# Physical Education
## Unit 3: Badminton

<table>
<thead>
<tr>
<th>Essential Understandings</th>
<th>Students will learn the benefits of physical activity, cooperation, and team work.</th>
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| Essential Questions      | How to serve a game?  
                          | How to score a game?                                                           |
| Essential Knowledge      | **Basic Rules of Doubles Play**  
                          |   - Two players on each side, play to 15 points, win by two.  
                          |     - **Serving**  
                          |       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.  
                          |     - **Faults**  
                          |       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.  
                          |     - **General**  
                          |       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**  
                          |     - 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**  
                          |     - Maintain distance when swinging racket in close proximity to others.  
                          |     - Call shots that can be taken by either player.  |
## Vocabulary
- Terms:
  - service court, shuttle, forehand grip, backhand grip, overhand clear, backhand clear, smash, follow through, front court, backcourt, serve, volley

## Essential Skills
- Demonstrate proper technique in overhead clearing, underhand clearing, serving and smashing.
- Demonstrate good sportsmanship and ability to work with teammates.

## Health and Physical Education
### G. Movement/Motor Skills and Knowledge
#### 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.
- a. Demonstrate how spin and rebound affect the motion of an object.
- c. Adjust movements to accommodate external forces that decrease risk for injury.

#### G2. Movement Skills
Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.

#### G3. Skill-Related Fitness Components
Students explain the relationship of skill-related fitness components to specialized movement skills.

## Related Maine Learning Results
### I. Personal and Social Skills and Knowledge
#### I1. Cooperative Skills
Students demonstrate collaborative skills while participating in skill activities.
- a. Accept constructive feedback.
- b. Give constructive feedback.
- c. Include peers respectfully in activities.

#### I2. Responsible Behavior
Students demonstrate responsible and ethical personal behavior while participating in physical activities.

#### I3. Safety Rules and Rules of Play
Students predict how etiquette/rules improve games/activities.
- a. Explain how etiquette/rules contribute to productive participation.

## Sample Lessons and Activities
- Group students into pairs and ask them to play badminton against other pairs. Pairs can rotate around nets or students could play a tournament.
## Sample Classroom Assessment Methods

| Students will practice serving skills. Students will be assessed on use of appropriate techniques, not physical ability. |

## Sample Resources

- **Publications:**
  - Quality Lesson Plans for Secondary Education - Zakrajsek, Cares and Pettigrew

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