

Badminton Block Plan – 2 weeks 9th	
Grade	
<p>Week 1 Day 1 Warm-up Stretches Intro: Badminton</p> <ul style="list-style-type: none"> - Rules - Court Dimensions - Equipment (racket, shuttlecock) <p>Skills: Forehand and Backhand</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: See Drills</p>	<p>Day 2 Warm-up and stretches Skills: Review forehand/backhand Intro Serve</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: See Drills</p>
<p>Day 3 Warm-up and stretches Skills: Review serve/forehand/backhand Intro Overhead Smash</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: See Drills</p>	<p>Day 4 Warm-up and stretches Skills: Badminton Stations and conditioning</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Rotate Stations practicing skills learned and conditioning techniques (Stations: forehand to bucket, backhand drop shot, serve, overhand smash, reaction time)</p>

<p>Day 5: Warm-up and stretches Skills: Quiz/Test over Rules and Strategies</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Modified Games (all games to 5 points and rotate around courts)</p>	

<p>Week 2 Day 1 Warm-up and stretches Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Practice Skills Test</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Skills Test Practice: Forehand, backhand, serve, overhead smash</p>	<p>Day 2 Warm-up and stretch Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Skills Test</p> <p>Concepts: Best effort Understanding Rules and concepts</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Skills Test: Forehand, backhand, serve, overhead smash</p>
<p>Day 3 Warm-up and stretches Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Practice Skills Test</p> <p>Concepts: Best effort Understanding Rules and concepts Teamwork</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Tournament Day</p>	<p>Day 4 Warm-up and stretches Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Practice Skills Test</p> <p>Concepts: Best effort Understanding Rules and concepts Teamwork</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Tournament Day</p>
<p>Day 5 Warm-up and stretches Skills: Review Skills (Forehand, Backhand, Serve, Overhead Smash) Practice Skills Test</p>	

<p>Concepts: Best effort Understanding Rules and concepts Teamwork</p> <p>Personal/Social Attributes: Cooperation Sportsmanship Responsibility Respect</p> <p>Activities: Tournament Day</p>	
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Recommendations: Add personal-social attributes and clearly identify the personal-social skills that will be incorporated. Have a separate 8th and 9th grade block plan. Include a sheet of rules and concepts for your cognitive concepts. Good diagram of badminton court. Include instructional objectives for each skill. Good description of drill, but include a BAGS for each one.