

## East Physical Education

### UNIT: Badminton

#### Stage 1 Desired Results

<p><b>ESTABLISHED GOALS</b></p> <p><b>Standard 1:</b> Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p><b>Standard 2:</b> Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p><b>Standard 3:</b> Students will understand and be able to manage their personal and community resources.</p>	<b>Transfer</b>	
	<i>Students will be able to independently choose to engage in Badminton in order to achieve and maintain a healthy lifestyle.</i>	
	<b>Meaning</b>	
	<p><b>UNDERSTANDINGS</b> <i>Students will understand that... Answer your essential Questions</i></p> <ul style="list-style-type: none"> <li>➤ Proper form for individual skills is essential for mastery of the skill.</li> <li>➤ Different components of badminton positively impact your overall health in different ways.</li> <li>➤ Teamwork skills and strategy are essential in a team/dual sport.</li> </ul>	<p><b>ESSENTIAL QUESTIONS</b></p> <ol style="list-style-type: none"> <li>1. How does the improvement of individual/dual activities improve your quality of life?</li> <li>2. Why is it important to participate regularly in meaningful physical activity?</li> <li>3. How do the knowledge and skills, and etiquette of individual/dual activities improve personal and social quality of life?</li> </ol> <p>How does participation in individual/dual activities support and enhance related to physical fitness?</p>
	<b>Acquisition</b>	
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>➤ The badminton vocabulary: rules, rally scoring system, strategy, skill cues, rotation, regulations, terminology, sportsmanship, safety, clear, smash, drop, short serve, long-deep serve, backhand, grip, boundaries, overhead, underhand, weak side, cross-court, racket, and shuttle-birdie.</li> <li>➤ How to apply the skill cues, rules and strategies in a modified team setting.</li> <li>➤ The skills and strategy of Badminton such as clear, smash, drop, and serve.</li> </ul>	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> <li>➤ Demonstrate various skill cues, rules, and strategy in a modified game setting.</li> <li>➤ Play with self-control and fair play behaviors such as recognizing and respecting classroom and school rules.</li> <li>➤ Demonstrate consistent application of skills and strategy during a modified game setting.</li> <li>➤ Demonstrate badminton skills: clear, drop shot, serve.</li> <li>➤ Recognize and apply rules, regulations and etiquette specific to movement concepts and theme.</li> <li>➤ Prevent and resolve conflict</li> </ul>

		appropriately without teacher intervention, and respect other's skill levels.
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## Stage 2 - Evidence

Evaluative Criteria	Assessment Evidence
Participation/Sportsmanship	<b>PERFORMANCE TASK(S):</b> <ul style="list-style-type: none"> <li>➤ Daily Grade based on Department established Rubric.</li> <li>➤ Daily Fitness component towards Fitnessgram improvement</li> <li>➤ Improvement of Skill level through tasks, skills, and student led games</li> </ul>
Written Assignments	<b>OTHER EVIDENCE:</b> <ul style="list-style-type: none"> <li>➤ Written assignment on skills, rules, and impact on overall wellness</li> </ul>

## Stage 3 – Learning Plan

### Summary of Key Learning Events and Instruction

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>
<p>Intro to</p> <ul style="list-style-type: none"> <li>• <i>What do students know about Badminton?</i></li> <li>• History of Badminton</li> <li>• Rules</li> <li>• Safety</li> <li>• Forehand Grip and Ready Position</li> </ul> <p>Review etiquette and personal and social responsibilities.</p> <p>Health/skill Related Fitness Components</p> <p>Discuss/handouts community resources for Badminton (Area Gyms, YMCA, rec centers, neighborhood possibilities)</p>	<p>Review: Rules, Forehand Grip and Ready Position</p> <p>Teach: Forehand serving. Short and long Overhead Clears, Underhand clears and Drop shots</p> <p>Games: to practice each shot taught for the day.</p>	<p>Review: Forehand serving. Short and long Overhead Clears, Underhand clears and Drop shots</p> <p>Teach: Smashes, net shots, backhand grip, backhand serves and Introduction to singles play</p> <p>Games: practice each shot and singles matches</p>	<p>Review: Smashes, net shots, backhand grip, backhand serves and Introduction to singles play</p> <p>Teach: Doubles play</p> <p>Games: Singles and doubles tournaments</p> <p>Unit Test</p>

<i>DAY 5</i>	<i>DAY 6</i>	<i>DAY 7</i>	<i>DAY 8</i>