

Planned Course: Net and Racquet Sports	Course Number: PE709	Department: Health and Physical Education	
Unit: Badminton	Grade Level: 10-12		
Estimated Time: 20 classes	Level/Track: Elective	Date Approved: 08/27/2018	
Academic Standards	Core Concepts (in question format) • Skills/Knowledge	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

<p>10.4.9 Physical Activity</p> <p>A. Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement performance.</p> <ul style="list-style-type: none"> • Agility • Balance • Coordination • Power • Reaction time • Speed 	<p>►What mechanical principles are applied in the advanced skills of participating in badminton?</p> <ul style="list-style-type: none"> • The student will be able to demonstrate safe and correct use of equipment. • The student will be able to employ four critical elements of striking: positioning of feet and body, back swing (preparation for stroke), impact, and follow through when performing badminton skills. • The student will be able to perform the following badminton skills: the short (or low) serve, the long serve, the overhead clear, the underhand clear, the smash, the forehand and backhand drives, the hairpin shot, 	<ul style="list-style-type: none"> • Short Serve: partner practice • Long serve: partner practice • Four-man rotation • Teacher modeling/demonstration • Partner practice • Self practice • Drills/lead-up games • Games/matches • Tournaments: round robin & double elimination • Badminton Skill Tests: dribbling; short & long serves • Discussion regarding the various strategies of badminton 	<ul style="list-style-type: none"> • Skill test: dribbling • Net Practice: shuttle toss • Skill test: short serve • Skill test: long serve • Teacher observation of safe and correct use of equipment, student performance and techniques, strategy decisions • Class participation • Class preparation • Self-evaluation using badminton rubrics • Peer evaluation using badminton rubrics • Oral badminton quizzes • Written badminton examinations and quizzes • Worksheets regarding safety, equipment, history of the sport of badminton, rules and techniques
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<p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Analyze and apply scientific and biomechanical principles to complex movements.</p> <ul style="list-style-type: none"> • Linear motion • Equilibrium • Number of moving segments 	<p>the drop shot or dink, and directing the shuttlecock from left to right.</p> <ul style="list-style-type: none"> • The student will be able to demonstrate an understanding of the rules of the badminton: serving rules, boundaries, turn of service, scoring, order of receiving, and positioning. • The student will be able to explain the game strategies of playing doubles, for example: drop shot when opponent is deep, clear when the opponent is at the net, etc. • The student will be able to teach basic badminton skills. 		
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