

Year 9 Physical Education Knowledge Booklet

Badminton

Name:

Class:



What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

Assessment Criteria

2	Basic grip, frequently misses shuttle and has difficulty starting a rally.	
3	Able to rally cooperatively, but errors are common.	
4	More effective use of basic skills. Can perform a basic serve. Reliance on pan handled overhead.	
5	Overhead and forehand shots developing in technique. Attempts to move opponent around.	
6	Basic skills used well, range of strokes seen, can hit to back of court. Attempts backhand.	
7	Range of strokes include variation in serve, clear, smash, drop shot and net shot.	
8	Good execution and more disguise in shots. Tactics applied in a game. School rep level.	
P5	Personal	Identify my own strengths and weaknesses and can set myself appropriate targets.
P6	Personal	Accurately reflect on progress and plan ways to improve and adapt my plans.

Big Questions

1. What are the factors that enable us to rally effectively in Badminton?
2. How do we perform the underhand lifting shots correctly for maximum consistency?
3. How can we perform different serves to gain advantage in a rally?
4. How do we perform overhead shots?
5. How can we perform attacking shots including drop shot and smash?
6. Can we play doubles? Has my badminton improved?

Web Links:

What the most important shots in the game and how are they played?

<https://www.masterbadminton.com/badminton-shots.html>

Video clips of all of the shots and the best technique.

<https://www.teachpe.com/badminton>



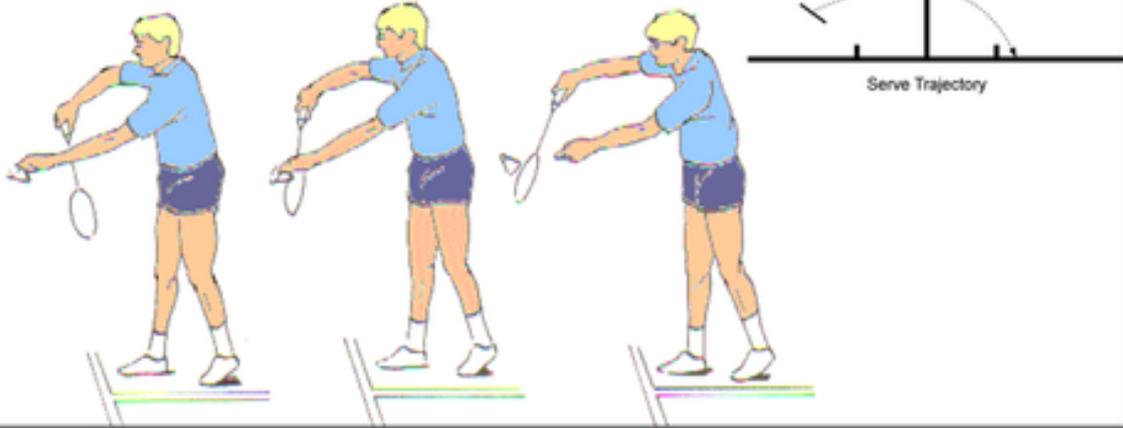
The Short Backhand Serve

Same foot, same racket hand forwards

High racket elbow in line with shoulder for control and power

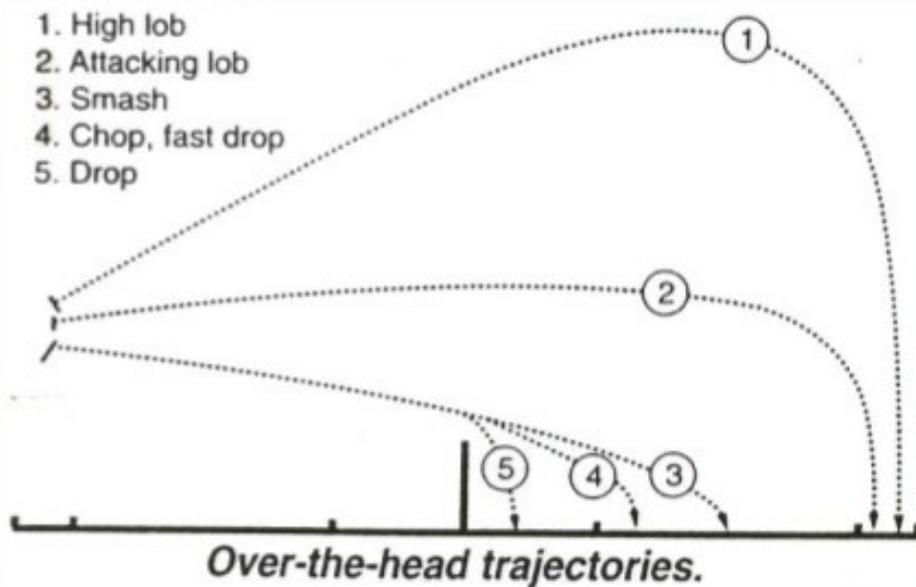
Flick wrist and push shuttle below waist

Attempt shuttle to land just over the net and inside the area of the court aimed for



BACK COURT STROKE

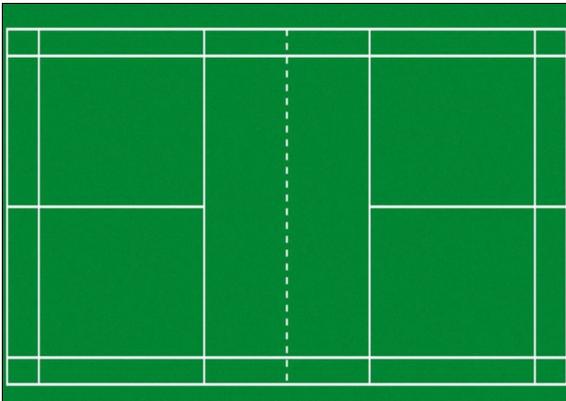
1. High lob
2. Attacking lob
3. Smash
4. Chop, fast drop
5. Drop



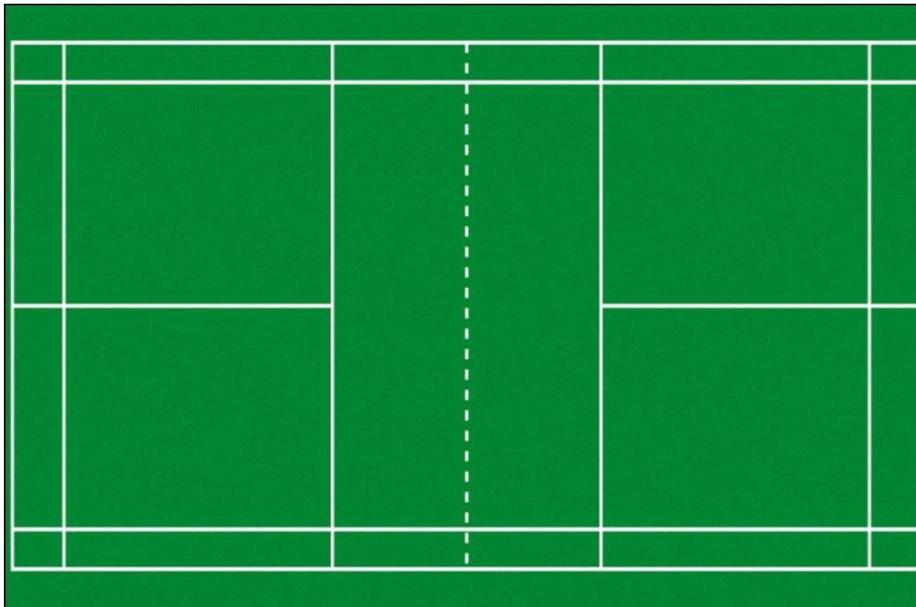
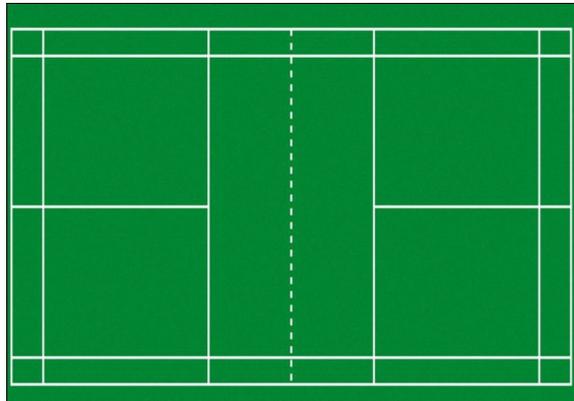
What's in and out in badminton?

1. If the shuttle lands on the line is it in or out?
2. Which lines do we use? Annotate the diagrams to show which parts of the court are in during a serve and which parts of the court are in for the rest of the rally.

Singles



Doubles



That competitive edge!

What tactics will you use to win a games of doubles?

Use the space below to plan tactics that you can use in your lesson.

Think about positions when receiving serve, how to play to your strengths and how to play to potential weaknesses in your opponents.

Singles Tactics:

Doubles Tactics:

