Health Smart Virginia - Sample Lesson Plan
Grade Level 10

Unit  Striking with Racquets

SOLs:

- 10.1 The student will demonstrate proficiency and apply the concepts and principles of exercise physiology, biomechanics, and anatomy in a variety of lifetime activities that may include outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, selected individual performance activities, and net/wall games in at least two self-selected, lifelong, skill related physical activities.
  - 10.1a) Demonstrate skill attainment in one or more lifetime activities,
  - 10.2f) Apply rate of perceived exertion (RPE) and pacing to a conditioning plan that meets the needs of one or more lifetime activities,
- 10.3b) Use a variety of resources, including available technology, to analyze current fitness and activity levels, and to improve physical activity and personal fitness,
- 10.4c) Identify and avoid potentially dangerous situations in physical activity settings,
- 10.5b) Evaluate current activity levels,
- 10.5d) Evaluate current and future sleep needs,
- 10.5f) Explain energy balance (caloric expenditure vs caloric intake) in relation to changing needs from adolescence through adulthood.

Title:  Badminton Round Robin

Objectives/ Goals:

The student will …

- Be able to do 20% more self-strikes of the birdie than the previous day.
- Compare and contrast the benefits of a short and long serve.
• Working cooperatively and displaying good sportsmanship
• Aim to reach his step goal for his daily physical education class.

Materials:
• Cones
• Badminton Racquets
• Birdies
• Inflated Balloons
• Space: Indoor Gymnasium
• Badminton Poles/Nets
• Drill Cards

Procedure:
0-5 Minutes
• Students will enter the gym, get their assigned pedometers, change clothes, and once coming back into the gym get a racquet and birdie and practice self-volleying until everyone is out of the locker rooms.

5-25 Minutes
• Students will get with their team coach and do the workout of the day.
• Coaches will use drill cards as a way to understand the drills his/her team will perform.

25-80 Minutes
• Students will participate in a round robin badminton tournament.
• Students will play in one-on-one games to 15 points with rally scoring, player must win by 2.
• There will be an additional court set up that players will play badminton skee ball.
• Skee ball court will be set up on the side and will be a hula hoop, short rectangular laundry basket, and a tall pop up basket in a straight line. Each student will hit 3 birdies per round and a hula hoop is worth 1 point, short basket worth 2, and tall basket worth 3. Each players points will cancel out. Games are played to 15, win by 2.

80-90 Minutes
• Closure: When the music stops, all racquets and birdies should be put away in the correct containers.
• Students should use their checkbooks to fill out their daily log.

Modifications:
• Student will follow all directions given to the entire class.
• Student will have a separate racquet that is larger, shorter and lighter.
• Student will have access to larger birdie if necessary or balloon for more success.
• Lower the net if necessary.
• Student can play all of their games on the skee ball court.
• Put modified court on the outside perimeter of the gymnasium for easier access and limited distraction.
Assessments, References & Sources:

- National Standards for K-12 Physical Education Copyright 2013, SHAPE America – Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.

- http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml


- https://openphysed.org