

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Badminton	3/4	#5	Improving Agility and reactions

### Equipment

- Cones for set up
- Rings
- Shuttlecocks
- Benches
- Hoops

### Learning Objective

- To show improvements to our agility & reactions throughout the session

### Success Criteria

- I can show improvements to my agility by participating in a range of activities
- I know how to improve my reactions and why it will be beneficial to me when playing badminton

### Key words

- Agility
- Improving

### Preparation Ideas/Warm Up

#### Head Shoulders Knees & Toes

Split the class into pairs and give each group a ring. They are to stand opposite, 1m away, with the ring on the floor in front of them. The teacher gives the instructions for the children to:

- >Head – Touch head
- >Shoulders – Touch shoulders
- >Knees – Touch knees
- >Toes – Touch toes
- >Go – Grab the ring

Children receive 1 point for grabbing the ring first. If they grab at the same time, they each receive a point (we don't want to see snatching or pulling)

Progressions:

- >Add in a turn. Each time you say turn, they must complete a half turn jump to face the opposite direction

### Skill Development

#### Reach and recover

Place 5 shuttlecocks on one side of the area, with a hoop on the opposite side (we want a 5-6m gap in between). Children to be in small groups of 3-4

Children to start in the middle 1 at a time in their group with 1 person having a stop watch. The children have to transfer the shuttlecocks from one area to the other in the quickest time. Allow the children to compete against one another.

Progression:

>The shuttlecock needs to be standing up, feather side down, in the hoop. The time is not finished until all are in the hoop and feather side down.

### **Shuttlecock reaction**

Class to be split into groups of 4. 1 person will have a racket and the other 3 will have shuttlecocks.

The player with the racket stands in the ready position (defensive stance), with the 3 players with the shuttlecock behind them over one of their shoulders. One at a time, a player with the shuttlecock will throw the ball over the shoulder of the player with the racket (throw from 1-2m behind). As the ball drops over the shoulder, the player with the racket needs to react and play a forehand or backhand drive to strike the ball. If they strike the ball, they get 1 point. Swap roles so each player can have a turn striking.

Progression:

>Add in a cone on the other side of the shoulder so players with the shuttlecocks can choose which shoulder they want to throw the shuttle over

## **Game**

### **Shuttle Agility**

Keep the groups the same as the previous game. Set up a court with the striker on one side and shuttlecock throwers on the other, with a bench or middle line of cones separating the teams. The 3 players with the shuttlecocks will throw the ball over to the other side for the striker to react to, 1 at a time. The next player can throw their shuttlecock as soon as the striker, strikes the previously throw shuttlecock back across.

We want the striker to react quickly to the multiple shuttlecocks being thrown across 1 straight after the other

Progression:

>Give the throwers a racket and ask them to use a forehand or backhand drive across the net/middle line, rather than throwing

## **Teaching points**

- We want the children to understand that reactions and agility are important aspects of badminton. Being able to react quickly to a shuttlecock coming across the court, and being able to move quickly across the court to reach and strike the ball over is a crucial part of badminton.
- Agility – the ability to change direction quickly. We want the children moving on the balls of their feet, with slightly bent knees, slightly crouched/hunched over. This will allow them not only to react quickly, but move quicker across the surface to reach the shuttlecock.

## **Key Questions**

- What do we mean by the term agility?
- How can we move quickly across the surface when playing badminton?
- How will quick reactions and good agility help us when playing badminton?

**National curriculum links:**

- Use running, throwing and striking in isolation and combination
- Develop balance, control and technique through playing badminton

**Social and environmental skills:**

- Developing team work and collaboration skills
- Improving listening skills and being able to follow instructions
- Improving their reactions and decision making skills