

SHUTTLE TIME!

Àrea: Educació Física

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SHUTTLE TIME!

Material elaborat durant la realització de la formació adreçada als docents que implementen el pilotatge del GEP (Grup d'Experimentació per al Plurilingüisme) durant el curs 2016-2017, realitzada amb el/la formador/a del International House Barcelona.

SG de Llengua i Plurilingüisme Servei de Llengües Estrangeres

Gener, 2017



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Tips for Learning Success

- Use information to real sport program.
- Work individually and collaboratively, in different groups in order to share skills.
- Explore a variety of multimodal and authentic materials.
- Do activities that require physical exercise, thinking and solve problems.
- ❖ Use graphic organizers to structure ideas and physical skills.
- Use appropriate language to explain information to others (orally and in writing).
- Do a glossary with especialized badminton words.
- Work in safe learning environments.
- Ask questions in order to understand concepts
- Asses your own work and that the others.

Selected video document

Watch the video linked and answer the questions. "New shuttle time promo": https://www.youtube.com/watch?v=4Bi4nLfv-xE

Activities to extract explicit information, implicit meaning and referential interpretation or creativity:

Explicit:

- 1. Which year started the shuttle time pilots?
- 2. How many countries are following the shuttle time program?

Implicit:

- 3. Which social status predominates between shuttle time followers?
- 4. Has been this program successful? Explain how the program achieves their aims.

Referential:

- 5. Do you think this program could be possible in Vallbona d'Anoia? Justify your answer and explain which activities you can imagine.
- 6. Would you like to know more about this initiative of the Badminton World Federation, take a look at the resources and multimedia materials and try to improve your badminton skills? What are your motivations?

Level Test

We start de practice playing badminton in pairs to detect diferent levels of badminton techniques.

Reinforcement activity

Flashcard "1. Court & serve roules" will be for de students with problems to remember basic rules and how to play badminton. They have to read the basic rules about serve and practice them in pairs. If they learn how is the court and how to serve correctly they could pass to the flascard "2. Backhand serve". (See the document attched)

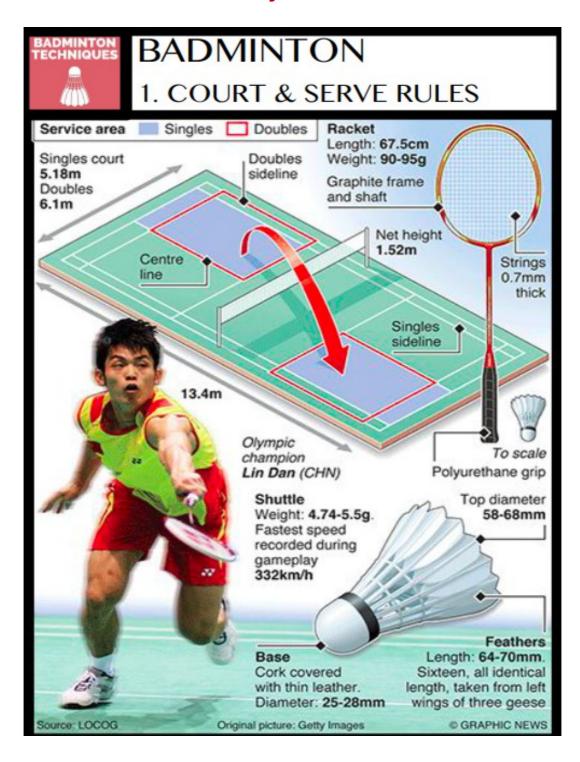
Extension activity

The group of students with initial abilities with the racket begin for the flashcard "2. Backhand serve". They have to read all the information and practice in pairs trying to do the badminton technics correctly. They can pass to the flashcard 3, 4, 5, 6, 7 and 8. (See the document attched)

Extra-material

All this information of the materials is authentic english from the **shuttle time program** that I have adapted to make it more atracctive for the pupils.

Reinforcement activity



Extension activity

2. BACKHAND SERVE



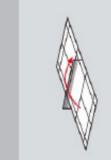
What it looks like





Prepare





game, the shuttle must travel

To follow the laws of the

Where the shuttle goes

from one service box to the diagonally opposite service box. Backhand low serves pass close to the top of the

net and land at the front of

the diagonally opposite

service box.

singles to start the rally, from a defensive/neutral situation. Used in doubles and men's When we use it

To restrict your opponent's opportunity to attack. To create attacking

Why we use it

opportunities for yourself.



Forward Swing

· Push through shuttle.

· Take the racket back a short distance.

Backswing

· Open racket face slightly

Place the racket out in front

of the body.

Place shuttle on racket.

. Use a short, relaxed thumb

grip (for doubles).

common is with the racket foot forwards, close to the "T". · Stance can vary, but most



- · Strike the shuttle out of the hand.



- · Continue pushing action.
- · Bring racket up to threaten service reply.

3. FOREHAND SERVE Where the shuttle goes

the centre of the court, which restricts the angles of return that can be stuck by the receiver. rear of your opponent's service box, dropping vertically. High serves also tend to be towards box. High serves travel to the from one service box to the diagonally opposite service

3. FOREHAND SERVE



Forehand high serves are used more in women's singles and sometimes in men's singles.

game, the shuttle must travel

To follow the laws of the

rally from a neutral / defensive used in singles to begin the The forehand high serve is When we use it position.

As a variation (creating a different challenge to low serves).

Why we use it

Forces player to look up more, so they can be less aware of the servers position.

What it looks like



Prepare

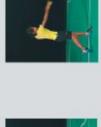
- Adopt a sideways stance within the service box.
 - · V.Grip.
- · Racket and shuttle in elevated position.
- Weight on rear leg.

. Band the wrist and supinate

the forearm.

· Lower the racket

in front.



Forward Swing

- · Continue weight transfer to front foot
- Swing racket forwards.

Drop the shuttle to the side/

Begin transfer of weight

forwards.

Backswing

- by pronating forearm and Accelerate racket head straightening wrist.
- Strike under shuttle hard, in front and to side of body.



- Momentum carries racket through high and long.
- Follow Through





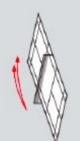
BADMIN



4. BACKHAND DRIVE

Where the shuttle goes

Backhand drives are flat shots court to mid-court or the rear that tend to travel from midcourt of your opponent.



defensive strokes. As well as on nor low enough to use upwards

enough to attack downwards,

the backhand side, backhand drives are also used when the

shuttle is directly in front of

the body.

When we use it

Backhand drives can be used to:

Why we use it

 restrict the opponent's opportunity to attack.

used in neutral situations when

Backhand drives tend to be the shuttle is neither high

striking the drive by hitting opposite court or into the opportunity for the player body of the opponent. into clear space in the · create an attacking

What it looks like



Prepare

· Stand square to the net, racket ready.



Forward Swing

Backswing

- Supinate the foream.
- · Extend the albow and reach to strike the shuttle in front/ to side.

and racket), Bend the elbow, pronate the forearm (create

Begin to step out to shuttle an angle between the arm · Establish a thumb grip,

with non-racket foot.

tapping action, landing the non-racket foot on or after · Strike the shuttle with a



- Minimal follow through.
- · Return to face the net, with racket in ready position.





5. FOREHAND DRIVE

BADMINTON



5. FOREHAND DRIVE

Where the shuttle goes

court to mid-court or rear court Forehand drives are flat shots that tend to travel from midof your opponent.

nor low enough to use upwards used in neutral situations when enough to attack downwards, Forehand drives tend to be the shuttle is neither high

defensive stroloss.

Forehand drives can be used to:

Why we use it

When we use it

restrict the opponent's

striking the drive by hitting to space or into the body of the opportunity for the player opportunity to attack. · create an attacking opponent

What it looks like



Prepare

- · Racket ready.



Forward Swing

- · Straighten elbows.
- Rotate upper and lower arm inwards.
- Strike in front of the body.

· Supinate the forearm and create an angle between the arm and racket.

slightly bant albows.

· Step out to shuttle. . Relaxed reach with

Backswing

tapping action, landing on the racket foot on or after Strike the shuttle with a contact with the shuttle



- Minimal follow through.
- · Return to face the net, with radiat in ready position.







6. FOREHAND OVERHEAD CLEAR

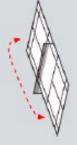
Clears go from your rear court to the rear court of your opponent. Where the shuttle goes

More defensive clears are opponent's racket.

slightly higher.

height just out of reach of your

Attacking clears travel at a



Clears are used when we are in our attacking zone.

Clears push your opponent back, creating space in the forecourt. Attacking clears aim to place the shuttle in behind the

Why we use it

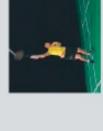
person playing the stroke more time to recover their balance and potentially weaker returns opponent, creating pressure Defensive clears allow the and court position.

What it looks like



Prepare

- · V-grip
- · Racket in overhead ready position.
- · Front arm up.
- · Sideways stance.



Forward Swing

· Rear leg overtakes front leg.

· Drive up and forwards off · Push rear hip forwards

rearleg

Backswing

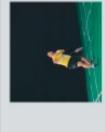
· Upper and lower arm rotates inwards.

> · Rear shoulder and upper arm move upwards and forwards. Upper and lower arm rotate Front arm pulls in to control

body rotation.

outwards.

powerfully above/slightly in front of racket shoulder. · Reach to strike shuttle



- Racket momentum causes
 arm to rotate inwards as it relaxes.
- Rear foot lands to become the new front foot.

and the net. opponent.

OVERHEAD DROP 7. FOREHAND



OVERHEAD DROP SHOT

7. FOREHAND

Where the shuttle goes

Drop shots go from your rear court to the forecourt of your

Longer drops tend to land just beyond the low service line. Shorter drop shots land between the low service line

Drop shots are used when we are in the attacking zone.

We use drop shots to:

- · make space in the rear court
 - · make our opponent offbalance
- · encourage out opponent to life

What it looks like



Prepare

- . Vgrip.
- Racket in everhead ready position.
- · Front arm up.
- Sideways stance.

outwards.

Forward Swing

· Upper and lower arm rotates inwards.

 Drive up and forwards off · Push rear hip forwards.

rear lag.

Backswing

 Reach to strike shuttle above/ slightly in front of striking shoulder.

> Rear shoulder and upper arm move upwards and forwards. Upper and lower arm rotate

 Just prior to hitting rotation
 of arm stops – push through the shuttle.



Follow Through

· Rear foot lands to become the new front foot.

BADMINTON TECHNIQUES





8. FOREHAND SMASH





Where the shuttle goes

Smashes go from your rear court to the midoout of your opponent.

Smashes can be struck into space, or into the body of the opponent.



When we use it

Why we use it

A forehand smash is a shot used in an attempt to win the rally, or to force a very weak return.

What it looks like



Prepare

- . VGnp.
- Relaced ready position.
- Step back to load rear leg, sideways stance.



Forward Swing

 Continue rotation in the air, throw radest head powerfully (pronate forearm).

 Jump and begin rotating in the sir, ebow up-forwards, supinate foream.

Backswing

· Create angle between arm

and racket.

Reach up to strike shuttle.
Impact in front of the
shoulder.



- . Finish rotation and land.
- Relaxation allows continued forearm rotation.
- Racket stays in front of body.
 - Rear foot lands to become new front foot.

Project work: Which is our badminton level?

Badminton unit: Shuttle time!

Session 1 - Which badminton level we have?

The aim of the session is to know the technic errors when we are using different badminton hits.

We begin the session analysing the forehand and backhand serves techniques, forehand drive and backhand drive and overhead hitting techniques: clear, drop and smash.

All this skills will be worked in group of 4. The group election will be free, indepently the badminton level and learning abilities.

A pair of members of the the group try to do correctly each technic while the others two mates are filling the test sheet reporting the level of the players on each throw or hit. There are eight technic test sheets to know which is the level of their classmates (See the documents attached).

When the players had practiced all the techniques they will change the rol between players and observers. All the technical items have been registred in the test sheets.

At the end of the session, each group will has to prepare what to tell to each player during the next session to correct the main errors done in each hit. They will have some basic structures to express theirs corrections and advises in a flashcard "Corrections" (See the document attached "Corrections").

Session 2 - Correcting the errors and concluding progressions.

The aim of the second session is correct the errors detected in the firts session.

Each parner tell to his mate which are their errors and how to improve the execution of the hits worked.

Once practiced and corrected the main errors, each player will have to write the most important items to improve by himself. All the players will have to fill a conclusion sheet named "Conclusions" (See the document attached "Conclusions").

Session 3 - preparing presentation

During this session each group have to record four videos about four of their progressions with the badminton hits (one for each group membrer).

With this material, each group will prepare an oral presentation about thier learning process in english following a structures given in a help presentation sheet (See the document attached "Preparing oral presentation").

The students with abilities can work with more complex hits (techniques flash cards number 4, 5, 6, 7, 8) and the pupils with more difficulties can work with elementary hits (techniques flash cards number 1, 2, 3, 4, 5) successively.

The presentation has to follow these directions:

- 1. Introduce group members, levels and hits worked (session 1)
- 2. Explanation which errors had been found: Analysis and Technical conclusions (session 2)
- 3. Corrections given and results (session 3)
- 4. Watch the video of the four progressions with music. Explanation what they had worked at the same time the video is playing.

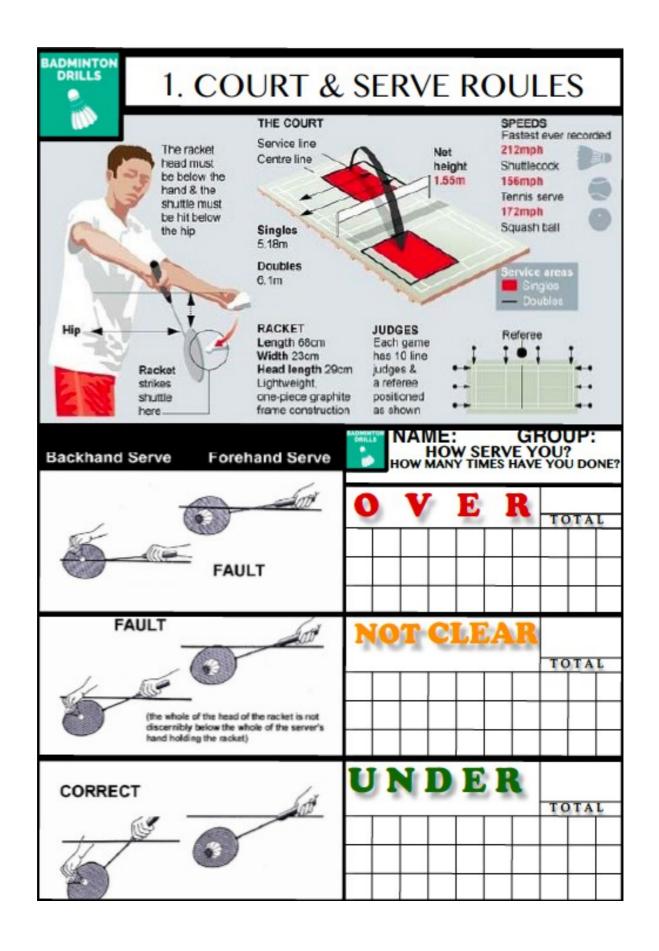
Each part of presentation will be presented for one of the group members. All of them need to talk equally.

Session 4 - Presentation day and proposition

The groups will show thiers progressions at the rest of the class doing the presentation.

Extra-material

All this information of the materials is authentic English from the *shuttle time program* that I have adapted to make it more attractive for the pupils. All the extra-sheets and flash cards wil be the materials that the students will work during the sessions.



BADMINTON TECHNIQUES

2. BACKHAND SERVE







2. Strike the shuttle out of he hand.

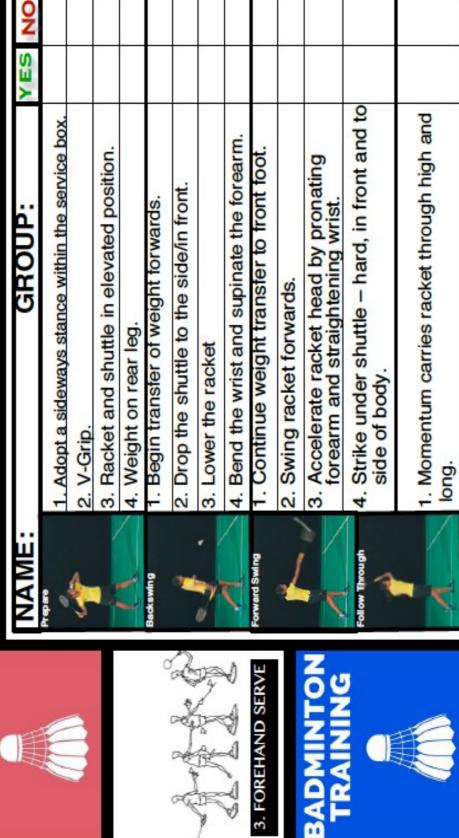
Bring racket up to threaten service reply.

1. Continue pushing action.

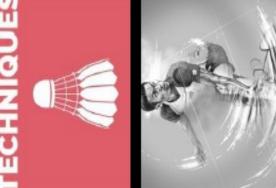
NAME:	GROUP:	YES	(ES NO
Propers	 Stance can vary, but most common is with the racket foot forwards, close to the "T". 		
	2. Use a short, relaxed thumb grip.		
-	Place the racket out in front of the body.		
Backswing	4. Place shuttle on racket.		
No.	1. Take the racket back a short distance.		
	2. Open racket face slightly.		
Forward Swing	1. Push through shuttle.		



3. FOREHAND SERVE



4. BACKHAND DRIVE







2. Return to face the net, with racket in

ready position.

NAME:	GROUP:	YES NO	ON
1	1. Stand square to the net, racket ready.		
ack swing	 Establish a thumb grip, pronate the forearm (create an angle between the arm and racket), Bend the elbow, Begin to step out to shuttle with non-racket foot. 		
onward Swing	 Supinate the forearm. 		
•	Extend the elbow and reach to strike the shuttle in front/to side.		
ollow Through	 Strike the shuttle with a tapping action, landing the non-racket foot on or after contact. 		
1	 Minimal follow through. 		

5. FOREHAND DRIVE



BADMINTON



landing on the racket foot on or after contact with the shuttle.

Return to face the net, with racket in

ready position.

Minimal follow through.

NAME:	GROUP:	YES NO	ON
Prepare	1. Racket ready.		
H	2. V-grip.		
Backswing	1. Step out to shuttle.		
1	2. Relaxed reach with slightly bent elbows.		
11	Supinate the forearm and create an angle between the arm and racket.		
Forward Swing	1. Straighten elbows		
1	2. Rotate upper and lower arm inwards		
	Strike in front of the body.		
	4. Strike the shuttle with a tapping action,		







BADMINTON TRAINING

Follow Through

6. FOREHAND OVERHEAD CLEAR

0 Z YES GROUP: 1. V-grip NAME Prepare

Front arm up.

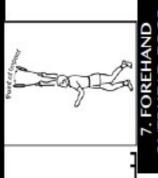
2. Racket in overhead ready position.

- 4. Sideways stance.
- 1. Drive up and forwards off ear leg.
- 2. Push rear hip forwards
- Rear shoulder and upper arm move upwards and forwards.
 - 4. Upper and lower arm rotate outwards.

Forward Swing

- 5. Front arm pulls in to control body rotation.
- Rear leg overtakes front leg.
- Upper and lower arm rotates inwards.
 Reach to strike shuttle powerfully above
- Reach to strike shuttle powerfully above slightly in front of racket shoulder.
- Racket momentum causes arm to rotate inwards as it relaxes.
- 2. Rear foot lands to become the new front foot.





BADMINTON TRAINING OVERHEAD DROP



7. FOREHAND OVERHEAD DROP

0 Z YES GROUP: 2. Racket in overhead ready position. 4. Sideways stance. 3. Front arm up. 1. V-grip NAME

Drive up and forwards off rear leg.

2. Push rear hip forwards

Rear shoulder and upper arm move upwards and forwards.

4. Upper and lower arm rotate outwards.

Forward

Reach to strike shuttle above/slightly in front Upper and lower arm rotates inwards.

of striking shoulder.

Just prior to hitting rotation of arm stops – push through the shuttle.

Follow Through

Rear foot lands to become the new front foot.

8. FOREHAND SMASH



BADMINTON



Rear foot lands to become new front foot.

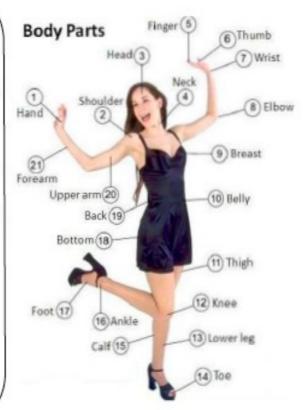
NAME:	GROUP:	YES NO	ON
Prepare	1. V-grip		
37	2. Relaxed ready position.		2
	Step back to load rear leg, sideways stance.		·
Backswing	 Jump and begin rotating in the air, elbow up-forwards, supinate forearm. 		
	2. Create angle between arm and racket.		
Forward Swing	 Continue rotation in the air, throw racket head powerfully (pronate forearm). 		
	Reach up to strike shuttle. Impact in front of the shoulder.		
Follow Through	 Finish rotation and land. 		
1	Relaxation allows continued forearm rotation.		
É	Racket stays in front of body.		
			500

Corrections - Session 1 - Which badminton level we have?

- · Organize yourself in groups of four.
- · Work in pairs to fill technical test.
- · The aim of the session is to identify the technic errors when we are using diferent badminton hits.

ACTIONS: take, open, place, relax, push, strike, bring up, drop sth to, bend, swing, stand, establish, pronate, supinate, begin to, extend, return to, straighten, rotatedrive up, drive forwards, pull, land, step out, step back, create, jump, raise/descend, do it, move.

HIT PHASES: prepare/backswing/ foreward swing/folow through KIND OF HIT: Backhand serve, forehand serve, backhand drive, forehead drive, forehand overhead clear, forehand overhead drop, forehand smash



- · Use this basic structures to inform the errors to ypur mate in each hit worked:
- When you are doing (kind of hit) hit, you don't (action) enough/correctly.
- You should change the (accion) moviment during (kind of hit) hit.
- You don't (accion) correctly in the (phase of hit) phase of the (kind of hit) hit.
- You should try to (action)meanwhile you are executing (phase of hit) part.
- You have to (action) more/less your (part of your body) in the (phase of hit) phase of the (kind of hit) hit.
- Can you (action) your (part of your body) when you are doing (phase of hit) moviment in the (kind of hit) hit.
- The position of the racket is not correct in the (phase of hit) phase of the (kind of hit) hit. You

Conclusions - Session 2 - Correcting the errors and concluding progressions.

The aim of the second session is correct the errors detected in the firts session.

Each parner tell to his mate which are their errors and how to improve the execution of the hits worked.

Once practiced and corrected the main errors, each player will have to write the most important items to improve by himself. All the players will have to fill a conclusion document:

I have practised	hit te	chnic and my main errors
were,	and	dir
thephas	se.	
After listen some correcti	on advises from my pa	rtner, I have worked to
improve the executions. A	at the end of session 2	I have done better
		and
Unfortunately, I have not i	improved in	
	and	I think that has not
possible because		
I will try to go on working	the items not improved	focusing on the
corrections given by my p	arner.	

Help to oral presentation - Session 3 - Preparing oral presentation

Film a Video

You have to record one video for each member of the group. The video should include imatges of the only one learning process for person with these three parts:

- 1. The execution done at the beginning with errors.
- 2. Corrections done by your partner (talking about the errors).
- 3. The result of corrections.

Edit the video with music in one only file including the three parts of each learning.

Oral Presentation

With this material, each group will prepare an oral presentation about thier learning process in english.

Each part of presentation will be presented by one of the group members. All of you need to talk equally.







1. The firt member of the group greet everyboby, Introduce group members and hits worked for each person (session 1 worked).

Example:



"Good morning, we are A, B, C and D and we are going to talk about our technics progressions doing diferent badminton hits. A had been working the forehand serve, B had been practicing the forehand smash, C..." 2. Explanation which errors had been found: error analysis and technical corrections given (session 2)

Example:

"A often made the error that he didn't wheight on rear leg when he was doing the prepare phase of the forehand serve. His partner suggested him do it before to start the arms movements. B..."



3. Correcting practice and results (session 3)

Example:



"A practiced his forehand serve thinking before of all in wheight on rear leg and finally achieved do it automatically. B had to improve his jump smash correcting..."

Watch the video of the four progressions with music. Explanation what they had worked at the same time the video is playing.

Example:

"As you watch the video show the learning process of the A. At the beginning he had some errors doing the forehand serve. His partner said which moviments had to change to improve his technic. At last, he understant the error and after some practice could serve correcty"



Your teachers will video-record you and your mates and upload it to our blog or SES website, so rehearse a lot!!!

Self-assessment

This is a document to help your teacher give you a mark for your work. Please complete the following items with your opinion.

Key: 4.Always-3.Often-2.Sometimes-1.Hardly ever

1. I have listened to the teacher:	4	3	2	1
2. I have paid attention:	4	3	2	1
3. I have completed the hits exercices:	4	3	2	1
4. I have corrected the main errors:	4	3	2	1
5. I have done the homework:	4	3	2	1
6. I have talked in English:	4	3	2	1
7. I have helped my mates:	4	3	2	1
8. I have been careful with the materials:	4	3	2	1
I have revised the work at home:	4	3	2	1
10. I have worked hard. I tried hard:	4	3	2	1

TOTAL: ____/40

Comments

Is there anything you want the teacher to know about your work? Write it here. You can use Spanish, Catalan or English.



Dossier of badminton skills

Co-assessment

In the cover, there are:

· The date when you handed it in.

- The title of the unit

- The course

This is a document that your mate has to complete for you. It's important to tell the truth because the teacher will check it later! Please follow these guidelines:

· Everything is complete.

· There aren't any missing exercice,

· The name and surname of the student. Gaps: are the gaps correctly filled?

General appearance: the pages are in order, clean, etc.

The dossier of technical tests has a cover :

in the test pages, there are:	anations, summaries, etc.	
CORRECTOR'S NAME:	STUDENT'S NAME:	
.The general appearance is neat.	5. The activities are finished	ed.
-2	0-2	
.The cover has all the important information.	6.Corrections are easy to	see.
-2	0-1	
The handwriting is easy to understand.	OVERALL MARK	/10
-2	If the dossier was late:	
The text is written with a nen	-1/-2/-3	
.The text is written with a pen.	Repeat pages:	
FIN	AL MARK	/10

Oral presentation assessment

	3 Exemplary	2 Accomplished	1 Developing
Task Understanding	The student does not read from the handout and follows the task appropriately.	The student has prepared the information and contributes to the flow of the task.	The student stops the task frequently and/or shows little preparation.
Vocabulary	The student uses a great variety of vocabulary which contributes to the improvement of the task.	The student uses the expected range of vocabulary which is adequate for the task.	The student uses inappropriate vocabulary or repeats the same again and again.
Grammar	The student uses correct grammatical sentences extensively, which contribute to better understanding of the content.	The grammar structures used are basically correct. There might be some mistakes which do not affect comprehensibility.	There are many grammar mistakes which greatly affect the comprehensibility of the student.
Fluency	The student shows quality fluency which contributes to give an impression of naturalness to the task.	The student shows correct fluency which allows the partner to follow the task.	The student stops often or is unable to come up with the words needed.
Pronunciation	Pronunciation is basically correct. There might be some mistakes which do not affect comprehensibility.	There are some pronunciation mistakes which affect comprehensibility.	The student is hard to understand by a willing listener.

TOTAL:	/15
--------	-----

Comments:	

Student's participation

KEY: GROUP	
------------	--

- 5- The student has paid attention and made spontaneous contributions to the whole group.
- 4- The student has paid attention and contributed openly in big group and/or with all the class.
- 3- The student has paid attention and contributed with his/her partner and in/or small group.
- 2- The student has paid attention and made few contributions.
- 1- The student has paid little attention.

Comments:

	STUDENT'S NAME		DEGRE	EOFPA	RTICIPAT	ION
l.		5	4	3	2	1
2.		5	4	3	2	1
١.		5	4	3	2	1
		5	4	3	2	1
		5	4	3	2	1
i.		5	4	3	2	1
7.		5	4	3	2	1
ł.		5	4	3	2	1
).		5	4	3	2	1
0.		5	4	3	2	1
1.		5	4	3	2	1
2.		5	4	3	2	1
3.		5	4	3	2	1
4.		5	4	3	2	1
5.		5	4	3	2	1
6.		5	4	3	2	1
7.		5	4	3	2	1
8.		5	4	3	2	1
9.		5	4	3	2	1
20.		5	4	3	2	1
1.		5	4	3	2	1

In this unit you have...

- .known, worked and improved your badminton techniques
 .learned together: in pairs , in group.
 .practised your english in a different way as usual.