

Lesson 2: Grips Changes and Footwork

Phase / Time	Activity	Main Teaching Points	Variations (↑ Harder, ↓ Easier)	• Safety
Introduction (5 min)	Teacher explains and demonstrates: <ul style="list-style-type: none"> chasse steps – “one foot chases the other but never quite catches up”. feet don't have to be parallel to each other for a chasse the use of chasse steps for parallel, diagonal (forward and backward) movements 	Maintain straight body position (knees slightly bent / flexed) with head staying at the same height as usual	<div>↑</div> <ul style="list-style-type: none"> Execute chasse steps diagonal (forward and backward) movement (varied pace) <div>↓</div> <ul style="list-style-type: none"> Start with walking pace and slowly build up parallel movement only 	<ul style="list-style-type: none"> Maintain safe distance between children when moving across the floor
Warm-up (10 min)	Mirror chase: <ul style="list-style-type: none"> Pupils are divided into pairs facing each other. One pupil is the “leader” and the other one is the “chaser”. Using chasse steps, the “leader” moves laterally and changes directions trying to escape from the “chaser”. The “chaser” must follow and try to keep up with the “leader”. 	<ul style="list-style-type: none"> Use only short distances to chasse (avoid over-chasseing) Change roles often (30-40 sec). Encourage straight posture with knees slightly flexed. 	<div>↑</div> <ul style="list-style-type: none"> Chasseing parallel, diagonal (forward and backward) movement. <div>↓</div> <ul style="list-style-type: none"> Chasseing only on parallel line. 	<ul style="list-style-type: none"> Keep the groups well spaced apart. Allocate partners in terms of skill level / ability.
Warm-up (game) (10 min)	Mirror chase with throwing: <ul style="list-style-type: none"> Pupils remain in pairs facing each other. One pupil holds a bean bag (or shuttle) and is the “leader”. The other one is the “chaser” and must follow. The “leader” throws the bean bag and the “chaser” tries to catch it and return it. 	<ul style="list-style-type: none"> Change roles and partners on teacher's signal. Approximately 3 metres between partners. 	<div>↑</div> <ul style="list-style-type: none"> Throwing with “racket arm” only. <div>↓</div> <ul style="list-style-type: none"> Throw with two hands from below only. 	<ul style="list-style-type: none"> Keep the pairs of pupils well spaced apart. Allocate partners in terms of skill level / ability.

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Grip change (5 min)	Grip change tic-toc: <ul style="list-style-type: none"> Teacher reminds pupils of the two grips used in badminton and demonstrates the change of grip by rolling the racket grip with a thumb. All pupils are asked to shadow change of grips on signal from teacher. For this the teacher gives signal like the Tic-Toc of a clock. 	<ul style="list-style-type: none"> Change of grip by rolling the racket grip with the thumb without turning the whole hand. Elbow in front of body. Relaxed grip, squeeze fingers only when hitting. 	<div>↑</div> <ul style="list-style-type: none"> Teacher varies the difficulty by change of rhythm or change of sequence. <div>↓</div> <ul style="list-style-type: none"> Alternate grips and reinforce teaching points. 	<ul style="list-style-type: none"> Keep pupils well spaced apart. Practice in rows in front and so they are facing teacher.
Grip change with shuttle (10 min)	<ul style="list-style-type: none"> Pupils work in pairs practicing changing grips by hitting a shuttle thrown by their partner alternately to forehand and backhand sides. Practice 12 shots and change roles. Practice without using net. 	<ul style="list-style-type: none"> Throw underarm with “racket arm” only. Alternate forehand/backhand (no change of direction). 	<div>↑</div> <ul style="list-style-type: none"> Use racket leg to step forward <div>↓</div> <ul style="list-style-type: none"> Concentrate on correct grip and relaxed fingers 	<ul style="list-style-type: none"> Keep pairs well spaced apart and use the whole space available.
Game (15 min)	Hitting targets with change of grips: <ul style="list-style-type: none"> Work in pairs and practice hitting targets using change of grips hitting a shuttle thrown by partner (with or without net). 	<ul style="list-style-type: none"> Use hoops or draw targets on the wall. Change partners 	<div>↑</div> <ul style="list-style-type: none"> Make the game competitive and give awards for hitting targets <div>↓</div> <ul style="list-style-type: none"> Keep slow throwing pace 	<ul style="list-style-type: none"> Make sure the shuttles are collected safely after each game.
Summary/ cool down (5 min)	Stretching on the floor and teacher repeats key teaching points in lesson 2 (see above)	Teacher demonstrates again the use of correct grip and the correct movement on court.	<div>↑</div> <ul style="list-style-type: none"> Use questioning to check learning <div>↓</div> <ul style="list-style-type: none"> Teacher explains – group is listening 	<ul style="list-style-type: none"> Show correct stretching techniques.