

**Resources:**

balloons, rackets, net

**Objectives:**

**M.T.** – Basic Grips

**WALT** – We are learning to demonstrate and use a backhand thumb grip and a forehand V grip which are used in a game of badminton.

**WILF** – What I am looking for is for you to keep your fingers loose and change to use a thumb grip shot when the balloon is above your shoulders and a V grip shot when it is below.

**TIB** – This is because a badminton player must change quickly their grip on the racket depending on the flight of the shuttle.

UKS2

Lesson 1

Activities	Coaching Points
<p><b>Warm Up:</b></p> <p><b>Moving in numbers</b> Identify pupils in the class with a number 1 to 4, upon the command 'go' pupil move around the space dodging in and out of each other. At regular intervals a number is called and pupils with that number are frozen into that position and become an obstacle for others to dodge and weave around for a set amount of time.</p> <p><b>Variation</b></p> <ul style="list-style-type: none"> <li>• Change type of footwork pattern e.g. sideways, chasse, crossovers etc.</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Increase speed</li> <li>• Call two sets of numbers to increase amount of dodging and weaving</li> </ul>	<p>Maintain straight body position Head staying at same height Change direction off one foot</p> <p>Diff H. increase size of frozen pupils – large, wide shapes E. coloured bibs instead of numbers, increase size of area</p>
<p><b>Activity 1:</b></p> <p><b>Balloon tapping</b> (ballons) Each pupil is given a balloon. Pupils must move around the area holding their balloon in two hands. Upon the whistle pupils freeze, upon the second whistle pupils begin 'tapping' the balloon with their hands try to avoid the balloon touching the floor. Upon the third whistle pupils catch the balloon and continue with the movement</p> <p><b>Variations</b> Change direction of movement Change type of movement</p> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Tapping the balloon with racket hand only</li> <li>• Tapping the balloon only when it falls below chest height with the hand pointing away from body and palm facing upwards</li> <li>• Tapping the balloon above their head only with the hand pointing towards the body and palm facing upwards</li> </ul>	<p>Focus on flight path of balloon Adjust feet and hands to position self under balloon</p> <p>Diff H. change direction with chases if appropriate E. begin with walking pace</p>

<p><b>Activity 2:</b>  <b>Balloon racing</b> (balloon, throw down markers)          Split class up into teams of 6 and line up at one end of hall behind a spot. Each team has a balloon and each pupil in the team must run down the hall and back tapping the balloon with their hands to prevent it touching the floor. If the balloon touches the floor that pupil must return to beginning and start again.  <b>Variations</b></p> <ul style="list-style-type: none"> <li>• Increase distance of movement</li> <li>• Change type of hand position allowed</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Introduce a racket and allow pupil to tap the balloon down the course.</li> </ul>	<p>Control the balloon instead of trying to hit it to hard          Push the ball out in front</p>
<p><b>Game:</b>  <b>Grips</b> (net, racket and balloons)          Using a demonstration of the thumb grip, in pairs using rackets and balloon pupils play a simple rally of trying to hit the balloon over the net using the thumb grip.  <b>Variation</b></p> <ul style="list-style-type: none"> <li>• Continue game back introduce the forehand V grip and encourage the pupils to use this grip to return the balloon over the net.</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>• Working with the balloon and rackets, in pairs pupils try to rally the balloon over the net as many times as possible with a focus on the two different grips.</li> </ul>	<p>Thumb grip          Back of hand leading or moving away from the body</p> <p>V grip          Fingers are well spread          Hit the balloon in front of body          Check there is a V shape between thumb and forefinger</p>
<p><b>Cool down:</b>          Each pupil with a racket moves around the space avoid others with their heads up finding the space. Upon the command pupils stop in their ready position stepping forward to either preform a thumb grip shot or a V grip shot.  <b>Variations</b></p> <ul style="list-style-type: none"> <li>• Decreasing speed to slow heart rate down</li> <li>• Review teaching points of both grips</li> </ul>	
<p><b>Success Criteria: I can:</b></p> <ol style="list-style-type: none"> <li>1. Keep a balloon in the air by changing the position of my hand depending on its height.</li> <li>2. Hold a racket with a thumb grip and use it to push a balloon up and forwards over a net.</li> <li>3. Alter the position of my fingers between a thumb grip and a V grip to return a balloon over a net depending on its height and flight path.</li> </ol>	<p><b>Main Coaching Points</b>  <b>Thumb grip</b>          Back of hand leading or moving away from the body  <b>V grip</b>          Fingers are well spread          Hit balloon in front of body          Check there is a V shape between thumb and forefinger</p>
<p><b>Lesson Evaluation</b></p>	<p><b>Points for next lesson</b></p>

# WALT

We are learning to demonstrate and use a backhand thumb grip and a forehand V grip which are used in badminton.



Upper Key Stage 2 Badminton Lesson 1

# WILF

What I am looking for is for you to keep your fingers loose and change to use a thumb grip shot (thumb behind, fingers pushing away from your body) when the balloon is above your shoulders or on your backhand side and a V grip shot (fingers facing upwards in front of your body) when it is below and on your forehand side.



Upper Key Stage 2 Badminton Lesson 1

# TIB

This is because a badminton player must change quickly their grip on the racket depending on the flight path of the shuttle.



Upper Key Stage 2 Badminton Lesson 1

## Success Criteria: I can:

1. Keep a balloon in the air by changing the position of my hand depending on its height and direction.



2. Hold a racket with a thumb grip and use it to push a balloon up and forwards over a net.

3. Alter the position of my fingers on the racket between a thumb grip and a V grip to return a balloon



over a net depending on its height and flight path.

Upper Key Stage 2 Badminton Lesson 1