

## UNIT PLAN: REFERENCE LOG

Locating a variety of curriculum resources is crucial in providing a broad range of learning experiences for students. As you locate helpful drills or activities, fill out the chart below. Attach copies of handouts or worksheets you would use in class (make up, or borrow and list citation). You must incorporate at least six sources, locating one activity or idea in a journal (IOPERD most likely), one from the Internet, and one from a textbook or curriculum guide.

Description of activity	Source	How would you use the activity in your unit?	Which unit goals does the activity fulfill?
"Towel drill": Snapping towel to represent backhand drive or clear	Sandra Norton, instructor at UW-Madison	Intermittent practice when students have "down time"	Psychomotor, #2
"Net game": 2- or 4-player game with all shots inside short service line, except serve	Poole & Poole, 1996 <u>Badminton</u> , 4 <sup>th</sup> ed., pp.126-127	Improve consistency of hairpins after basic shot is introduced	Psychomotor, #2 Cognitive, #3
"Butterfly drill": 4 players alternating x-court & down the line clears	Bloss & Hales, 1994 <u>Badminton</u> , 7 <sup>th</sup> ed., pp.65-66	Improve accuracy after basic clear is introduced	Psychomotor, #1
Stretching: 10 possible exercises for upper & lower extremities	Sweeting & Wilson, 1992 <u>Badminton: Basic skills and drills</u> , pp.74-75	Selected stretches on a regular basis	Not listed on title page
"Shadow drill": 2 or more players practice lunging, pivoting & shuttle steps in unison	Sweeting & Wilson, 1992 <u>Badminton: Basic skills and drills</u> , p.39	Improve direction & consistency of footwork	Psychomotor, #2
Doubles offensive strategy Doubles defensive strategy	<u>www.badmintoncentral.com</u> ; select "Techniques"	Teach key ideas about doubles strategy	Cognitive, #2
"Rope & string" assessment procedure	<u>IOPERD</u> , 69 (5), p.51	Utilize on one court for pre- and post-testing for doubles short serve	Psychomotor, #1