

Curriculum area	Topic	Year	Session Number	Skill
Net & Wall Games	Badminton	5/6	#2	Ranging Serves

### Equipment

- Rackets
- Shuttlecocks
- Cones
- Hoops
- Nets if available or benches

### Learning Objective

- To be able to perform the different types of serve with good technique and control

### Success Criteria

- I can aim my serve towards different areas of the court.
- I can begin a rally using a controlled serve.

### Key words

- Forehand
- Technique
- Accuracy

### Preparation Ideas/Warm Up

#### Target Practice

Children to be in teams of 4-5 per team. Standing one behind the other in a line. Set out a target (a cricket wicket, cone, a spot, it could be anything) around 7-8m in front of each group.

The children will start the ball above their head with a straight arm and perform an overarm throw towards the target. If they strike the target they are awarded a point. Team with the highest number of points when the game ends, are the winners.

### Skill Development

#### Serving practice

Get the children into groups of 4 with 2 players on each side of the court. Give the group 2 rackets and 4 shuttlecock. Split each side of the court in half to have a short serve and long serve. Allow the children to practice the 4 different types of serves across to each side of the court. The 4 types of serves are:

- The forehand short
- The forehand long
- The backhand short
- The backhand long

### Game

### **Battleships**

Split the class into teams of 4 and give each team 4 hula hoops each. They will face against another team on a tennis court. In their area on the court, we want the team to spread their hula hoops. We want 2 hoops at the front of the court and 2 at the back of the court. Each team and team members will then take it in turns serving the ball over the net to the other side, looking for the shuttle to land inside the hula hoop.

The first time the shuttle lands in the hula hoop, the team put a cone in that hoop. This means the battleship is damaged. The second time the shuttle lands in the same hoop, the team remove that battleship as it has been sunk.

The aim of the game is to remove the opposition teams battleships before they remove yours.

### **Progression**

Swap teams to have the winners of 1 court play the winners of another court

Use smaller hula hoops to make it more challenging

### **Teaching points**

- The forehand short and long – the short serve lands the ball at the front part of the opposition side of the court, near to the net. The long serve lands the ball towards the back of the court.
- The backhand serve – Same foot as the hand holding the racket slightly in front, hold the racket in a backhand position, with the head of the racket pointed at an angle towards the floor. Hold the shuttle with your thumb and index finger close to the racket. Flick the racket (the same as the backhand technique) as you drop the shuttle. Once served, set into the middle of the court in the ready position (defensive stance) ready to react to the return.
- When using the long and short serves, we want the children to understand that they need to make the decision tactically, as to which they use during the game. This will dependent on where the opponent is positioned and whether they want to attack the point. A short serve, although more likely to hit the net, can put you in an advantageous position by forcing the opponent to play a high defensive return, which you can then attack. The downside is that it is a high risk shot as you may hit the net or the shuttle may fail to reach the other side.

### **Key Questions**

- Can we name the 4 types of serves?
- Which one do we feel most comfortable with and why?
- What are the advantages and disadvantages of playing both the long and short serves?
- What tactics can we use to deceive the opponent when we serve?

### **National curriculum links:**

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

### **Social and environmental skills:**

- Developing team work and collaboration skills
- Showing creativity in their work
- Gaining confidence in trying new skills

