



**TOBY BRAZIER
COACHING**



Toby Brazier Coaching presents The Racket Pack

Description:

The Racket Pack is a primary aged Badminton focused Programme designed to deliver fun and engaging skill based sessions, ensuring a positive first experience of Badminton. The Racket Pack is a 6-week programme, with learning objectives inline with the relevant National Curriculum. The programme is designed to teach children the correct badminton skills, regardless of their current ability. The Racket Pack can be delivered within curriculum time, meeting national curriculum requirements, as well as an extracurricular activity, or during the children's own time. Each session contains a warm-up, skill activity and an activity designed to embed the particular skill on which the lesson focuses.

The Racket Pack has been designed by Badminton England to be delivered in any environment, particularly your typical primary school halls which may not have the space, height or court markings that you would expect in an established sports hall. Sessions have been designed to cater for large numbers in a small space, and so multi-court sports halls are not needed.

How does The Racket Pack Resource work?

The Programme content is broken down into three age groups, providing 6 sessions each:

- Key Stage 1: Years 1&2
- Lower Key Stage 2: Years 3&4
- Upper Key Stage 2: Years 5&6

For each Key Stage, Learning Objectives are tailored and cover typical Primary components of fitness such as..

- Coordination
- Agility
- Racket Skills
- Throwing and catching
- Movement

And are met by using the following badminton-based skills:

- Grips
- Movement and Footwork
- Forehand & Backhand Serving
- Underarm & Overhead Hitting

Target Audience:

The Racket Pack Programmes are great for the following...

- Schools that have never had a Badminton session before
- Schools wanting to try something different
- Schools wanting to fill their PE or timetabled periods
- Schools wanting to provide a variety of sporting opportunities
- Schools looking to be creative with their Sports Premium

Benefits of hosting The Racket Pack:

- Provides children with the opportunity to be introduced to Badminton
- Great for replacing PE lessons
- Great for extracurricular activities
- Has Learning Objectives in line with the National Curriculum
- Delivered by Qualified & fully DBS checked Coaches
- Badminton England governing body backed

I am a fully qualified and endorsed coach to deliver The Racket Pack Programme. If you are a Primary School looking to get started with one, please do get in contact with myself to arrange further discussion.



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Toby Brazier
UKCC Level 1 & 2

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