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**24-25 Lesson Plan Template Teacher: YOUR NAME Subject: ENTER SUBJECT**

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| **Week of:**  **DATE** | **Monday** | **Tuesday** | **Wed./Thurs.** | **Friday** |
| **TEKS** | 116.62 Life fitness and Wellness Pursuits  116.62 (1) A | 116.62 Life fitness and Wellness Pursuits  116.62 (1) A | 116.62 Life fitness and Wellness Pursuits  116.62 (1) A | 116.62 Life fitness and Wellness Pursuits  116.62 (1) A |
| **Learning Objective** | Students will develop the fundamental skills of badminton, including proper grip, footwork, and shot techniques ( such as serves, clears, and smashes) to play a basic game demonstrating improved coordination and understanding of the game rules within several weeks of learning. This objective focuses on skill acquisition, coordination, and comprehension of gameplay. | Students will develop the fundamental skills of badminton, including proper grip, footwork, and shot techniques ( such as serves, clears, and smashes) to play a basic game demonstrating improved coordination and understanding of the game rules within several weeks of learning. This objective focuses on skill acquisition, coordination, and comprehension of gameplay. | Students will develop the fundamental skills of badminton, including proper grip, footwork, and shot techniques ( such as serves, clears, and smashes) to play a basic game demonstrating improved coordination and understanding of the game rules within several weeks of learning. This objective focuses on skill acquisition, coordination, and comprehension of gameplay. | Students will develop the fundamental skills of badminton, including proper grip, footwork, and shot techniques ( such as serves, clears, and smashes) to play a basic game demonstrating improved coordination and understanding of the game rules within several weeks of learning. This objective focuses on skill acquisition, coordination, and comprehension of gameplay. |
| **Higher Order Thinking Questions** | How do different types of serves (e.g., high serve, low serve, flick serve) impact the opponent? Discuss the strengths and weaknesses of each type. | How do different types of serves (e.g., high serve, low serve, flick serve) impact the opponent? Discuss the strengths and weaknesses of each type. | How do different types of serves (e.g., high serve, low serve, flick serve) impact the opponent? Discuss the strengths and weaknesses of each type. | How do different types of serves (e.g., high serve, low serve, flick serve) impact the opponent? Discuss the strengths and weaknesses of each type. |
| **Agenda** | Day 1: Introduction to Basics  - \*\*Warm-Up Light jogging, dynamic stretches, and footwork drills.  - \*\*Grip and Stance :\*\* Introduction to the correct grip (forehand and backhand) and basic ready position.  - \*\*Basic Footwork :\*\* Practice moving to the shuttlecock using side steps and lunges.  - \*\*Serving Basics:\*\* Learn and practice the basic serve technique.  - \*\*Cool Down :\*\* Stretching and reflections on the day's learning. | Day 2: Developing Skills  - \*\*Warm-Up :\*\* Agility drills and stretches.  - \*\*Review of Grip and Stance :\*\* Quick recap and practice.  - \*\*Forehand and Backhand Shots:\*\* Focus on hitting the shuttlecock using both forehand and backhand strokes.  - \*\*Target Practice :\*\* Set up targets on the court to improve accuracy.  - \*\*Cool Down:\*\* Stretching and discussion on challenges faced. | Day 3: Game Understanding  - \*\*Warm-Up :\*\* Jogging and dynamic stretches.  - \*\*Introduction to Rules:\*\* Overview of basic rules and scoring in badminton.  - \*\*Mini-Games:\*\* Play short games focusing on serving and rallying.  - \*\*Basic Strategies:\*\* Discuss positioning and shot selection during play.  - \*\*Cool Down:\*\* Stretching and feedback session. | Day 4/5: Consolidation and Play  - \*\*Warm-Up (15 minutes):\*\* Stretches and agility drills.  - \*\*Review of Skills:\*\* Quick recap of grips, shots, and serves learned over the week.  - \*\*Game Simulation:\*\* Play practice matches focusing on implementing skills learned.  - \*\*Feedback and Goal Setting:\*\* Discuss areas for improvement and set goals for the next week of practice.  - \*\*Cool Down :\*\* Stretching and relaxation techniques. |
| **Demonstration of Learning** | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of badminton, I have set up skill stations in the gymnasium. Each station focuses on a specific skill, such as serving, forehand and backhand shots, footwork, and court positioning. Students rotate through these stations in small groups, allowing them to receive personalized feedback and guidance from me as their instructor. This approach has significantly improved their technique, confidence, and overall understanding of the game. | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of badminton, I have set up skill stations in the gymnasium. Each station focuses on a specific skill, such as serving, forehand and backhand shots, footwork, and court positioning. Students rotate through these stations in small groups, allowing them to receive personalized feedback and guidance from me as their instructor. This approach has significantly improved their technique, confidence, and overall understanding of the game. | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of badminton, I have set up skill stations in the gymnasium. Each station focuses on a specific skill, such as serving, forehand and backhand shots, footwork, and court positioning. Students rotate through these stations in small groups, allowing them to receive personalized feedback and guidance from me as their instructor. This approach has significantly improved their technique, confidence, and overall understanding of the game. | Skill stations: To ensure that all students receive individual attention and have an opportunity to practice different aspects of badminton, I have set up skill stations in the gymnasium. Each station focuses on a specific skill, such as serving, forehand and backhand shots, footwork, and court positioning. Students rotate through these stations in small groups, allowing them to receive personalized feedback and guidance from me as their instructor. This approach has significantly improved their technique, confidence, and overall understanding of the game. |
| **Intervention & Extension** | One-on-one Coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a mini tournament to foster competitive play and teamwork.  Introduce advances techniques such as drop shots, net play and defensive strategies. | One-on-one Coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a mini tournament to foster competitive play and teamwork.  Introduce advances techniques such as drop shots, net play and defensive strategies. | One-on-one Coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a mini tournament to foster competitive play and teamwork.  Introduce advances techniques such as drop shots, net play and defensive strategies. | One-on-one Coaching sessions to give personalized feedback, peer pairing where more skilled players can mentor those who need extra help. Video analysis to help students visualize their technique and identify areas of improvement.  Extension\* organizing a mini tournament to foster competitive play and teamwork.  Introduce advances techniques such as drop shots, net play and defensive strategies. |
| **Resources** | Badminton:  \* “Steps to Success”  by Tony Grice  \* Badminton “A Complete Guide”  By John McGowan  \*Online Course- (Udemy)  \*Badminton World Federation (BWF) offers coaching and resources | Badminton:  \* “Steps to Success”  by Tony Grice  \* Badminton “A Complete Guide”  By John McGowan  \*Online Course- (Udemy)  \*Badminton World Federation (BWF) offers coaching and resources | Badminton:  \* “Steps to Success”  by Tony Grice  \* Badminton “A Complete Guide”  By John McGowan  \*Online Course- (Udemy)  \*Badminton World Federation (BWF) offers coaching and resources | Batminton:  \* “Steps to Success”  by Tony Grice  \* Badminton “A Complete Guide”  By John McGowan  \*Online Course- (Udemy)  \*Badminton World Federation (BWF) offers coaching and resources |