



Learning Plan 1		Subject/Pwnc: Badminton	Year/Blwyddyn: 9
<p><b><u>The Four Purposes in Health and Wellbeing:</u></b></p> <p><b>Ambitious, capable learners, who:</b> 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><b>Enterprising, creative contributors, who:</b> 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><b>Ethical, informed citizens, who:</b> 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><b>Healthy, confident individuals, who:</b> 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><b>Knowledge focus/what matters:</b></p> <ul style="list-style-type: none"> <li>Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular fitness. 10 keywords: <b>Shuttlecock, Racket, Serve, Rally, Smash, Clear, Drop shot, Net shot, Footwork and Grip.</b></li> </ul>			
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
<p>Week 1 3/11/25 Introduction to Badminton (forehand grip, backhand grip, footwork and court awareness).</p>	<ul style="list-style-type: none"> <li>Discuss the key equipment in badminton on how to set up the courts accurately and safely.</li> <li>Demonstrate accurate grip and basic stances for the forearm and backhand shots.</li> <li>Introduce and discuss the basic principles and rules of the game.</li> <li>Evaluate partners shots.</li> </ul>	<ul style="list-style-type: none"> <li>I can set up a badminton court accurately and safely, ensuring the nets are set up correctly.</li> <li>I can hit the shuttle against the wall and/or to a partner using the correct technique.</li> <li>I understand what the basic principles of badminton are and the basic rules.</li> <li>I can rally with a partner attempting to not let the shuttle land on the floor.</li> <li>I can use analysis and evaluation of my partners performance.</li> <li>I can construct suggestions for improvement for my partner.</li> </ul>	<p>Wk 1</p> <p>Homework: Watch a real badminton game and spot 3 key tips.</p> <p>Set:3/11/25</p> <p>Due:10/11/25</p>

<p>Week 2 10/11/25 Underarm serve (forehand and backhand)</p>	<ul style="list-style-type: none"> <li>• Discuss and explain the importance of a warm-up.</li> <li>• Deliver a warm-up to a small group.</li> <li>• Understand and demonstrate the underarm forehand technique for a serve.</li> <li>• Understand and demonstrate the underarm backhand technique for a serve.</li> <li>• Understand the rules for serving.</li> <li>• Analyse their peers' serve and technique.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use oracy skills to describe why a warm-up is important.</li> <li>• I can lead a small group through a warm-up (e.g.high knees, heel kicks)</li> <li>• I can explain what techniques are for both underarm serves.</li> <li>• I can transfer this knowledge and demonstrate the above exercise using proper form and technique.</li> <li>• With this knowledge, I can coach my partner giving them feedback on WWW and EBI.</li> </ul>	<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"> <li>• Understand and demonstrate what an overhead and underarm clear is (to score some points).</li> <li>• Demonstrate the racket being held correctly, as well as using the correct footwork.</li> <li>• Investigate by experimenting with different shots, how to get your opponent to the front of the court OR to the back.</li> <li>• Rate their ability to make their opponent move on court (score out of 10).</li> </ul>	<ul style="list-style-type: none"> <li>• I can explain what an overhead and underarm clear is.</li> <li>• I can demonstrate these shots ensuring I am holding the racket correctly.</li> <li>• 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.</li> <li>• 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).</li> </ul>	<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"> <li>• Develop the understanding of the technique to perform a drop shot.</li> <li>• Demonstrate controlled drop shots and attacking smashes.</li> <li>• Understand when to use each shot in a rally.</li> <li>• Analyse peer/self-performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I can confidently explain the technique to perform a drop shot and a smash.</li> <li>• I can demonstrate a drop shot and a smash.</li> <li>• I can discuss when is suitable to use both shots in a rally.</li> <li>• I can film others playing and help them analyse WWW and EBI.</li> </ul>	<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"> <li>• Develop my understanding of net play (drop and lift).</li> <li>• Discuss and apply tactical awareness (e.g. making opponents move).</li> <li>• Assist in scoring games.</li> </ul>	<ul style="list-style-type: none"> <li>• I can confidently explain what a net drop and lift is.</li> <li>• I can demonstrate these shots through playing.</li> <li>• I can identify players that are using and demonstrating tactical awareness.</li> <li>• I can develop strategies within a team of how we can work even better together.</li> <li>• I understand how to score within a game.</li> </ul>	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 &amp; Communication</p>	<ul style="list-style-type: none"> <li>• Learn and apply tactics for effective doubles play.</li> <li>• Show understanding of the scoring system.</li> <li>• Demonstrate effective teamwork and court coverage.</li> <li>• Coach/score for another pair team.</li> <li>• Discuss their final assessment next week / success criteria.</li> </ul>	<ul style="list-style-type: none"> <li>• I can describe apply tactics for effective doubles play.</li> <li>• I can explain how to score within a doubles game.</li> <li>• I can work/coach effectively within my team.</li> <li>• I can describe what the success criteria is for the final assessment next week.</li> </ul>	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"> <li>• Assessment playing in doubles.</li> <li>• Discuss and recall the success criteria.</li> <li>• Final review of the unit.</li> </ul>	<ul style="list-style-type: none"> <li>• I can complete the assessment playing within a double's badminton game.</li> <li>• I can discuss and recall the success criteria linked to the assessment.</li> <li>• I can orally review the unit's work with opinions on my favourite parts of the game.</li> </ul>	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>