

## Unit of Work

Title: GCSE BADMINTON

Year: 10

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> <li>• Develop range of Serving techniques</li> <li>• Understand the principles of the game</li> <li>• Basic rules</li> </ul>	BH low, flick & FH short and high.  Discuss pros and cons of height and depth  Target games then into ½ court games
2	<ul style="list-style-type: none"> <li>• Develop 3 types of hitting action (push, whip, tap)</li> <li>• Apply actions to netshot, lift and drive</li> </ul>	Keepy uppy, Ready position games Sinbin zone game Target games
3	<ul style="list-style-type: none"> <li>• Develop overhead hitting action</li> <li>• Apply to overhead clear</li> </ul>	Tidy your bedroom Throwminton Use of targets ½ court singles
4	<ul style="list-style-type: none"> <li>• Develop the dropshot</li> </ul>	Throwminton Use of targets Dip your toes in  Into routines = serve-OHC-dropshot-lift
5	<ul style="list-style-type: none"> <li>• Develop the smash</li> </ul>	Relate to strength x speed = power  Discuss angle, pace, variation/placement Link to netsgots Target games Zone games, ½ court singles
6	<ul style="list-style-type: none"> <li>• Develop tactics in singles</li> <li>• Develop knowledge and understanding of rules and scoring</li> </ul>	Discuss principles of outwitting opponents Team singles, king of court, killer Full court singles (timed or to 11/15)
7	<ul style="list-style-type: none"> <li>• Develop tactics in doubles</li> <li>• Develop knowledge and understanding of rules and scoring</li> </ul>	Attacking and defensive formations Shadow exercise Mutifeed drills Timed or shortened doubles games
8	Pupils to experience typical GCSE assessment	Warm up Routines to show skills in isolation Singles and doubles games