

PHYSICAL EDUCATION LESSON PLAN

Subject	Physical Education	Unit	Badminton	Date	March 30th, 2026
Grade	8	Lesson #	1	Duration	53 minutes
Developed by	Samantha Lazaruik			Room	Large Gymnasium

<u>General Outcomes:</u>	<u>Specific Outcomes:</u>
A - Activity (Basic Skills → Manipulative eg: Striking) C - Cooperation (Teamwork) D - Do it daily.. For Life! (Safety)	- A8-5 demonstrate ways to receive, retain and send an object with varying speeds, accuracy and distance in skills specific to an activity - C8-5 recommend practices that contribute to teamwork - D8-4 design and perform warm-up and cool-down activities
<u>Student Learning Outcomes:</u>	<u>Assessment Strategies</u>
★ Students will send and receive a shuttlecock with control and accuracy during badminton rallies. ★ Students will apply badminton skills such as serving and returning shots during modified and formal games. ★ Students will work with teammates to communicate, cover court space, and use simple strategies to win rallies.	Questioning During Play: Ask students quick questions while circulating: “Where should you aim your serve?” “How are you communicating with your teammate?” Observation Checklist: observes students during the warm-up and games for: - Correct underhand serving technique
<u>Lesson Equipment/Resources:</u>	<u>Personalization/Differentiation</u>
☐ Badminton nets/poles (5 courts set up → large gym) ☐ Badminton rackets for everyone ☐ Birdies ☐ Teacher Whistle	Support (easier) - Allow multiple practice serves before starting a rally. - Use a better racket or shorter racket (modify equipment). Extension (challenge) - Require cross-court serving rules. - Encourage use of drop shots, clears, and strategic placement. <u>Learning Preferences</u> Visual learners: Demonstrate serve technique and warm-up game. Verbal learners: Use cues and guided questioning through the lesson and games.

PHYSICAL EDUCATION LESSON PLAN SEQUENCE
Introduction
- Wait for students to change & complete Attendance (5 min) - Set up Badminton Courts (5 min) Discussion (3 min) - Review basic rules of badminton

○ Games are typically played to 21 points (You must win by 2 points). ○ The goal is to hit the shuttlecock over the net and land it inside your opponent's court so they cannot return it. ● Review court lines for 1v1 and 2v2 ○ Singles (1 vs 1) = Long and narrow court ○ Doubles (2 vs. 2) = Short and wide for the serve, full width during play ● Review a badminton serve ○ Starting Position → Stand behind the service line, Feet shoulder-width apart, & Racquet foot slightly back. ○ Hold the Shuttle → Hold the shuttle by the feathers in front of your body. ○ Underhand Swing → Swing the racquet low to high & Contact the shuttle below your waist. ○ Aim → Try to place the shuttle deep in the opponent's service box. ○ Follow Through → Let the racquet continue forward naturally after contact				
Time	Activity	Teacher Description	Modifications/Safety Considerations:	Cues/Questions:
5 min	Warm-up Serving Warm-up with a Partner	Setup ● Students work in pairs on a badminton court. ● Partners stand on opposite sides of the net in the service areas. ● Each pair has one shuttle. ● One partner begins serving while the other partner receives and returns the shuttle	Modifications - Move partners closer to the net for beginners. - Allow students to serve from anywhere behind the service line Safety - Ensure students maintain safe spacing between pairs. - Remind students to look around before swinging their racket	Cues → "Sideways stance." → "Step and swing underhand." → "Contact below the waist." → "Aim for the service box." → "Follow through toward your target."
10 min	Lead-up Game Badminton Battle www.youtube.com	Setup • 4 players per team on each side of the court • 1 shuttlecock and badminton rackets • Start with a serve to begin the rally How the Game Works • Teams play a normal badminton rally. • If your team loses the rally, one player leaves the court and waits on the side. Getting Players Back • If your team wins a rally, you: • Bring one teammate back into the game • The other team removes one player Winning the Game • The first team to eliminate all players on the other side wins. Key Rules • The shuttle must go over the net and land in bounds. • If the shuttle hits the net, goes out, or is missed, that team loses the rally. • Serve to restart play after each rally.	Modifications: Easier • Use underhand serves only. • Reduce court size so rallies are easier to maintain. • Start with more players on each side (5–6 players) Challenge • Use full badminton rules for serving (cross court serve) • Reduce team size (3v3 or 2v2) to increase movement Safety: • Watch other games going on around you. • Be aware of players standing on the side. • Maintain space between players on each side of the court	Cues: • Stay on your toes • Talk to your teammate • Cover open space

18 min	Formal Game 2v2 Kings Court	Setup - Use all 5 badminton courts and label the courts from Court 1 (lowest) to King's Court (highest). - Students play doubles (have subs depending on class size) - Each court begins with a game at the same time. How to Play - Students play a short game (2-3 minute rally period). - When the round ends: - Winners move up one court. - Losers move down one court. - Players on King's Court try to keep their spot by winning. - New rounds start quickly so students get many opportunities to play different opponents. - Continue rotating for several rounds.	Modifications: - Play doubles instead of singles to increase participation and teamwork. Safety: - Maintain spatial awareness to avoid running into other players or courts. - Always look before swinging to ensure no one is too close. - Use controlled swings, not wild or full-force hits. - Ensure nets and poles are secure and players avoid contact with them.	Cues: → "Move your feet first" – get behind the shuttle before swinging. → "Soft hands for control" – focus on placement instead of power Teacher Questions: - How can you work with your partner to cover the court in doubles? - How can you best communicate with your partner?
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Conclusion & Debrief

Wrap-up Discussion (2 min)

- Game Strategy:** How positioning and communication helped teams win rallies.
- Court Awareness:** Understanding where to stand and how to cover space in doubles play.
- Fair Play and Etiquette:** Showing respect to opponents, making honest calls, and encouraging teammates.

Guided discovery questions:

- Where is the best place to aim the shuttle when your opponent is close to the net?
- How did communication with your partner help during doubles games?
- What strategies helped your team win more rallies?

- Send student to change (5 min)

Reflection Notes:

Positives (what was successful?):

What to change for next time?:

PRE-SERVICE TEACHER SELF-REFLECTION

In your self- reflection of your lesson, please consider the following questions:

1. What went well in your lesson? What were the strengths of the lesson?
2. What are the areas that need to be refined? What might you do differently next time?
3. What are your next steps to further develop/ refine this lesson? How will you continue to grow in your practice? What actions will you take?

These are additional questions that can help guide your response to the three self- reflection questions.

- How do you feel your students experienced this lesson?
- How were they able to make explicit and self-evaluate their growing understanding, skills and/or knowledge?
- How did you employ formative assessment for/of/as learning?
- Were you successful in reaching all students and how do you know? How did you accommodate diverse learners and those requiring accommodations?
- Were there opportunities to address Indigenous, multicultural and interdisciplinary activities and knowledge?