**Lesson Plan Example**

**(DiCiccohealth.weebly.com)**

Concepts of Individual and Dual Sports

Camden County College

**Name: D. Student**

**Movement Being Taught-**

**NJ Core Curriculum Standards** *(required for HPE teachers ONLY)*

|  |  |
| --- | --- |
| *2.5.8.A.2* | *Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.*  |

|  |  |
| --- | --- |
| *2.5.6.A.1* | *Explain and perform* [*movement skills*](#movementskills) *that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).* |

|  |  |
| --- | --- |
| *2.5.8.C.1* | *Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.*  |

**Lesson Objectives:**

**Psychomotor:**

**e.g. -** *1.The student will be able to successfully perform the serve in badminton using proper body mechanics*

*and directing the shuttle into the proper area of the court.*

**Cognitive:**

*1.The student will be able to explain and apply the rules and terminology of the sport as they relate to the serve*

**Affective:**

*1. The student will exhibit good sportsmanship and positive behavior towards others*

**Warm-up**

20 Jumping Jacks

 10 push-ups

 10 trunk twists

 15 arm circles in both directions

**Organization***-*

Class will be in two lines to start, with partners approximately 10 ft apart facing each other.

**Key Teaching Points-**

1. ***Proper Grip****- Handshake Grip with option of pointer finger extended*
2. ***Knees Bent****, Body square to target*
3. ***Wrist Flick*** *with little arm movement*
4. ***Follow-through*** *over left shoulder (if R. handed)*

**Procedure –**

1. ***Introduction:*** *-Serve is critical to badminton as it sets up the winning points and puts the opponent on the defensive. Two main types, flick short serve and high deep serve. We will learn the high deep serve today.*
2. ***Demonstration:***  *--Instructor demonstrates the serve three times*

*--Instructor repeats the skill three more times adding an explanation of key points*

*Fourth demo – “notice knee bend”*

*Fifth demo—“Flick wrist, notice high deep flight of the shuttle”*

*Sixth demo- “Notice follow through over left shoulder”*

1. ***Practice/Drills:***

*First Drill - Facing partner approximately 10 feet apart- serve, catch, serve it back*

*Second Drill - Moving back to about 15 feet apart – serve, catch, and serve it back*

*Third Drill- Move to court, partner diagonally opposite on the other side of the net*

*Partner catches and serves back*

*The target is the space between the doubles long service line and the end line*

1. ***Culminating Activity:***

*Same organization as Third Drill above: Partner A serves to diagonally opposite service court. Partner B lets it drop. If it lands in the target space as described in Drill 3 above a point is scored. First partner to achieve 5 points wins the game.*

***5 . Closure:* -**

***Instructor asks for questions, reviews the four key teaching points below:***

***Proper Grip****- Handshake Grip with option of pointer finger extended*

***Knees Bent****, Body square to target*

***Wrist Flick*** *with little arm movement*

***Follow-through*** *over left shoulder (if R. handed)*

*“Next Class we will review the serve and learn the overhead clear”*