**Curriculum**

**Physical Education - Badminton**

**Course Overview**

SPORT TYPE: Individual/team, hand-eye, net, extended lever, striking

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop ability to perform a variety of strokes including overhead, underarm and service

Develop ability to apply strokes tactically in games to outplay opponents

Develop understanding for laws & rules including scoring

Develop an understanding of badminton etiquette

**Performance Indicators**

1) Display ability to execute racquethead control when striking shuttle

2) Display good body control & movement on court

3) Display ability to use the various strokes tactically to out-manouevre opponents

4) Display ability to work cooperatively & show evidence of sportsmanship

5) Display ability to devise & carry out a suitable warm-up routine.

6) Display ability to score simple games

**Assessments**

Teacher observation

Student self-evaluation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up related to badminton including dyn flex & footwork (PI 6)

Develop racquethead control in 'tap', 'push' & whip' hitting techniques & control in hitting of shuttle upwards, downwards, underarm, overarm, backhand, forehand (PI 1,2,5)

Develop correct travelling techniques & transitions (PI 3)

Develop basic court tactics & the use of the various strokes, move opponent & utilize space (PI 4)

Develop 1v1 1/2 court & full-court doubles games & learn basic scoring rules & appropriate court markings (PI 4,5,7)

Use conditioned games such as; longest rally, beat the pro, team lives, individual lives to develop accuracy, stroke cycle ctc.

**Resources**

Posts & nets

Racquet & shuttle per person

hoops / markers / targets