

# BILSTON CHURCH OF ENGLAND PRIMARY



## MEDIUM TERM PLANNING

Subject	Topic/Key Question	Year Group	Term	Time Allocation
PE	Net/wall badminton	6	Spring 2	6 hours
Key Vocabulary: Net, racket, shuttlecock, position, court, overhead, serve, backhand, forehand, net shot, service line, drop shot				
Knowledge: Pupils will be taught to: <ul style="list-style-type: none"> <li>- Understand positioning and game tactics in order to win points.</li> <li>- Evaluate their own performance in order to improve.</li> <li>- Develop a range of shots in order to help them win a game of badminton.</li> </ul>				

Lesson Sequence	Time Allocation	Key Question/WALT	Teaching Activities	Resources
Lesson 1	1 hour	To be able to work on and develop movement by changing different speeds whilst remaining balanced. Progressing to an overhead shot.	<p>Warm up – Patterns of movement, dynamic stretching and focus on agility (avoid being tagged)</p> <p>Main content – pupils in the first session will develop net/wall games (badminton) by working on movement around a court. Pupils will be expected to develop the “ready position” so that when a shuttlecock or a piece of equipment is sent over a net they are able to move and catch or be able to send it back over. This will then be</p>	<p>Soccer 2000</p> <p>Badminton rackets, shuttle cocks, nets, bean bags</p>

			<p>progressed to holding a racket and perform an overhead shot.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made progress but still need to develop, and red being they did not improve today.</p>	
Lesson 2	1 hour	Be able to perform and develop player's ability to serve using the most appropriate serve to start a rally.	<p>Warm up – Patterns of movement, dynamic stretching and focus on agility (avoid being tagged)</p> <p>Main content – pupils in the second session players will be working on the different types of serve and developing the backhand and forehand serve to then be able to use the most comfortable or consistent one in order to start a rally.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made progress but still need to develop, and red being they did not improve today.</p>	<p>Soccer 2000</p> <p>Badminton rackets, shuttle cocks, nets, bean bags</p>
Lesson 3	1 hour	To be able to introduce net shots to increase number of players shots	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (control of the speed you are moving at)</p>	Soccer 2000

		<p>which they are able to make in a tactical game.</p>	<p>Main content – players in the third session will be introduced to net shots, they will first of all develop net shots without rackets and then integrate rackets. In this session players will develop to consistently hand feed the shuttle to a target. To then progress to consistently hitting the shuttle to land between the net and service line using an appropriate grip. Finally players can link the lunge movement to net hot hitting.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – personal performance review, – personal performance review, red, yellow, green. Judge performance based on green being successful, yellow being made progress but still need to develop, and red being they did not improve today.</p>	<p>Badminton rackets, shuttle cocks, nets, bean bags</p>
Lesson 4	1 hour	<p>Introducing overhead clear to increase the number of shots players are able to make and increase tactical game.</p>	<p>Warm up – patterns of movements, dynamic stretching and focusing on agility (control of the speed you are moving at)</p> <p>Main content – players during the fourth session will perform an overhead clear consistently, to be able to hit the shuttle cock high to the rear of the court. This will then progress to executing the clear employing the correct sideways body position and throwing action</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.</p>	<p>Soccer 2000</p> <p>Badminton rackets, shuttle cocks, nets, bean bags</p>

Lesson 5	1 hour	<p>Introduce an overhead drop shot to develop player's tactical game.</p>	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (be able to balance equipment whilst moving)</p> <p>Main content – players in this session will return a high serve by performing an overhead drop shot to land the shuttle consistently in front of the service line. This will then progress to executing the drop shot employing a correct sideways body position and a slowed down throwing action.</p> <p>Cool down- static stretching, slow movements.</p> <p>Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.</p>	<p>Soccer 2000</p> <p>Badminton rackets, shuttle cocks, nets, bean bags</p>
Lesson 6	1 hour	<p>Consolidate skill development whilst introducing a competition element.</p>	<p>Warm up – patterns of movement, dynamic stretching, focus on balance (be able to balance equipment whilst moving)</p> <p>Main content- players during this session will be able to cooperate effectively as a part of a team. Player will identify different roles and responsibilities in a team. Players can overcome different problems within a team. Players are better equipped to understand decision making process and what shots to apply and what serves to do.</p> <p>Cool down- static stretching, slow movements.</p>	<p>Soccer 2000</p> <p>Badminton rackets, shuttle cocks, nets, bean bags</p>

			Self-reflection – in pairs children will discuss their own performance and identify strengths and weaknesses and then which they can improve on.	
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