. forehand net corner).</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure pupils cannot see the signal.</li> <li>• Flexed legs starting position.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use 2 different signals to indicate different directions (e.g. Clap and whistle).</li> </ul>	<ul style="list-style-type: none"> <li>• Keep the group well-spaced apart.</li> </ul>
			↓		

**Lesson 4: Net and Starting**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)	Safety
Chasse steps for net play (20 min)  ▶ L4 – V3	<ul style="list-style-type: none"> <li>• Work in pairs – line the pairs up facing each other – about 3 metres apart.</li> <li>• One partner throws the shuttle; the other partner is practising forehand and backhand net shots.</li> <li>• Change roles after 12 shots each.</li> <li>• Start with backhand, then forehand, then progress by alternating between forehand and backhand net shots.</li> </ul>	Use the following progression (does not need a net): <ul style="list-style-type: none"> <li>• Play net shots only.</li> <li>• Play net shots with lunge.</li> <li>• Play net shots with chasse and lunge.</li> <li>• Play net shots with split step, chasse and lunge.</li> </ul>	↑ <ul style="list-style-type: none"> <li>• Use a net and place/draw target on the floor.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep pupils well-spaced apart.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>• No net or court required. Concentrate on correct technique.</li> </ul>	
Playing a net rally (10 min)  ▶ L4 – V4	<ul style="list-style-type: none"> <li>• Two pupils practice net shots by playing a game in a small area near the net.</li> <li>• Play net shots only (from below net height).</li> <li>• Start the rally by throwing the shuttle.</li> <li>• Count the points to see who the ‘winner’ of the game is.</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxed grip.</li> <li>• Start on smaller area and increase difficulty gradually on larger area.</li> </ul>	↑ <ul style="list-style-type: none"> <li>• Allow pupils to play on larger area and using both forehand and backhand net shots (split step, chasse and lunge).</li> </ul>	<ul style="list-style-type: none"> <li>• General court safety.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>• Concentrate on the correct technique (no competitive situation).</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>• Teacher repeats the main teaching points of the lesson (see above).</li> <li>• The group is stretching on the floor while listening.</li> </ul>	<ul style="list-style-type: none"> <li>• See main teaching points above.</li> </ul>	↑ <ul style="list-style-type: none"> <li>• Use questioning to check if lesson goals are achieved.</li> </ul>	<ul style="list-style-type: none"> <li>• Correct stretching technique.</li> </ul>
			↓ <ul style="list-style-type: none"> <li>• Teacher reinforces key teaching points.</li> </ul>	

# Lesson 5

## Revision Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> <li>• reinforce coaching points from previous lessons;</li> <li>• revise change of grip and elbow away from the body.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate basic badminton movements – chassing;</li> <li>• demonstrate change of grip and hitting hard and soft.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Bean bags (if appropriate)</li> <li>• Rackets</li> <li>• Shuttles</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside. You may use nets (or substitute) depending on the level of pupils you work with.</li> </ul>

**Lesson 5: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains the main points of lesson 5: <ul style="list-style-type: none"> <li>• Changing of grip between forehand and backhand when necessary.</li> <li>• Badminton in general is: running and hitting; starting and stopping; hitting hard and soft.</li> </ul>	<ul style="list-style-type: none"> <li>• Elbow away from body and move racket hand towards the shuttle.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Ask students to demonstrate what they have learned during first three lessons.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well spaced apart during demonstration.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher demonstrates – group is watching and listening.</li> </ul>	
Tagging game (10 min)  ▶ L5 – V1	<ul style="list-style-type: none"> <li>• One pupil is chosen to be the 'chaser' and must try to 'tag' or touch all the other players. If a pupil is 'tagged' by the chaser, they must complete two laps around the outside of the playing area before they can re-join the game. The game is over if the chaser has everybody running around the outside of the playing area and nobody left in the playing area.</li> </ul>	<ul style="list-style-type: none"> <li>• Change the chaser often to give more pupils the chance to be the chaser.</li> <li>• When tagged, give other activities before pupils can re-join the game (10 lunges; 10 sit-ups or active stretching).</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Progress the game by selecting more than one chaser.</li> </ul>	<ul style="list-style-type: none"> <li>• If the class is too big, separate into more than one group and use the whole available space to spread the group apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Keep only one chaser to maintain steady pace.</li> </ul>	

**Lesson 5: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Chasse game (10 min)  ▶ L5 – V2	<ul style="list-style-type: none"> <li>Pupils work in pairs facing each other. One pupil holds bean bag (or shuttle) and is the "leader". The other one is the "chaser" and must follow. The "leader" throws the bean bag and the "chaser" tries to catch and return it.</li> </ul>	<ul style="list-style-type: none"> <li>Change roles on teacher's signal.</li> <li>Approx. 2-3 metres between partners</li> </ul>	↑	<ul style="list-style-type: none"> <li>Throwing with "racket arm" only.</li> </ul>	<ul style="list-style-type: none"> <li>Keep the pairs of pupils well spaced apart.</li> <li>Allocate partners in terms of skill level / ability.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Throw with two hands from below only.</li> </ul>	
Chasse and hit: forehand side (10 min)  ▶ L5 – V3	<ul style="list-style-type: none"> <li>Pupils work in groups with one "feeder". Feeder throws shuttle to forehand side, player chassing to forehand and hits the shuttle with basic grip. After hitting the shuttle, player returns to the back of the line ready for his next turn.</li> <li>Next player rotates on and sequence is repeated.</li> <li>Variation: pupils score points by hitting a target.</li> </ul>	<ul style="list-style-type: none"> <li>No need for net or court.</li> <li>Feeder can be the teacher, a pupil or another person helping.</li> <li>Game can be scored as individual or team.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use net and / or court.</li> </ul>	<ul style="list-style-type: none"> <li>Be aware of shuttles on ground.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Reduce movement.</li> </ul>	
Chasse and hit: backhand side (10 min)  ▶ L5 – V4	<ul style="list-style-type: none"> <li>Repeat the above exercise to the other side of the court.</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul>	↑	<ul style="list-style-type: none"> <li>As above</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>As above</li> </ul>	

**Lesson 5: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Group feed with choice (10 min)  ▶ L5 – V5	<ul style="list-style-type: none"> <li>• Work in groups, pupils form a line in front of feeder. Feeder has the choice to throw to the left or right.</li> <li>• Player uses chasse and hits to target with the appropriate grip.</li> <li>• Next player in line starts and sequence is repeated.</li> <li>• Pupils score points by hitting a target with the correct grip.</li> </ul>	<ul style="list-style-type: none"> <li>• No need for net or court.</li> <li>• Feeder needs to give sufficient time for pupils to achieve objectives.</li> <li>• Game can be scored as individual or team.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Disguise or hide the feed.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>• Reduce movement.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>• Teacher reviews main teaching points of the lesson (see above).</li> <li>• Class stretch</li> </ul>	<ul style="list-style-type: none"> <li>• See main teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use questioning to see if the goals have been achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>• Teacher reviews, describes and demonstrates again if needed.</li> </ul>	


# Lesson 6

## Revision Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> <li>• introduce a variety of games focussing on forecourt play;</li> <li>• reinforce teaching points that support successful net play.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• organise and participate in a variety of forecourt net games;</li> <li>• describe key teaching points that support successful net play.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (or substitute)</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside. You will need nets (or substitute) for this lesson.</li> </ul>



**Lesson 6: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher repeats the main ideas of forecourt play in badminton: <ul style="list-style-type: none"> <li>• Grips</li> <li>• Arm movement comes before leg movement.</li> <li>• Split step to start the movement towards the shuttle.</li> <li>• Use split step, chasse and lunge.</li> <li>• Long arm and hit the shuttle away from the body.</li> </ul>	<ul style="list-style-type: none"> <li>• See key principles in introduction.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• As this is review use questioning.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well spread during demonstration.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher explains and demonstrates if necessary.</li> </ul>	
“Statues” (10 min)   <b>L6 – V1</b>	<ul style="list-style-type: none"> <li>• Players run around the hall in any direction, when the teacher shouts “Statues” the players have to stop as soon as possible.</li> <li>• The players have to be stationary for 5 seconds and then the teacher shouts ‘warm up’ and the players start running around the hall again.</li> <li>• To progress the players can make big steps and stop in a lunge position.</li> </ul>	<ul style="list-style-type: none"> <li>• Use dynamic stretching towards the end of the warm-up.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use different signals (e.g. clap, whistle etc.) to call for various types of “statues” which test stability and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well spaced apart.</li> </ul>
			↓		

**Lesson 6: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Net king (2 players) (10 min)  ▶ <b>L6 – V2</b>	<ul style="list-style-type: none"> <li>Net play on no specific court. How to score: If a player hits into the net, the opponent scores 1 point. Hitting a net cord is awarded with 3 points. The first who reaches 12 points wins.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure use of correct grip.</li> <li>Early impact with the shuttle.</li> <li>Moving at all times using split step, chasses and lunge back and forth – racket up.</li> <li>Use timed games for larger groups to avoid waiting times.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Play over larger area.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure other pupils do not enter</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Keep the court area small to concentrate on correct shot technique.</li> </ul>	
Table tennis style net doubles (15 min)  ▶ <b>L6 – V3</b>	<ul style="list-style-type: none"> <li>Players 1 and 2 play against players 3 and 4.</li> <li>The court is the area between net and the service line.</li> <li>At the beginning of the game all players must stand outside the gaming area. Player 1 starts with a service or throws into the playing area. After that both pairs must hit alternately.</li> <li>Progression – after every shot the player must run to the rear court and touch the back doubles service line with racket.</li> <li>Play with the usual scoring system.</li> </ul>	<ul style="list-style-type: none"> <li>Change partners and opponents regularly.</li> <li>Use variations – e.g. instead of touching the back service line players make scissor jump or other movement.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use more variety to increase difficult – example. draw targets etc. Make the game competitive to challenge pupils.</li> </ul>	<ul style="list-style-type: none"> <li>See above.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Start with larger teams (3 players instead of 2) to reduce speed. Use shorter distances for the run after the shot to give more time.</li> </ul>	

**Lesson 6: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
"Merry-go-round" (15 min)  ▶ L6 – V4	<ul style="list-style-type: none"> <li>Two teams of players stand one behind each other and play against each other. The court is the area between net and the service line.</li> <li>Player 1 of team A starts with a service or throw into the playing area, player 1 of team B returns, next shot by player 2 of team A and so on. Every player who misses the shuttle or hits into the net or "out" loses one point.</li> </ul>	<ul style="list-style-type: none"> <li>Change teams on signal from teacher.</li> <li>Variation could be that the players "collect" and carry or take the points with him to the next team.</li> <li>Games can be scored individually or by team (example only).</li> <li>Use as fun "award game" and let pupils enjoy after hard work.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Reduce number of players in the team to increase difficulty.</li> </ul>	<ul style="list-style-type: none"> <li>Be aware of shuttles lying on the ground – they are a hazard if just left on the ground during an activity / game.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Divide groups on level to give pupils opportunity for positive experience and personal achievement.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Teacher reviews main points on the net, start, and lunging.</li> <li>Class stretch</li> </ul>	<ul style="list-style-type: none"> <li>See main teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check targets are achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains once again the key principles of net play.</li> </ul>	

# Lesson 7

## Serve and Rally

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to:</p> <ul style="list-style-type: none"> <li>• introduce a backhand short serve;</li> <li>• progress towards a rally situation.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate a backhand short serve;</li> <li>• rally in the front court.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (if appropriate)</li> <li>• Boxes for target (you may draw targets on the floor / ground)</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside.</li> </ul>

**Lesson 7: Serve and Rally**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains key teaching points of lesson 7: <ul style="list-style-type: none"> <li>• Thumb grip</li> <li>• Backhand serve</li> <li>• Ready position</li> <li>• Rally in the front court</li> </ul>	<ul style="list-style-type: none"> <li>• Thumb grip.</li> <li>• Hit from hand</li> <li>• Strike below waist</li> <li>• Flick or push to trick opponent</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use questioning approach.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>• Teacher demonstrates and explains.</li> </ul>	
Racket and shuttle relays (10 min) <b>▶ L7 – V1</b>	<ul style="list-style-type: none"> <li>• Work in teams.</li> <li>• Create relays with technical challenges related to technical abilities of the pupils. For example: Relay with hitting the shuttle up in the air with forehand or backhand or alternate between forehand and backhand.</li> </ul>	<ul style="list-style-type: none"> <li>• Teachers to create their own tasks relevant to the ability of the pupils. Gradually increase difficulty.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Add chasse movements and obstacles to the relay.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well spaced apart. Split into groups and alternate activity in the groups.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Balance shuttle on the racket with forehand or backhand grip. Increase or decrease pace.</li> </ul>	
Keep the shuttle up : thumb grip (10 min) <b>▶ L7 – V2</b>	<ul style="list-style-type: none"> <li>• Working with a shuttle and a racket, children asked to keep shuttle up in the air with back of hand leading and thumb grip. Start by holding the racket at its t-piece with thumb and forefinger on the frame of the racket head.</li> </ul>	<ul style="list-style-type: none"> <li>• Thumb grip</li> <li>• Back of hand leading</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Encourage creative routine – standing, bending down on one knee, on both knees, sitting, lying down, getting back up from the above positions.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well spaced apart.</li> <li>• Encourage children to pick up stray shuttles on the floor to prevent injury (“ankle breakers”).</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Use very short grip (“T” piece of racket).</li> </ul>	

**Lesson 7: Serve and Rally**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Backhand short serve (10 min) ▶ L7 – V3	<ul style="list-style-type: none"> <li>Teacher demonstrates a backhand serve, aiming to get the shuttle in area (e.g. from low service line into opposite service area).</li> <li>After each hit run forwards to collect shuttle and return for next go – count successes.</li> <li>Experiment in hitting different distances.</li> <li>Compare scores after set time.</li> </ul>	<ul style="list-style-type: none"> <li>Hit from hand.</li> <li>Racket pointing down.</li> <li>Thumb grip chasse and lunge.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Reduce target area (for example, corner box of court).</li> </ul>	<ul style="list-style-type: none"> <li>Keep group well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Increase target area (for example the whole mat).</li> </ul>	
Backhand serve: team competition (10 min) ▶ L7 – V4	<ul style="list-style-type: none"> <li>Pupils play a serve competition into a target (i.e. a box). At the start they have a lot of shuttles laying in a hoop (at least 10 per person).</li> <li>When finished, count how many they hit into the box.</li> <li>The fastest team gets one extra point.</li> </ul>	<ul style="list-style-type: none"> <li>Hit from hand .</li> <li>Strike below waist.</li> <li>Take time for hitting the target.</li> <li>Change quickly after each serve.</li> </ul>	↑	<ul style="list-style-type: none"> <li>With better players, point out and explain the service boxes and encourage different ways to strike shuttle – to the left of the opponent, to the right of the opponent, higher above the opponents head so they cannot reach this.</li> </ul>	<ul style="list-style-type: none"> <li>Keep the groups well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Low net or no net.</li> </ul>	

**Lesson 7: Serve and Rally**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Net singles (10 min)  ▶ L7 – V5	<ul style="list-style-type: none"> <li>Pupils work in pairs on half court playing net rallies starting with backhand low serve.</li> <li>After the serve the court is restricted to front court area only (low service line).</li> <li>Game is scored. Length depends on number of pupils.</li> </ul>	<ul style="list-style-type: none"> <li>See main teaching points from lesson 4.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Allow pupils to play on larger area and using both forehand and backhand net shots (split step, chasse and lunge).</li> </ul>	<ul style="list-style-type: none"> <li>General court safety.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on the correct technique (no competitive situation).</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Pupils stretch out fully on the floor, then sit up to discuss lesson.</li> </ul>	<ul style="list-style-type: none"> <li>See main teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Teachers questions group to check – achievement of intended lesson goals.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher reinforces teaching points by explain them to the group again.</li> </ul>	

# Lesson 8

## Backhand Lift

Teacher's Goals	Pupil's Goals
The purpose of this lesson is to introduce the: <ul style="list-style-type: none"> <li>• front court backhand lift.</li> </ul>	By the end of the lesson the pupils will be able to: <ul style="list-style-type: none"> <li>• demonstrate front court backhand lift.</li> </ul>
<b>Equipment</b> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (if appropriate)</li> </ul>	<b>Teaching Situation / Context</b> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside.</li> </ul>



**Lesson 8: Backhand Lift**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains the teaching points of lesson 8: <ul style="list-style-type: none"> <li>• Backhand lift from below the net height to the rear court. This gives enough time for a player to return to the middle of the court before the opponent hits the shuttle back from the other end.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain and show the backhand lift stroke.</li> <li>• Underpin the importance of using the backhand lift to hit the shuttle high and far.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Ask pupils to shadow backhand lifts.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well-spaced apart during demonstration.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher demonstrates and explains techniques of backhand lift.</li> </ul>	
Shuttle run team game. (10 min)  ▶ L8 – V1	<ul style="list-style-type: none"> <li>• Pupils work in teams and line up with three shuttles per team placed on the floor. On signal they pick up a shuttle and sprint and lunge to place the shuttle before returning to the baseline to pick the other shuttles. The second player has to do the same but bring the shuttles back and so on until all the players have had a turn.</li> </ul>	<ul style="list-style-type: none"> <li>• Number of teams and size of teams can be varied.</li> <li>• A short warm up may be required.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Use same relay with chasse steps towards the two front corners.</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of shuttles on the floor.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Decrease the number of shuttles.</li> </ul>	

**Lesson 8: Backhand Lift**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Dynamic balance (10 min) ▶ L8 – V2	<ul style="list-style-type: none"> <li>Each player has a shuttle and standing on one leg. Pupils place the shuttle as far in front themselves as possible and returns to standing position on one leg without falling over. Then, remaining on one leg, retrieve the shuttle and return to starting position without falling over.</li> <li>Repeat activity using the other leg.</li> </ul>	<ul style="list-style-type: none"> <li>Emphasise balance techniques and a controlled pace of exercise.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Place shuttle further in front. Repeat consecutively on same leg</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Change legs regularly and decrease distance.</li> </ul>	
Backhand lift (15 min) ▶ L8 – V3	<ul style="list-style-type: none"> <li>Start practising the backhand lift – every pupil has a racket and shuttle and hits the shuttle as high as possible in the air using the backhand only.</li> <li>Progress by working in pairs – feeder slowly throws the shuttles and their partner hits a backhand lift as far and as high as possible.</li> <li>The feeder runs back to baseline and tries to catch the shuttle. The feeder cannot move until the shuttle is struck.</li> <li>Change after 12 shots.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure the correct grip is used.</li> <li>You do not need a net and court. Place or draw targets to give indication of distance.</li> <li>Increase difficulty by adding movement as and when appropriate.</li> </ul>	↑	<ul style="list-style-type: none"> <li>If executed correctly, pupils can progress by hitting lifts with chasse and lunge.</li> </ul>	<ul style="list-style-type: none"> <li>Make sure group is well spaced out. Use the whole available space.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on correct racket technique. Could use balloons for the start of the exercise.</li> </ul>	

**Lesson 8: Backhand Lift**


Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Backhand lift "Merry-go-round" (15 min)  ▶ <b>L8 – V4</b>	<ul style="list-style-type: none"> <li>Groups of 4-6 pupils start from the centre of the court. Teacher / helper throws shuttles and one by one the pupils execute backhand lift by using start, split step and lunge.</li> <li>Use targets to challenge and score points.</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed grip to tighter grip on the impact.</li> <li>Shuttle must leave the racket very fast and fly high to the baseline.</li> <li>Progress from technical practice to challenging situations.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use targets to make the exercise competitive and "game like" to motivate pupils.</li> </ul>	<ul style="list-style-type: none"> <li>When working with "multi-shuttles" be aware of shuttles lying on the courts.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Lower the net or do not use net at all to assist the use of correct hitting technique.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Teacher explains main teaching points of lesson 8 (see above).</li> <li>The group is stretching on the floor.</li> </ul>	<ul style="list-style-type: none"> <li>See key teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check lesson targets have been achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains and demonstrates.</li> </ul>	

# Lesson 9

## Forehand Lift

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"> <li>• front court forehand lift;</li> <li>• forehand high serve.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• demonstrate front court forehand lift;</li> <li>• demonstrate forehand high serve.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (if appropriate)</li> <li>• Balloons (if appropriate)</li> <li>• Targets (you may draw targets on the floor / ground)</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to deliver outside.</li> </ul>

**Lesson 9: Forehand Lift**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains the main teaching points of lesson 9: <ul style="list-style-type: none"> <li>• Forehand lift from below net height to the rear court. This gives enough time for the player to return to the middle of the court before the opponent hits the shuttle back from the other end.</li> <li>• Forehand high serve. This serve is used to start a rally in singles. This forces the opponent to move to the rear court.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain and show the forehand lift stroke.</li> <li>• Stress the importance of using the forehand lift to hit the shuttle high and far.</li> <li>• Use of forehand V grip.</li> <li>• Serve – transfer of weight from racket leg to non-racket leg.</li> <li>• Rotation of hips.</li> <li>• Full underarm swing.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Ask pupils to shadow forehand lift.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep group well-spaced apart during the demonstration.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher demonstrates again and explains techniques of the forehand lift.</li> </ul>	
“Calf-Touching” (10 min)   <b>L9 – V1</b>	<ul style="list-style-type: none"> <li>• Pupils work in pairs facing each other with low centre of gravity (racket leg forward). One pupil is the “attacker”. He places ‘racket’ arm forward trying to touch their opponent’s calf. The “defender” has to react quickly and copy the “attacker’s” movements.</li> </ul>	<ul style="list-style-type: none"> <li>• Use short period of time (30-40 sec) and change roles (“attacker” / “defender”).</li> <li>• Count points each time the “attacker” touches the “defender’s” calf.</li> </ul>	↑		<ul style="list-style-type: none"> <li>• Safety is priority in this game. Emphasise in keeping safe distance between partners / pairs to avoid running into each other.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Pupils can try to touch their opponent’s shorts.</li> </ul>	

**Lesson 9: Forehand Lift**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
"Balance the Racket" (5 min)  ▶ L9 – V2	<ul style="list-style-type: none"> <li>Two pupils are standing facing each other 2 metres apart with their rackets balancing, standing on the floor. On signal from teacher players must drop their racket and rush to grab their partner's racket before it touches the ground.</li> </ul>	<ul style="list-style-type: none"> <li>Use variation with pupils forming circle and teacher signals "left" or "right".</li> </ul>	↑	<ul style="list-style-type: none"> <li>Increase the distance between partners.</li> </ul>	<ul style="list-style-type: none"> <li>Pairs must be well spaced apart.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Start with shorter distance and gradually increase the difficulty. Use shuttles instead of rackets to give pupils more time.</li> </ul>	
Forehand lift (15 min)  ▶ L9 – V3	<ul style="list-style-type: none"> <li>Start practising the forehand lift – every pupil has a racket and shuttle and hits the shuttle as high as possible in the air using the forehand only.</li> <li>Progress by working in pairs – feeder slowly throws the shuttles and their partner hits a forehand lift as far and as high as possible.</li> <li>The feeder runs back to baseline and tries to prevent the shuttle from touching the floor. The feeder cannot move until the shuttle is struck.</li> <li>Change after 12 shots.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure the correct grip is used.</li> <li>Do not need net and court, can place or draw targets to give indication of distance.</li> <li>Increase difficulty by adding movement as and when appropriate.</li> </ul>	↑	<ul style="list-style-type: none"> <li>If executed correctly, pupils can progress by hitting lifts with chasse and lunge.</li> </ul>	<ul style="list-style-type: none"> <li>Make sure group is well spaced apart. Use the whole available space.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Concentrate on correct racket technique. Could use balloons for the start of the exercise.</li> </ul>	

**Lesson 9: Forehand Lift**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand lift "Merry-Go-Round" (10 min)  ▶ L9 – V4	<ul style="list-style-type: none"> <li>Groups of 4-6 pupils start from the centre of the court. Teacher / helper throws shuttles and one by one the pupils execute forehand lift by using start, split step and lunge.</li> <li>Use targets to challenge and score points.</li> </ul>	<ul style="list-style-type: none"> <li>Relaxed grip changes to tighter grip on the impact.</li> <li>Shuttle must leave the racket very fast and fly high to the baseline.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use targets and make the exercise competitive and "game like" to motivate pupils.</li> </ul>	<ul style="list-style-type: none"> <li>When working with "multi-shuttles" be aware of shuttles lying on the courts.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Lower the net or do not use a net at all to assist the use of correct hitting technique.</li> </ul>	
The Golf Game (10 min)  ▶ L9 – V5	<ul style="list-style-type: none"> <li>Pupils practice the high serve by playing the Golf Game. They must hit the shuttle from the starting point into a target with few shots as possible.</li> <li>To hit as far as possible they use the movement of underarm rotation. Beginners can flick the shuttle out of hand so that they don't miss it.</li> <li>To save space shuttles can be prepared so that they fly slower than usual by spreading the feathers or plastic skirt.</li> </ul>	<ul style="list-style-type: none"> <li>Transfer of weight from racket leg to non-racket leg.</li> <li>Rotation of hips.</li> <li>Full underarm swing to produce high vertically dropping shuttle.</li> <li>Flick it when you don't want to miss shuttle.</li> <li>Use forehand high serve for long shots and backhand short serve for short shots.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Place targets on court gradually decreasing target area.</li> </ul>	<ul style="list-style-type: none"> <li>Keep safe distance between pupils when practising the serve.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Start with focusing on height and progress by increasing length.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Teacher explains main teaching points of lesson 9 (see above).</li> <li>The group is stretching on the floor.</li> </ul>	<ul style="list-style-type: none"> <li>See key teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check lesson goals have been achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains and demonstrates.</li> </ul>	

# Lesson 10

## Revision Games

Teacher's Goals	Pupil's Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"> <li>• practice and develop net lift skills on the backhand and forehand side;</li> <li>• practice and develop movement and lunging technique supporting net lifts.</li> </ul>	<p>By the end of the lesson the pupils will be able to:</p> <ul style="list-style-type: none"> <li>• change grip consistently (7/10) when lifting from the net;</li> <li>• lunge with good range and the front foot pointing to the impact point of the shuttle.</li> </ul>
<p><b>Equipment</b></p> <ul style="list-style-type: none"> <li>• Rackets</li> <li>• Shuttles</li> <li>• Badminton nets (or substitute)</li> <li>• Dice (for scoring)</li> </ul>	<p><b>Teaching Situation / Context</b></p> <ul style="list-style-type: none"> <li>• Preferably the lesson should be taken inside – but it is possible to take this outside. You will need nets (or substitute) for this lesson.</li> </ul>



**Lesson 10: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Introduction (5 min)	Teacher explains key teaching points of lesson 10 and emphasises teaching points from lessons 8 and 9	<ul style="list-style-type: none"> <li>• See key teaching points in lessons 8 and 9.</li> <li>• Emphasise the use of right grips and correct lunge technique.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Ask pupils to demonstrate and explain difference between the two lifts.</li> </ul>	<ul style="list-style-type: none"> <li>• Keep a safe distance during demonstrations.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Teacher explains and demonstrates.</li> </ul>	
Dice run game (10 min)  ▶ L10 – V1	<ul style="list-style-type: none"> <li>• Pupils work in teams and line up at the start. They must run a distance of approximately 20 meters there and back. When a player returns, he must roll a dice and write down the number shown. The next player must add his number after his return and so on.</li> <li>• The team who reaches 100 points (the score to win can be varied) is the winner.</li> </ul>	<ul style="list-style-type: none"> <li>• This game gives a chance for slower pupils to keep up as they may roll a higher number with the dice (so everyone can achieve).</li> <li>• You may vary the course by placing obstacles or using different running techniques.</li> <li>• Finish the warm-up with dynamic stretching.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Increase pace by placing quicker runners into smaller teams.</li> </ul>	<ul style="list-style-type: none"> <li>• Start on signal only.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Give every pupil a chance of positive experience – divide teams by level.</li> </ul>	
Balancing shuttles  ▶ L10 – V2	<ul style="list-style-type: none"> <li>• Pupils balance an upturned shuttle on their heads whilst walking forward using a basic lunge technique (see teaching points).</li> </ul>	<ul style="list-style-type: none"> <li>• Lift the knee before kicking the foot forward.</li> <li>• First contact on the floor is with the heel.</li> <li>• Maintain upright posture.</li> <li>• Set challenges.</li> </ul>	↑	<ul style="list-style-type: none"> <li>• Increase stride length.</li> </ul>	<ul style="list-style-type: none"> <li>• Be aware of shuttles on the floor.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>• Walk with shuttle on the head.</li> </ul>	

**Lesson 10: Revision Games**

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)		Safety
Forehand and backhand lift Merry-Go-Round (15 min)  ▶ L10 – V3	<ul style="list-style-type: none"> <li>Groups of 4-6 pupils start from the centre of the court. The teacher throws shuttles and one by one the pupils move to the shuttle by using chasse steps, and lunge. They make two lifts, starting on the forehand side, return to the centre then to the backhand side.</li> </ul>	<ul style="list-style-type: none"> <li>Feeding can also be made by one of the pupils (could be someone who is currently injured or can not participate in the lesson (chance to include everyone in the activities)</li> <li>Game variation – count every stroke that into target placed on the rear court.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Ensure pupils return to the starting point after each shot.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure correct feeding technique.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Do not need net or court, but ensure you draw correct distance on the floor.</li> </ul>	
Net shot and lift rally (20 min)  ▶ L10 – V4	<ul style="list-style-type: none"> <li>In pairs pupils play net rallies on the front court.</li> <li>When they are in a good position and decide, they can lift the shuttle aiming to hit a target placed on the rear court. If they hit the target they win a point. If they do not hit the target a point is taken off their score. Rally ends when one of the players hits a lift.</li> <li>Game variation – when a pupil lifts the opponent tries to catch the shuttle before it touches the floor for a bonus point.</li> </ul>	<ul style="list-style-type: none"> <li>Time the game and change partners regularly.</li> <li>Pupils can “carry” or take their score with them to the next game and count at the end of the exercise.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use a bigger playing area and use smaller targets.</li> </ul>	<ul style="list-style-type: none"> <li>Ensure pupils do not enter the courts when rally is being played.</li> </ul>
			↓	<ul style="list-style-type: none"> <li>Lower or remove the net to ensure correct hitting technique.</li> </ul>	
Summary / cool down (5 min)	<ul style="list-style-type: none"> <li>Teacher summarises the content of lessons 8, 9 and 10.</li> <li>Group stretches on the floor.</li> </ul>	<ul style="list-style-type: none"> <li>See key teaching points above.</li> </ul>	↑	<ul style="list-style-type: none"> <li>Use questioning to check if targets are achieved.</li> </ul>	
			↓	<ul style="list-style-type: none"> <li>Teacher explains and demonstrates.</li> </ul>	



