

Phase	Objective	Activities	Testing / Competition
Forehand Drive	<p>To be able to play and accurately replicate and perform the forehand drive using the correct technique.</p> <p>To comprehend and grasp that it is more effective to play the shuttle into space away from your opponent.</p>	<p>Shadow forehand drive movement (including body position &amp; footwork) (no shuttle)</p> <p>A hand feeds to B's forehand, who steps and returns the shuttle down the tramlines or diagonally across court.</p> <p>Partner cooperative forehand drive rallies over net.</p>	<p>In pairs, A throws the shuttle up above the net and B drives the shuttle back. 5 attempts and record scores.</p> <p>Pupils play SINGLES ON HALF COURT. Alternate the serves and first to 5 points. Then play another person</p> <p>Pupils play double games</p>
	Assessment	Theoretical PE	Resilience
	<p>☑ Pupils highlight weaknesses and good points for their Forehand drive shots</p> <p><b>Q &amp; A</b> Where and why would they drives</p> <p>👂 Ask students for feedback regarding the forehand drive</p> <p>🎯 Use the forehand drive evaluation sheets to work together to analyse the strengths and weaknesses in the shot.</p> <p>👁️ Can the player take the sting out of the shot?</p>	<p>Students now again review the cardiac cycle; students must understand the order of the cardiac cycle; Deoxygenated blood into the right atrium from the vena cava, into the right ventricle through the tricuspid valve, the blood is then moved through to the pulmonary artery via the pulmonary valve to the lungs which oxygenates the blood (gas exchange), pulmonary veins bring the newly oxygenated blood back to the left atrium, into the left ventricle through the mitral valve, blood is ejected through the aortic valve to the aorta which transports the blood to the rest of the body.</p> <p>Students should also understand that the filling of a chamber in the heart is diastole and the ejection of blood from a chamber is systole</p> <p>Students review the function of the valves; Close to stop backflow of the blood and open due to the pressure of blood flow</p>	<p>How do you bounce back from a poor Forehand Drive</p> <p>Students look at best and worst case scenarios</p>
Maths	Laws of probability found in Badminton		
English	Vocabulary, Terminology and expressions found in Badminton		
Science	Forces		
Equipment	Rackets, Shuttles, Nets & Posts, Cards, teaching cards, Pegs/Targets, White board, Markers, Badminton Chart		