

Home-School Learning Collaboration – Physical Education

Topics in this cycle:
KS 3 Badminton

Taught:
Spring 2

Year Group:
7-9

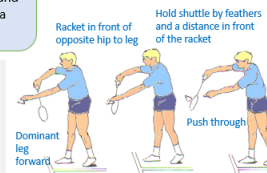
Key knowledge/concepts to be learnt ('Tell me about...')

Websites/blogs/YouTube links and further reading to deepen and consolidate learning

How do I serve in Badminton?

Low/Flick serve

The **LOW/FLICK SERVE** aims to force your opponent to the front of the court and to lift the shuttle as a return.



- Transfer weight forward
- Aim for it to land on or close to your opponents service line
- Or aim for the front corners



- Always serve diagonally
- Serve must go over opponents service line
- Only touch the shuttle once
- Always return to centre court

The **HIGH SERVE** aims to force your opponent to the back of the court and to return with a defensive shot. This allows the server to attack once the shuttle has returned.

High Serve



- Transfer your weight
- Move racket to meet the shuttle
- Aim for mid-back of the court



- Always serve diagonally
- Serve must go over opponents service line
- Only touch the shuttle once
- Always return to centre court

What are the different shots I will learn in lessons that I can apply in a game situation?

Overhead Clear

The **OVERHEAD CLEAR** aims to force your opponent to the back of the court, forcing them to think quickly and they can become off balance

'Whip'

Contact the shuttle at highest point. You should hear the string 'whip'.

- Transfer weight forward
- Aim for the back tram lines
- Or aim for the front corners



- Can be both attacking and defensive
- Transfer weight for power
- Always return to centre court to anticipate next shot

Drop Shot

The **DROP SHOT** aims to force your opponent to the front of the court and react quickly- usually played after a shot to the back

'Tap'

Contact the shuttle at highest point. Lightly tap the shuttle and angle down to place it over the net.



- Can be played forehand or backhand
- Can be used at net height
- Can be used to 'disguise'

Smash Shot

The **SMASH SHOT** aims to prevent your opponent from returning the shot therefore winning the point. Done by hitting the shuttle down with power.

'Wack'

Aim for the body of the player. If the shuttle is in flight, always seek opportunity to smash



- Can be played forehand or backhand
- Use at any opportunity
- You do not have to jump

Serving

Low Serve <https://youtu.be/kzWpvuWeih0>

High Serve <https://youtu.be/Nw7JbE7QgGY>

Rules for Singles Serving <https://youtu.be/B-2rkFNZuuQ>

Rules for Doubles Serving

<https://youtu.be/HDAAojBqRI8>

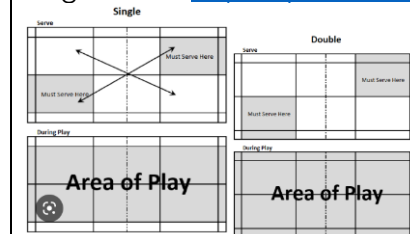
Shots

Overhead Clear <https://youtu.be/S2brZPqx288>

Drop Shot https://youtu.be/31O_WuhVbKw

Smash Shot <https://youtu.be/HS3x2IX0Uao>

Singles Rules <https://youtu.be/ynqtzvw3O5s>



Doubles Rules <https://youtu.be/nODk7FqsDI>

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Key Vocabulary and Definitions To Be Learnt		What Will The Assessment Look Like?
 Badminton Racket	Equipment used to play Badminton	B – Beginning A – Approaching S – Secure E - Exceeding
 Shuttlecock	Equipment used to play Badminton	
Badminton Court	Area that a game of badminton is played on	
Badminton Net	Separates each side of the court. A player is not allowed to touch the net. The shuttle must go over the net	
Service line	Where a player serves from and where the shuttle must land over on a serve	
Baseline	The line at the back of the court	Family Learning Opportunities
Side line	The lines at the side of the court – left and right	Play Badminton at your local Leisure Centre Birmingham Community Badminton (Perry Barr, United Kingdom) Meetup Find a court Badminton England Join a local Badminton Club Clubs - Birmingham Badminton League : Birmingham Badminton League (badmintonbirmingham.co.uk)
Centre line	The line in the middle of the court that separates the left side from the right side.	
Tramlines	Double lines on the court for both singles and doubles	
Singles	A game played 1 versus 1 player	
Doubles	A game played 2 versus 2 players	
Serving – Low Serve and High Serve	How the game is started. All serves must be below the waist and served diagonally	
Overhead Clear	Shot played above your head to your opponent's back court	
Drop Shot	Aims to force your opponent to the front of the court	
Smash Shot	Hitting the shuttle down with power into your opponent's court so they cannot return the shot	



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