Badminton Block Plan – 2 weeks 8 <sup>th</sup>	
Grade	
Week 1	Day 2
Day 1	Warm-up and stretches
Warm-up	Skills: Review forehand
Stretches	Intro backhand
Intro: Badminton	intro backitand
- Rules	
- Court Dimensions	Concepts:
- Equipment (racket, shuttlecock)	Best effort
	Understanding
Skills: Forehand	Rules and concepts
Concepts:	Personal/Social Attributes:
Best effort	Cooperation
Understanding	Sportsmanship
Rules and concepts	Responsibility
	Respect
Personal/Social Attributes:	
Cooperation	Activities: See Drills
Sportsmanship	
Responsibility	
Respect	
Activities:	
See Drills	
Day 3	Day 4
Warm-up and stretches	Warm-up and stretches
Skills: Review forehand/backhand	Skills:
Intro serve	Review forehand, backhand, serve
indo serve	Intro Overhead Smash
Concepts: Best effort	muo o vomono omnom
Understanding	Concepts: Best effort
Rules and concepts	Understanding
Rates and concepts	Rules and concepts
Personal/Social Attributes:	reales and concepts
Cooperation	Personal/Social Attributes:
Sportsmanship	Cooperation
Responsibility	Sportsmanship
<u> </u>	<del>-</del>
Respect	Responsibility
	Respect
	Activities: See Drills
Activities: See Drills	
Day 5: Warm-up and stretches	

**Skills: Badminton Stations and conditioning** 

**Concepts:** Best effort

Understanding
Rules and concepts

## **Personal/Social Attributes:**

Cooperation Sportsmanship Responsibility Respect

Activities: Rotate Stations practicing skills learned and conditioning techniques (Stations: forehand to bucket, backhand drop shot, serve, overhand smash, reaction time)

Week 2 Day 2 Day 1 Warm-up and stretches Skills: Review Skills (Forehand, Warm-up and stretches Skills: Review rules and techniques Backhand, Serve, Overhead Smash) (forehand, backhand, serve, overhead **Practice Skills Test** smash) **Concepts:** Best effort Understanding **Concepts:** Best effort Rules and concepts Understanding Rules and concepts **Personal/Social Attributes:** Cooperation **Sportsmanship** Personal/Social Attributes: Cooperation Responsibility Sportsmanship Respect Responsibility Respect **Activities:** Skills Test Practice: Forehand, serve **Activities:** Modified Games (all games to 5 points and rotate around courts Day 3 Day 4 Warm-up and stretch Warm-up and stretches Skills: Review Skills (Forehand, Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Backhand, Serve, Overhead Smash) Skills Test **Practice Skills Test Concepts:** Best effort **Concepts:** Best effort Understanding Understanding Rules and concepts Rules and concepts Teamwork **Personal/Social Attributes:** Cooperation **Personal/Social Attributes:** Sportsmanship Cooperation Responsibility Sportsmanship Respect Responsibility Respect Activities: Skills Test: Forehand, serve **Activities: Tournament Day** Day 5 Warm-up and stretches Skills: Review Skills (Forehand,

Backhand, Serve, Overhead Smash)

Practice Skills Test
Concepts: Best effort Understanding
Rules and concepts
Teamwork
Personal/Social Attributes:
Cooperation
Sportsmanship
Responsibility
Respect
Activities:
Tournament Day
Tournament Buy

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