

## Learning Objectives

- Students will demonstrate proper formations and recovery skills in game play.
- Students will communicate and work cooperatively.
- Students will participate safely, responsibly, and with good effort.

## Learning Targets

- I can demonstrate proper formations and recovery skills in game play.
- I can communicate and work cooperatively with a partner.
- I can participate safely, responsibly, and with good effort.

## Teaching Cues

- "Adjust as Partner Moves" – Change court position as your partner moves to hit.
- "Communicate" – Call shots and court positions to avoid faults.
- "Attack/Defend" – Use front-to-back to attack and side-to-side to defend as a team.

## PREP

- 1 badminton court or 6 [spot marker](#) (to create courts) per pair
- 1 [racquet](#) (badminton or racquetball) per student
- 1 [shuttle](#) per 2 students
- 1 [Practice Plan](#) (#4) and [Scorecard](#) (optional) per team

## SET

- Create 1 badminton court per 2 pairs (15 x 10 paces) with a midline (net).
- Place 1 shuttle, 4 racquets, *Practice Plan* and *Scorecard* per court.

## TEACH

### 1. Lesson Objective

- The object of *I Got Your Back* is to work as a team to score points using a front-to-back formation.

### 2. Instructions

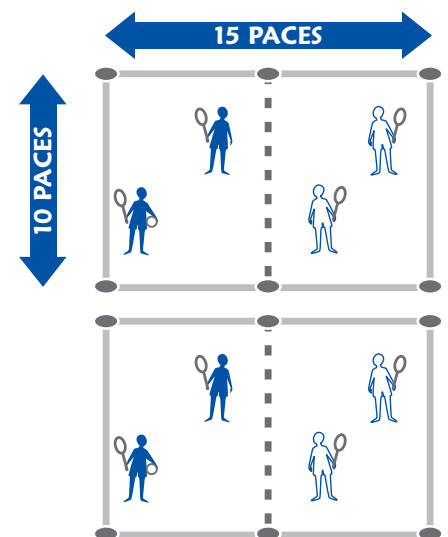
- In front-to-back, 1 player is responsible for the front court, the other for the mid- and back court.
- The formation is offensive- it provides opportunities to use attacking shots (drop and smash).
- Communicate and recover to the center of your side to maximize success and avoid faults.
- (*Practice before or after game, or both, and use Practice Plan.*)

### 3. Game Format

- (*Demonstrate game while explaining format.*) After each game team with the most points rotates up.
- Doubles – Royal Court. 5 minutes per game. Rally scoring.
- Play begins from the R service-court using 1 of 3 methods: serve, toss over the net, or self toss and hit.
- In order to score, players must complete a 10-hit rally before earning points and remain in front-to-back formation.
- After each point rotate positions (F and B) and rotate serve.

### 4. Cues

- Team Play Cues
  - "Determine Team Strategy" – Are you a better attacking or defending team?
  - "Adjust as Partner Moves" – Change court position as your partner moves to hit.
  - "Communicate" – Call shots and court positions to avoid faults.
  - "Attack/Defend" – Use front-to-back to attack and side-to-side to defend as a team.
- Target & Trajectory Cues
  - (Front) Drop shot – Trajectory: Low (just over net). Target: Front court (near net).
  - (Back) Smash – Trajectory: Steep. Target: Mid-court sideline.



# I Got Your Back

## Key Standards Addressed

### Standard 1.12.2

Demonstrates activity-specific movement skills in recreational games.

### Standard 2.12.2

Demonstrates knowledge of tactics and strategies within recreational games.

### Standard 2.12.6

Establishes a goal and creates a practice plan to improve performance for a self-selected skill.

### Standard 2.12.13

Applies movement concepts and principles to analyze and improve performance in selected skills.

### Standard 3.12.3

Encourages and supports others through their interactions.

### Standard 4.12.5

Chooses and participates in self-selected activity at a level that is appropriately challenging.

*(The complete set of standards for this lesson can be found in the Curriculum Resources section on SPARKfamily.org)*

## SEL Competencies

### Self-Awareness

Peer interaction

### Self-Management

Self-discipline

Self-motivation

### Social Awareness

Working with others

### Relationship Skills

Communication, cooperation

### Responsible Decision-Making

Analyzing situations

## Reflection Questions

- What is an advantage of the front-to-back formation?
- When playing a team who is in front-to-back formation, where should you land your shots?
- How did you and your partner communicate effectively?

## Game Reset

### Rewind

Play original game, but eliminate the pre-score rally-hit requirement.

### FFwd 1

Play original game, but initiate play with the serve only and/or increase the size of the court.

### FFwd 2

Play original game, but points are scored using only a pre-determined shot (e.g., drop, drive, etc.).

## Teaching Suggestions

- To use all available time for learning, remind teams to “strategize” when transitioning between games.
- Use the 80/20 Rule. Assume most students get it. Spend your time as a “plumber” and “fix” the leaks.

## Integration

Keeping it “Official Dizzle” (nontechnical term) requires a match made up of the best of 3 games, unless otherwise arranged. A game is won by the side that scores 21 points first (must win by 2), unless otherwise arranged. We’d like to arrange a match with these arrangements. Anyone?

## Teacher Reflection

