**Indian Land High School**

**Physical Education/Health**

**Lesson Plan**

|  |  |  |
| --- | --- | --- |
| **Grade Span/Level:**  **Time Frame:****1st Unit:** **Badminton**    **Activity:** **Underhand clear, overhead clear, serve, forehand, backhand, and smash. Objective:** **The student will be able to demonstrate the ability to perform badminton skills as it relates underhand clear, overhead clear, serving, forehan, backhand, smash, teamwork, sportsmanship, and cooperation.** | | |
| Physical Fitness Goals**:** **Striking and eye-hand coordination. Muscular strength, muscular endurance, flexibility, coordination, balance, speed, power, agility, and reaction time.**  Fitness Gram: **Yes  No** | **PE** **Standards Addressed:** **1-6**  **Health Standards Addressed:** | |
| Equipment Needed: Standards, nets, rackets, birdies. | Space Requirements: Gym | |
| Essential Skills: Basic strategies and tactics of the game  Skills: striking, underhand clear, overhead clear, serving, forehand, and backhand..  Development of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, balance, coordination, agillity, power, speed, reaction time, cooperation, teamwork, sportsmanship.  Essential Content Knowledge: Rules of etiquette, safety, and game play. Basic strategies and tactics of the game. Knowledge of striking, serving, forehend, backhand, cooperation, teamwork, sportsmanship, flexibility, weight transfer, force, angles, contact point, and trajectory. Terms:server, receiver, 1-point shot, frontcourt, backcourt, sideline, endline, net, racket, birdie (shuttle cock), ready position, carry, center line, clear, court, fault, passing shot, push shot, rally, drop shot, smash. | | |
| **Activity** | **Description/Process** | **Time** |
| Warm-up | **Dynamic-Jog/sprint, line jumps, shuttle run, push-ups, sit-ups, squats, high knees, a-skip, power skip, bounding, speed rope.** | **5 minutes.** |
| Teacher Demonstration | **The teacher will demonstrate the following: First Day-Background (history/rules)-Power Point, Visual Aid, Study Guide)-Student Note-Take.**  **Grip (shakehands, forehand, backhand), stance, underhand clear, overhead clear, serve, forehand, backhand, and smash. Demonstration of safety and etiquette.** | **10 minutes** |
| Practice Activities | **Students will work:independently, with a partner, in groups of 2 (16 teams) and participate in badminton games: I Individual (Mid Air-No Net)**  **Self Underhand Clear (Forehand Grip)**  **Self Underhand Clear (Backhand Grip)**  **Self Alternate Clear (Forehand/Backhand Grip)**  **Self Overhead Clear (Shakehands Grip)**  **Self Serve to a Target**  **Self Smash to a Target**  **Partner (Mid-Air)**  **Underhand Clear**  **Overhead Clear**  **Serving**  **Forehand**  **Backhand**  **Alternate Forehand/Backhand**  **Serve to a Forehand**  **Serve to a Backhand**  **Alternate a Serve to a Forehand and Backhand**  **Serve to a Forehand/Backhand to a Smash**  **Group (Net)…Short/Long Volleys**  **Underhand clear (Straight Across Net)**  **Overhead Clear (Straight Across Net)**  **Serve (Diagonal Across Net)**  **Forehand (Straight and Diagonal Across Net)**  **Backhand (Straight and Diagonal Across Net)**  **Alternate Forehand and Backhand**  **Alternate a Serve to a Forehand and Backhand**  **Serve to a Forehand/Backhand to a Smash**  **Team**  **Modified Games-Teams will rotate clockwise and play 8-4 minute games**  **Last Day-Written Test, Skills Test, and Round Robin Tournament (Regulation Games).** | **60 minutes** |
| Cool-Down | **Static-Superman, standing hurdles, squatted butterflies, sit and reach, trunk lift.** | **5 minutes.** |
| Monitor and Feedback  (Formative Assessments) | **The teacher will walk around the peripheral area giving specific feedback (ex. making positive comments regarding good effort, attitude, teamwork, good communication skills, and fair play. Teacher Observation, Peer Observation, Skills Test (0-4 Rubric), and Written Test (10 T/F Questions).** | **Throughout the lesson.** |
| Special Needs/Modifications | **Peer buddies, extended time, preferential spacing, colored birdies, smaller equipment, smaller groups, equal groups based on personalities/ethnicity/gender/ability, music-hip hop.** | **N/A** |
| Integration Elements: | **Literacy Skills:** **Reading and comprehension, interpreting textual information.**  **Math Skills:** **Counting, angles, geometry, measurement.**  **Lifetime Appreciation:** **Teamwork, sportsmanship, cooperation, improvement of fitness level, recreational activity, social interaction, family/church/local league participation.**  **Health:** | |