

<b>Badminton Block Plan – 2 weeks 8<sup>th</sup> Grade</b>	
<p><b>Week 1</b> Day 1 Warm-up Stretches <b>Intro:</b> Badminton</p> <ul style="list-style-type: none"> <li>- Rules</li> <li>- Court Dimensions</li> <li>- Equipment (racket, shuttlecock)</li> </ul> <p><b>Skills:</b> Forehand</p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> See Drills</p>	<p>Day 2 Warm-up and stretches <b>Skills:</b> Review forehand Intro backhand</p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> See Drills</p>
<p>Day 3 Warm-up and stretches <b>Skills:</b> Review forehand/backhand Intro serve</p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> See Drills</p>	<p>Day 4 Warm-up and stretches <b>Skills:</b> Review forehand, backhand, serve Intro Overhead Smash</p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> See Drills</p>
Day 5: Warm-up and stretches	

<p><b>Skills: Badminton Stations and conditioning</b></p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities: Rotate Stations practicing skills learned and conditioning techniques (Stations: forehand to bucket, backhand drop shot, serve, overhand smash, reaction time)</b></p>	
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<p><b>Week 2</b> Day 1 Warm-up and stretches <b>Skills: Review rules and techniques (forehand, backhand, serve, overhead smash)</b></p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> Modified Games (all games to 5 points and rotate around courts)</p>	<p>Day 2 Warm-up and stretches <b>Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash)</b> <b>Practice Skills Test</b></p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> Skills Test Practice: Forehand, serve</p>
<p><b>Day 3</b> Warm-up and stretch <b>Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash)</b> <b>Skills Test</b></p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities: Skills Test:</b> Forehand, serve</p>	<p><b>Day 4</b> Warm-up and stretches <b>Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash)</b> <b>Practice Skills Test</b></p> <p><b>Concepts:</b> Best effort Understanding Rules and concepts Teamwork</p> <p><b>Personal/Social Attributes:</b> Cooperation Sportsmanship Responsibility Respect</p> <p><b>Activities:</b> Tournament Day</p>
<p>Day 5 Warm-up and stretches <b>Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash)</b></p>	

**Practice Skills Test**

**Concepts:** Best effort

Understanding

Rules and concepts

Teamwork

**Personal/Social Attributes:**

Cooperation

Sportsmanship

Responsibility

Respect

**Activities:**

Tournament Day