


Learning Plan 1		Subject/Pwnc: Badminton		Year/Blwyddyn: 9			
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters:</p> <ul style="list-style-type: none">Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular fitness. 10 keywords: Shuttlecock, Racket, Serve, Rally, Smash, Clear, Drop shot, Net shot, Footwork and Grip.							
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)		Homework/Gwaith cartref to support progress			
Week 1 3/11/25 Introduction to Badminton (forehand grip, backhand grip, footwork and court awareness).	<ul style="list-style-type: none">Discuss the key equipment in badminton on how to set up the courts accurately and safely.Demonstrate accurate grip and basic stances for the forearm and backhand shots.Introduce and discuss the basic principles and rules of the game.Evaluate partners shots.	<ul style="list-style-type: none">I can set up a badminton court accurately and safely, ensuring the nets are set up correctly.I can hit the shuttle against the wall and/or to a partner using the correct technique.I understand what the basic principles of badminton are and the basic rules.I can rally with a partner attempting to not let the shuttle land on the floor.I can use analysis and evaluation of my partners performance.I can construct suggestions for improvement for my partner.		Wk 1 Homework: Watch a real badminton game and spot 3 key tips. Set:3/11/25 Due:10/11/25			

<p>Week 2 10/11/25 Underarm serve (forehand and backhand)</p>	<ul style="list-style-type: none"> • Discuss and explain the importance of a warm-up. • Deliver a warm-up to a small group. • Understand and demonstrate the underarm forehand technique for a serve. • Understand and demonstrate the underarm backhand technique for a serve. • Understand the rules for serving. • Analyse their peers' serve and technique. 	<ul style="list-style-type: none"> • I can use oracy skills to describe why a warm-up is important. • I can lead a small group through a warm-up (e.g. high knees, heel kicks) • I can explain what techniques are for both underarm serves. • I can transfer this knowledge and demonstrate the above exercise using proper form and technique. • With this knowledge, I can coach my partner giving them feedback on WWW and EBI. 	<p>Wk 2</p>	<p>Homework: Try and find any type of racket/bat at home and practice 'keepy uppies' with a small ball/shuttle.</p> <p>Set:10/11/25</p> <p>Due:17/11/25</p>
<p>Week 3 17/11/25 Overhead Clear/ Underarm Clear</p>	<ul style="list-style-type: none"> • Understand and demonstrate what an overhead and underarm clear is (to score some points). • Demonstrate the racket being held correctly, as well as using the correct footwork. • Investigate by experimenting with different shots, how to get your opponent to the front of the court OR to the back. • Rate their ability to make their opponent move on court (score out of 10). 	<ul style="list-style-type: none"> • I can explain what an overhead and underarm clear is. • I can demonstrate these shots ensuring I am holding the racket correctly. • I can complete an experiment using different shots to see how I can make my opponent move lots from front to back, side to side whilst playing. This will help me learn how to beat my opponent. • I can confidentially explain WWW and EBI in my own performance (e.g. I need to be lighter on my feet/always come back to the T position on court as it's central). 	<p>Wk 3</p>	<p>Homework: Create a spider diagram of all the different types of shots there are in badminton.</p> <p>Set:17/11/25</p> <p>Due:24/11/25</p>
<p>Week 4 24/11/25 Drop Shot and overhead smash.</p>	<ul style="list-style-type: none"> • Develop the understanding of the technique to perform a drop shot. • Demonstrate controlled drop shots and attacking smashes. • Understand when to use each shot in a rally. • Analyse peer/self-performance. 	<ul style="list-style-type: none"> • I can confidently explain the technique to perform a drop shot and a smash. • I can demonstrate a drop shot and a smash. • I can discuss when is suitable to use both shots in a rally. • I can film others playing and help them analyse WWW and EBI. 	<p>Wk 4</p>	<p>Homework: Research net shots.</p> <p>Set:24/11/25</p> <p>Due:1/12/25</p>

<p>Week 5 1/12/25 Net Play and tactical awareness</p>	<ul style="list-style-type: none"> • Develop my understanding of net play (drop and lift). • Discuss and apply tactical awareness (e.g. making opponents move). • Assist in scoring games. 	<ul style="list-style-type: none"> • I can confidently explain what a net drop and lift is. • I can demonstrate these shots through playing. • I can identify players that are using and demonstrating tactical awareness. • I can develop strategies within a team of how we can work even better together. • I understand how to score within a game. 	Wk 5	<p>Homework: Create a diagram of the area that doubles play on court.</p> <p>Set:6/10/25</p> <p>Due:13/10/25</p>
<p>Week 6 8/12/25 Doubles Play & Communication</p>	<ul style="list-style-type: none"> • Learn and apply tactics for effective doubles play. • Show understanding of the scoring system. • Demonstrate effective teamwork and court coverage. • Coach/score for another pair team. • Discuss their final assessment next week / success criteria. 	<ul style="list-style-type: none"> • I can describe apply tactics for effective doubles play. • I can explain how to score within a doubles game. • I can work/coach effectively within my team. • I can describe what the success criteria is for the final assessment next week. 	Wk 6	<p>Homework:</p> <p>Set: 8/12//25</p> <p>Due:15/12/25</p>
<p>Week 7 15/12/25 Assessment Week (Doubles)</p>	<ul style="list-style-type: none"> • Assessment playing in doubles. • Discuss and recall the success criteria. • Final review of the unit. 	<ul style="list-style-type: none"> • I can complete the assessment playing within a double's badminton game. • I can discuss and recall the success criteria linked to the assessment. • I can orally review the unit's work with opinions on my favourite parts of the game. 	Wk 7	<p>Homework: Try to book a badminton court in their local leisure centre to play over the Christmas holidays.</p> <p>Set:15/12/25</p> <p>Due:5/1/25</p>