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Virtual Badminton

**DATE: 21st February-25th March**



**VALUES**

**During School Sport Partnership experiences pupils are challenged to demonstrate the School Games values.**

Target Audience

These events are non-competitive and focus on targeting pupils who would benefit from being more physically active.

Year groups

1-4

venue

School Site

Intent

To develop physical skills.

Leadership Opportunities

**Engage school leaders by:**

* Using leaders to lead your event (warm up/cool down).
* Using leaders to help set out the equipment.
* Using leaders to record results/ how many pupils took part.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

How to Enter

This is a virtual event open to all schools in South Norfolk SSP. Please let us know if your school took part by completing the monitoring form and returning it the SGO, Laura Goodswen [l.goodswen@fehs.set.education](mailto:l.goodswen@fehs.set.education)

**Determination –** Determination is about the journey you go on to achieve your goals.

**Passion-** Giving it 100%, putting your heart and soul into the game and never giving up.

**Respect-** For the referee, for the opposition, for your teammates and for yourself.  Treating others politely and with understanding.

**Honesty-** Honesty with others and with yourself.  Having the courage to do the right thing what you know is right.

**Self-Belief-** Have the self-belief and confidence in yourself to succeed and reach your personal best.

**Teamwork-** Treating everyone equally, supporting each other and working together to have fun and achieve at your very best level.





Introduction

This resource will provide you with guidance on how the Badminton Racket Pack Festival can be delivered for year 1-4 pupils with a clear purpose and focus. Each FUN games-based activity will focus on a core badminton skill- grips, footwork, overhead, underarm and serving.

Why not try each of the challenges in PE lessons before putting together a festival where pupils compete in an intra school competition?

How to get Involved?

1. Familiarise yourself with the Badminton Resource.
2. Set up the challenges in a carousel.
3. Allow the pupils to practice each challenge.
4. Record the pupils final score for each challenge.
5. Submit your results and monitoring form to Laura Goodswen.

Scoring/ website entry

Record teams scores for each challenge on the recording sheet. Calculate how many points teams have achieved for **ALL** challenges. Add all team scores together and divide the total class points by the number of groups who took part.

Please Submit your class average score on the virtual challenge section of our website by Friday 25th March 2022.

Rewards and Certificates

Schools will be sent a participation certificate for each pupil that has taken part.

Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual personal best challenges.

Safeguarding/ Risk Assessment

During the South Norfolk SSP virtual personal challenges schools must adhere to their own school safeguarding and covid policy.

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Challenge (5minutes scoring time)** | **How** | **Score** | | | |
| **1** | Egg Baskets | Teams total score | 1 point for each time a shuttle lands in the target hoop. | | | |
| **2** | Switch | Teams total score | 1 point is awarded each time a player completes the sequence. Count the number achieved within 5 minutes scoring time. | | | |
| **3** | Ready Steady Throw | Points awarded for which spot/cone the shuttle lands closest to. | Blue | Yellow | Red | Green |
| 3 points | 4 points | 5 points | 6 points |
| **4** | Service Shoot Out | Teams total score | 1 point for each target hit | | | |
| **5** | Ladders | Points are scored depending on which line the hitter is standing on at the end of 5 minutes. | 1m | 2m | 3m | |
| 1 point | 2 points | 3 points | |

festival instructions

* Mark out each activity in a space.
* Split your group into teams of 6.
* Each team will spend **5 minutes practicing** on each of the 5 activities.
* Each team will get **5 minutes play**, to score as many points as possible.
* Each pupil will take it in turns and then join the back of their team’s lines.
* They will work together to achieve the highest number of points for their team.
* Share your class scores with your SGO.
* Submit your monitoring form and scores to your SGO who will keep a leader board for each year group.
* Why not create an Intra competition for each class taking part? which team in each class are the winners?
* If your school does not have badminton equipment alternatives can be used.

Racket Pack Scoring

Egg and Spoon

**Instructions**

1. Ask the team to line up on the start line.
2. Position the target hoop approximately 7.5m away with a throw down spot marker in front of it.
3. Each pupil will need a racket and shuttle.
4. The first pupil balances the shuttle (Cork up) on their racket, using an appropriate forehand grip and walks across to the throw down spot.
5. They stop and lunge with their racket leg to place the shuttle into the hoop.
6. The pupil then retrieves the shuttle with their hand and runs back to their team.
7. The next pupil will repeat the activity.

**Simplify-** Replace the shuttle with a fluff ball/ success ball

**Challenge-** Challenge players to increase their speed whilst performing the movements. Challenge pupils to come up with a new movement sequence. For older pupils try completing the relay lengths whilst performing tap ups.

**Scoring**

1 point each time a shuttle lands in the target hoop. Count the number the team achieved within the 5 minutes playing time.

**Equipment**

1 hoop

1 throw down spot

1 racket

1 shuttle

Switch

**Instructions**

1. Set out two lines of 4 cones (red and blue) 2m apart in a straight line.
2. Place a shuttle on top of each of the blue cones.
3. Pupils start the activity by moving to the first blue cone, picking up the shuttle and placing it onto the first red cone.
4. They then move to the second blue cone, pick up the shuttle and put it onto the second red cone, until all four cones have been completed.
5. Encourage players to face the same direction throughout the activity.

**Simplify-** reduce the number of cones and distance between the cones.

**Challenge-** Nominate specific cones to encourage players to stay on their toes.

**Scoring**

1 point is awarded each time a player completes the sequence. Count the number achieved within the 5 minutes playing time.

**Equipment**

4 blue cones

4 red cones

4 shuttles

Ready Steady Throw

**Instructions**

1. Allocate each pupil a shuttle for this challenge.
2. Pupils will start on the start line 5m back from shuttle pick up spot marker.
3. Place 4 cones in a straight line from the shuttle pick up spot marker (blue 3m, yellow 4m, red 5m and green 6m).
4. Pupil will run forwards, pick up the shuttle with racket hand, turn sideways and chasse back over a line and then perform an overarm throw to throw the shuttle as far as possible.
5. Pupils then recover back to their start point before collecting their shuttle.

**Simplify-** remove the shuttle and focus on the movement pattern. Ask pupils to stand still and practice their overarm throw, ensure they are executing the correct movement pattern. Sideways on- arm high- weight transfer upwards and forwards as throw completes.

**Challenge-** Introduce new points for pupils to move to, encourage direction changes. Add in jumps as the pupils throw.

**Scoring Equipment**

3 points blue cone 4 coloured cones

4 points yellow cone 1 shuttle

5 points red cone spot markers

6 points green cone

**Points awarded for each team members furthest distance.**

Service shoot out

**Instructions**

1. On an empty court, set up a target zone in the forecourt area (no net in place). If you have no courts, drop a service line down and lay out some target nets 3-5 metres away from the line.
2. Pupils can take turns to serve from the rear court aiming at the targets.
3. Score points for successful shot.
4. After serving pupils must collect their shuttle and return to the waiting area.

**Simplify-** Move pupils closer to the targets.

**Challenge-** Add smaller targets inside larger targets, a bonus is scored for hitting these and more confident pupils should be encouraged to aim for these.

**Scoring**

Teams aim to score as many points in 5minutes as possible.

1 point scored for each target hit.

How many points each team can score.?

**Equipment**

Targets (hoops, cones, spot markers)

Shuttle

Racket

Ladders

**Instructions**

1. Split the group of 6 into pairs.
2. 1 pupil is the feeder, the other pupil is the hitter.
3. The feeder stands on a throw down spot with a fluff ball
4. Whilst the hitter stands 1m away on the 1 point throw down line with a racket using an appropriate grip.
5. The feeder throws the fluff ball underarm for the hitter to perform a forehand or backhand underarm hit for the feeder to catch.
6. If successful, the hitter moves back to the 2 point throw down line situated 1m further back and repeats the exercise.
7. If the feeder is successful again the hitter moves back once more to the 3 point throw down line situated 1m further back.
8. Continue for 5 minutes. Points are scored depending on which line the hitter is standing on when the time ends.
9. The feeder needs to catch the fluff ball for the points to count.
10. Swap over so partner can have their turn hitting the fluffball.

**Simplify-** Break the movement down and focus on specific coaching points.

**Challenge-** change the fluffball for a shuttle.

**Scoring**

1m throw down line= 1 point

2m throw down line= 2points

3m throw down line= 3 points

**Points awarded for each team members furthest distance.**

**Equipment**

1 throw down spot

3 throw down lines

Racket

Fluff ball

Class Result Team Score Cards

Team Name

|  |  |  |
| --- | --- | --- |
|  | **Challenge** | **Score** |
| **1** | Egg and Spoon |  |
| **2** | Switch |  |
| **3** | Ready Steady Throw |  |
| **4** | Service Shoot Out |  |
| **5** | Ladders |  |
|  | **Total** |  |

Team Name

|  |  |  |
| --- | --- | --- |
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| **5** | Ladders |  |
|  | **Total** |  |

Class Result Results table

School Name

Class name

Year Group

|  |  |  |
| --- | --- | --- |
|  | **Team Name** | **Total Points** |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5** |  |  |
| **6** |  |  |
|  | **Class Total Points** |  |
|  | **Average Points (class total points divided be Number of groups)** |  |