**Colton Hills Community School medium term planning**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Topic title:**  Badminton | **Year:** 7 **Term:** Autumn - Spring | **Why we teach this:**  Badminton forms a key part of our wider school PE curriculum and it has many transferable techniques, skills and tactics used in a variety of ways. This allows knowledge and understanding of rules, regulations and scoring systems. This also links in with the knowledge and application phase at BTEC level. | **Why we teach this here:**  We teach this unit in Year 7 to begin to give students confidence to understand the techniques, tactics, rules and regulations of badminton. | |
| **Big questions:**   1. What is the correct stance to have when playing badminton? 2. Why is it important that you vary the distance of your serve? 3. When/Why should the overhead clear shot be used in a badminton game? 4. Why is it important that the drop shot lands close to the net? 5. Why is it important that you contact the shuttle at its highest point when making a smash shot? 6. What court dimensions are used when playing a doubles badminton game? | | **Builds on previous topics:** Links to any previous knowledge and understanding of badminton taught at primary school or in any badminton clubs outside of school. | **Links to future topics:**  It will allow students to gain an understanding and knowledge of skills for future badminton topics. | |
| **Key knowledge:**   * Be able to respond effectively to questions regarding badminton shot techniques and tactics. * Understand the key characteristics of a badminton game. * Understand how to improve own badminton skills and how they contribute to own health and fitness. * Understand what components of fitness needed to improve when playing badminton. * Gain knowledge of key tactics and techniques that can be used to beat your opponents. | **Key knowledge continued:**  **LPA**   * Be able to contact the shuttle with racket. * Be able to hit the shuttle over the net. * Demonstrate use of basic shots.   **MPA**   * Consistently strike the shuttle with the racket when making shots. * Contact the shuttle showing control when making the shot. * Play an overhead clear shot with accuracy.   **HPA**   * To be able to consistently perform an accurate serve. * To be able to demonstrate an efficient rally. * Perform attacking and defensive shots effectively in game situations. | |
| **Skills developed:**   * Practical skills suitable to the game of badminton. * Tactical skills suitable to the game of badminton. * Students playing within the rules across sporting activities. * Be physically active for sustained periods of time. * Develop confidence and excel throughout the badminton curriculum. | |
| **Mini/Interim assessments:**   * Initial baseline assessment * Final assessment conducted at the end of the unit where pupils have gained maximum knowledge and practice of tactics and techniques.   **End of unit assessment:**  Game based situations linked to assessment criteria. | | **Independent study tasks/resources:**  Week 1 – Fitness for Badminton  Week 2 – HIIT training for Basketball  Week 3 – Interval training for Badminton  Week 4 – Plyometrics training for Badminton  Week 5 – Power training in Badminton  Week 6 – Shuttle fitness | **Key vocabulary 1:**  Shuttle  Underarm  Closed grip  Backcourt  Serve  Racket  Overhead shots  Tramline | **Key vocabulary 2:**  Forehand grip  Defensive Clear  Attacking Clear  Backhand Stroke  Service Court  Smash  Baseline |
| **Cultural capital opportunities:**  **Social:** Can I work responsibly with others sensibly in potentially dangerous circumstances when taking on different roles and responsibilities?  **Moral**: Can I use equipment appropriately and safely?  Can I learn to handle success and defeat with dignity?  **Spiritual**: How can badminton positively affect my emotions? – (Confidence, determination, resilience)  **Cultural:** Can I respect and show an awareness of other cultures traditions within a competitive environment. | | **Whole school Curricular Concept links:**  **Civic Responsibility** – focus on badminton in society.  **Cultural Diversity** – exploring gender in sport.  **Health Living** – mental health and healthy living focus  **Artistic Creativity** – develop a creative approach to technical and tactical skills to outwit opposition. |