



### Subject:

### Year 7 – Badminton

#### Overarching Topic:

Why is this topic being studied at this time?

How does it fit into the wider subject curriculum?

#### Overview

**Intent:** Our intent is to create a culture where students approach all activities with a burning desire to succeed and enjoy the challenges that come with learning new skills and techniques. A progressive approach, with inclusivity at the heart of it, allows for students to experiment with different styles of learning, ensuring that all are engaged and challenged appropriately. Badminton is a sport that can allow for true lifelong participation and our intent is to start students off on this journey through a curriculum of awe and wonder, that provides them with the skills and knowledge required to achieve this.

**Ultimate questions:** This unit of work will provide students with the knowledge and skills that will build upon the foundations laid in terms one and two, ensuring success within their journey through Physical Education and sport at Ravens Wood School. Through a holistic approach, students will learn the rules, values, tactics and traditions of the sport. Badminton is the first time students experience divided court and net games at Ravens Wood, meaning that the ultimate questions are focused on the differing intricacies, as well as transferable skills, between these and more traditional invasion games. This module builds on the key facets of Physical Education that were introduced in terms one and two; acquiring and developing skills, selecting and applying appropriate skills and tactics and evaluating and improving their own and other performances.

#### Joining Up

#### Looking ahead:

- ‘What are the key skills and why do you need to know them?’ – students will be introduced to the key skills in the sport and will be taught how and when to apply these in a safe manner
- ‘What are tactics and why are they important?’ – students will be challenged to think tactically across a range of situations and will be

	<p>encouraged to explore the reasons behind different tactical approaches</p> <ul style="list-style-type: none"> <li>• ‘How do we achieve success as individuals and teams?’ – students will be encouraged to become reflective and analytical learners by evaluating their own and the performance of others and justifying suggestions for improvement</li> </ul> <p><b>Looking back:</b> This unit of work builds on the various curricula across our feeder schools, with links also made to previous activities</p>		
	<b>Critical</b>	<b>Core</b>	<b>Pinnacle</b>
<p><b>The Big Questions</b> (What questions will students be able to answer upon mastery of the topic?)</p>	<p><b><i>‘What are the key skills and why do you need to know them?’</i></b></p> <p><u>Acquire and develop skills</u></p> <p>To improve consistency, quality and use of techniques for a specific purpose. To adapt and develop their skills into specific techniques in the activities undertaken.</p> <p>How can you use your skills to help you in competitive situation? How can you improve your own skills?</p>	<p><b><i>‘What are tactics and why are they important?’</i></b></p> <p><u>Select and applying appropriate skills and tactics</u></p> <p>To understand and apply strategic and tactical principles more effectively in familiar situations and anticipate and describe outcomes.</p> <p>To adapt strategies and tactics used in one game and apply them to another one.</p> <p>Are you able to use appropriate skills under pressure? Are you able to use appropriate skills with both forehand and backhand?</p>	<p><b><i>‘How do we achieve success as individuals and as pairs?’</i></b></p> <p><u>Evaluate and improve their own and others performance</u></p> <p>To understand the concepts of net/wall games and make effective evaluations of strengths and weaknesses of performance.</p> <p>Can you match the tactics of your performance within singles and doubles? Can you maximise your ability by playing with a variety of doubles partners where you are able to fully use your skillset?</p>
<p><b>The Key Skills/ Techniques</b></p>	<p><b>The sophistication and application of skills will become more advanced as students’ progress through the critical, core and pinnacle knowledge.</b></p>		
	<p><b>Skill/Technique</b></p>	<p><b>How will this skill be developed?</b></p>	
	<p><u>Acquiring and developing skills</u></p> <p>Hit the shuttle with reasonable consistency and accuracy in cooperative and competitive rallies.</p> <p>Play a range of different shots on both sides of the body with sound basic technique in backswing, contact and follow-through</p>	<p>Ask pupils to play small versions of the game, keeping the rules and organising themselves in terms of court areas and scoring systems.</p> <ul style="list-style-type: none"> <li>• We will help pupils consolidate the basic techniques and teach new techniques. Explore ways in which pupils anticipate the flight or movement of the shuttle and learn the importance of feints and shot variation when trying to outwit an opponent.</li> </ul> <p>Help pupils investigate techniques employed when attacking, <i>eg control of the shuttle, variety of shot and appropriate shot selection</i>, and consolidate defensive techniques, <i>eg movement, footwork and defensive shot selection</i>.</p>	

	<p><b><u>Selecting and applying skills, tactics and ideas</u></b></p> <p>Organise themselves as a singles and doubles partners to experiment with different positions</p> <p>Select and use a range of tactics and strategies and apply them successfully in different games</p> <p>Explain the similarities and differences between net and invasion games</p>	<p>Talk to pupils about styles of play in both singles and doubles and encourage students to experiment with the different ones, to discover which are appropriate in different situations.</p> <ul style="list-style-type: none"> <li>• Help pupils explore the basic principles of singles and doubles – e.g. movement around the court, playing to opponents weaknesses, playing to your own strengths, serve positioning and covering court areas</li> <li>• Help pupils consolidate their understanding of simple tactics and explore the way these tactics can be adapted to both singles and doubles.</li> <li>• Listen to pupils say why tactics may succeed against one opponent and fail in another. Help them to adapt their tactics to the current challenge.</li> <li>• Ask pupils to explore simple tactics and techniques that increase the chances of successful outcomes in singles and doubles</li> </ul>
	<p><b><u>Evaluating and improving performance</u></b></p> <p>explain the range of decisions they have to make in a game</p> <ul style="list-style-type: none"> <li>• identify their own and others' strengths and weaknesses</li> <li>• implement practices to improve their performance</li> <li>• identify aspects of technique that require practice and improvement</li> <li>• assess and comment on the ways in which they can improve, <i>eg singles and doubles</i></li> </ul>	<p>Ask pupils to analyse their own and others' strengths and weaknesses and to identify aspects of technique that need to be improved. Teach them how to 'read' a game.</p> <ul style="list-style-type: none"> <li>• Help pupils explore different ways of observing and analysing performance and recognise what is effective and what needs improving.</li> <li>• Talk to pupils about the ways they think both the games and their own play can be improved. Listen to what they think they need most help with, then invite ideas on how to adapt and vary the games.</li> <li>• Talk to pupils about their knowledge of rules and develop their ability to officiate both singles and doubled matches</li> </ul>
	<p>Knowledge and understanding of fitness and health</p> <ul style="list-style-type: none"> <li>• to prepare for and recover from exercise safely and effectively and to know the principles used</li> <li>• to recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active in games</li> </ul>	<p>Listen to pupils talk about their understanding of the way in which strength, stamina and suppleness can be improved by playing invasion games.</p> <ul style="list-style-type: none"> <li>• Help consolidate pupils' knowledge of warm-up and cool-down activities relevant to net and divided court games.</li> <li>• Ask pupils to refine their own warm-up routines, <i>eg mobilise, raise the body temperature and stretch.</i></li> <li>• Talk to pupils about different ways of improving performance in net and divided court games, <i>eg draw upon knowledge of training in athletics and invasion games to improve speed or acceleration.</i></li> <li>• Help pupils understand the importance of specificity in training.</li> </ul>