



Health Smart Virginia - Sample Lesson Plan

Grade Level 10

Unit **Striking with Racquets**

SOLs:

- 10.1 The student will demonstrate proficiency and apply the concepts and principles of exercise physiology, biomechanics, and anatomy in a variety of lifetime activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, selected individual performance activities, and net/wall games in at least two self-selected, lifelong, skill related physical activities.,
 - 10.1 a) Demonstrate skill attainment in one or more lifetime activities,
 - 10.2 f) Apply rate of perceived exertion (RPE) and pacing to a conditioning plan that meets the needs of one or more lifetime activities,
- 10.3 b) Use a variety of resources, including available technology, to analyze current fitness and activity levels, and to improve physical activity and personal fitness.,
- 10.4 c) Identify and avoid potentially dangerous situations in physical activity settings.,
- 10.5 b) Evaluate current activity levels.,
- 10.5 d) Evaluate current and future sleep needs.,
- 10.5 f) Explain energy balance (caloric expenditure vs caloric intake) in relation to changing needs from adolescence through adulthood.

Title: **Badminton Round Robin**

Objectives/ Goals:

The student will ...

- Be able to do 20% more self-strikes of the birdie than the previous day.
- Compare and contrast the benefits of a short and long serve.

- Working cooperatively and displaying good sportsmanship
- Aim to reach his step goal for his daily physical education class.

Materials:

- Cones
- Badminton Racquets
- Birdies
- Inflated Balloons
- Space: Indoor Gymnasium
- Badminton Poles/Nets
- Drill Cards

Procedure:

0-5 Minutes

- Students will enter the gym, get their assigned pedometers, change clothes, and once coming back into the gym get a racquet and birdie and practice self-volleying until everyone is out of the locker rooms.

5-25 Minutes

- Students will get with their team coach and do the workout of the day.
- Coaches will use drill cards as a way to understand the drills his/her team will perform.

25-80 Minutes

- Students will participate in a round robin badminton tournament.
- Students will play in one-on-one games to 15 points with rally scoring, player must win by 2.
- There will be an additional court set up that players will play badminton skee ball.
- Skee ball court will be set up on the side and will be a hula hoop, short rectangular laundry basket, and a tall pop up basket in a straight line. Each student will hit 3 birdies per round and a hula hoop is worth 1 point, short basket worth 2, and tall basket worth 3. Each players points will cancel out. Games are played to 15, win by 2.

80-90 Minutes

- Closure: When the music stops, all racquets and birdies should be put away in the correct containers.
- Students should use their checkbooks to fill out their daily log.

Modifications:

- Student will follow all directions given to the entire class.
- Student will have a separate racquet that is larger, shorter and lighter.
- Student will have access to larger birdie if necessary or balloon for more success.
- Lower the net if necessary.
- Student can play all of their games on the skee ball court.
- Put modified court on the outside perimeter of the gymnasium for easier access and limited distraction.

Assessments, References & Sources:

- National Standards for K-12 Physical Education Copyright 2013, SHAPE America – Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.
- http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml
- http://www.teachpe.com/badminton/rules_of_badminton.php
- <https://openphysed.org>