

**Physical Education
Unit 3: Badminton**

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ How to serve a game? ▪ How to score a game?
<p align="center">Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Basic Rules of Doubles Play <ul style="list-style-type: none"> ○ Two players on each side, play to 15 points, win by two. ○ <u>Serving</u> <ol style="list-style-type: none"> 1. Always start a game by serving from the right hand court to the opponent's diagonal court. 2. Racket head must be lower than the wrist and waist on the serve. 3. When serving keep both feet stationary. 4. Bird must land inside the serving boundary and may not hit the net. 5. Only the serving side may score. 6. Must alternate service courts after each point. 7. Except for the first "inning" each player has a chance to serve before the opponent gets to serve. ○ <u>Faults</u> <ol style="list-style-type: none"> 1. Hitting the bird out of bounds. 2. Serving faults. 3. Hitting the wall or ceiling. 4. Carrying, not hitting the bird but just pushing it. 5. Hitting the bird to the wrong service court. 6. Wrong receiver hitting the serve. 7. Reaching over the net to hit the bird. 8. Hitting the net during play. ○ <u>General</u> <ol style="list-style-type: none"> 1. A bird that hits the net and falls into the proper court is good. 2. A bird falling on the boundary line is good. 3. A shot that is disputed should be replayed. ▪ Game Etiquette <ul style="list-style-type: none"> ○ Calling faults immediately. ○ Returning the bird to the server after each point. ○ Offering to replay a point if there was interference. ○ Lay racket down, do not drop them. ○ Do not lean or pull on the net. ▪ Safety <ul style="list-style-type: none"> ○ Maintain distance when swinging racket in close proximity to others. ○ Call shots that can be taken by either player.

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<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ service court, shuttle, forehand grip, backhand grip, overhand clear, backhand clear, smash, follow through, front court, backcourt, serve, volley
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate proper technique in overhead clearing, underhand clearing, serving and smashing. ▪ Demonstrate good sportsmanship and ability to work with teammates.
<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G1.Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</p> <ul style="list-style-type: none"> a. Demonstrate how spin and rebound affect the motion of an object. c. Adjust movements to accommodate external forces that decrease risk for injury. <p>G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.</p> <p>G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities.</p> <ul style="list-style-type: none"> a. Accept constructive feedback. b. Give constructive feedback. c. Include peers respectfully in activities. <p>I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p> <p>I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities.</p> <ul style="list-style-type: none"> a. Explain how etiquette/rules contribute to productive participation.
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Group students into pairs and ask them to play badminton against other pairs. Pairs can rotate around nets or students could play a tournament.

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Sample Classroom Assessment Methods	<ul style="list-style-type: none">▪ Students will practice serving skills. Students will be assessed on use of appropriate techniques, not physical ability.
Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew

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