



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	LO: Learn the basics of badminton technique and be able to RALLY WITH A PARTNER	LO: Learn how to performance a SERVE in badminton	LO: Learn how to perform a DROP SHOT	LO: Learn how to perform a CLEAR SHOT	LO: Learn how to SCORE & OFFICIATE a competitive badminton match	LO: Learn how to ORGANISE & COMPETE in a badminton tournament	LO: Learn how to ORGANISE, COMPETE & LEAD a badminton ladder
Year 8	LO: To RECAP BASIC badminton skills/ technique and be able to RALLY WITH A PARTNER.	LO: Learn how to perform a SMASH in badminton.	LO: Learn how to perform a DRIVE SHOT	LO: Explain SHOT SELECTION to outwit your opponent	LO: Learn how to use TACTICS to win a competitive badminton match.	LO: Learn how to DISGUISE SHOTS in a badminton match.	LO: INDEPENDENTLY ORGANISE, COMPETE & LEAD a badminton ladder
Year 9	LO: To RECAP ADVANCED badminton skills/ technique and RALLY WITH A PARTNER.	LO: DEVELOP ADVANCED OFFICIATING to Score a match effectively.	LO: DEVELOP SHOT SELECTION to outwit your opponent	LO: Develop advanced TACTICS to win a competitive badminton match.	LO: Develop the use of DISGUISE SHOTS in a badminton match.	LO: INDEPENDENTLY ORGANISE, COMPETE & LEAD in a badminton tournament.	LO: INDEPENDENTLY ORGANISE, COMPETE & LEAD a badminton ladder.

Key Skills

Short serve – Racket is held across the body (backhand) and below waist height. Shuttle held out above the racket and hit low over the net diagonally. (begins rally/game). The aim is to get the shuttle close to the short service line.

High serve – Racket is held across the body (backhand) and below waist height. Shuttle held out above the racket and hit low over the net diagonally. (begins rally/game). The aim is to get the shuttle close to the long service line.

Drop shot – A shot played with finesse to land the shuttle swiftly and close to the net on the opponents side (tap shot).

Smash shot – It is the most attacking shot. It is an overhead shot which brings the shuttle down from a height at a steep angle.

Net shot – Shot hit from the fore court clearing the net and then rapidly falling.

Clear – Shot played to the back of opponents court (high). Stand sideways on and use whip action with the racket to apply power.



Tactics and Strategies

- Positioning
- Hitting into space
- Shot selection
- Deception
- Targeting opponents weaknesses
- Decision making



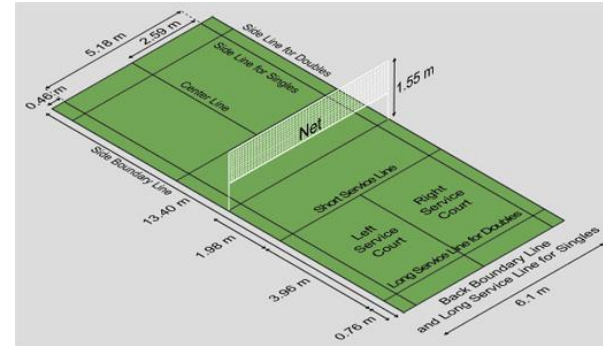
Rules and Regulations

- Game starts with a diagonal serve
- Serve must land across service line
- Play to 21 – must win by 2 clear points
- Whoever wins the point serves next
- When score is odd the serve is from the left and when the score is even, the serve is from the right.
- Court is long and thin for singles, and short and fat for doubles
- You cannot hit the net with your racket
- Serve must be below waist height
- You can only hit the shuttle once



Key Words / Literacy

- | | |
|-------------|-----------------|
| Technique | Communication |
| Accuracy | Deception |
| Positioning | Disguise |
| Tactics | Decision making |
| Team work | Co-operation |



Components of Fitness

- | | |
|--------------|----------|
| Power | Agility |
| Coordination | Balance |
| Speed | Strength |
| Accuracy | |

SMSC / Cultural Capital

- Fair Play
- Respect
- Sportsmanship

