

**Topic: PE – Badminton****Year: 8****NC Strand: 'Overcoming opponents', 'analysing performance' and 'competitive sports.'****What should I already know?**

I should already know the basic knowledge of the correct grip.

I should have prior understanding of the variety of strokes that can be played in a game of badminton.

I should know what the different lines on a badminton court mean.

I should be aware of how a shuttlecock flies and how I can hit the shuttlecock effectively.

I have had prior experience in game play situations to help my decisions process when playing different strokes.

What will I know by the end of the unit?

By the end of this unit pupils will be able to:

Will be able to demonstrate the correct grip 'handshake grip' and thumb grip whilst showing the ready base position.

Will be able to demonstrate forehand and backhand strokes.

Will be able to attempt both serves but will perform the flick, (the backhand serve), with more success.

Will be able to attempt a variety of shots which maintain a rally. Will tend to use the same shot each time.

Will be able to demonstrate the drop shot and the smash in practice and sometimes be successful in a game situation.

Will be able to demonstrate the under and over arm clear in practice.

Will be able to demonstrate the clears in practice and in a game situation with some accuracy.

Can demonstrate a range of shots with fluency and control occasionally outwitting an opponent with shot combinations that include play at the front of the court.



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Vocabulary	
Serve	A serve or service is the first shot of any rally which brings the shuttle into play and aims to deliver the shuttle into the service court of the opponent's side.
Backhand	A type of shot played across the body with the back of the hand facing the opponent.
Forehand	A type of shot played by the side of your body with the palm of the hand facing the opponent.
Grip	Nicknamed the handshake grip, it is the positioning of the hand on the base of the racket.
Net shot	Shot hit from the fore court clearing the net and then falling rapidly.
Drop	A shot played with soft hands and with finesse to land the shuttle swiftly and close to the net on the opponent's side.
Smash	It is the most attacking shot in badminton. It is an overhead shot which brings the shuttle down from a height at a steep angle.
Shuttlecock	the shuttle is the object that the players hit back and forth across the net.
Clear	It is the basic stroke of badminton. It is played to the opponent's back court and may be used defensively (high clear) or offensively as when played flatter (attacking clear).



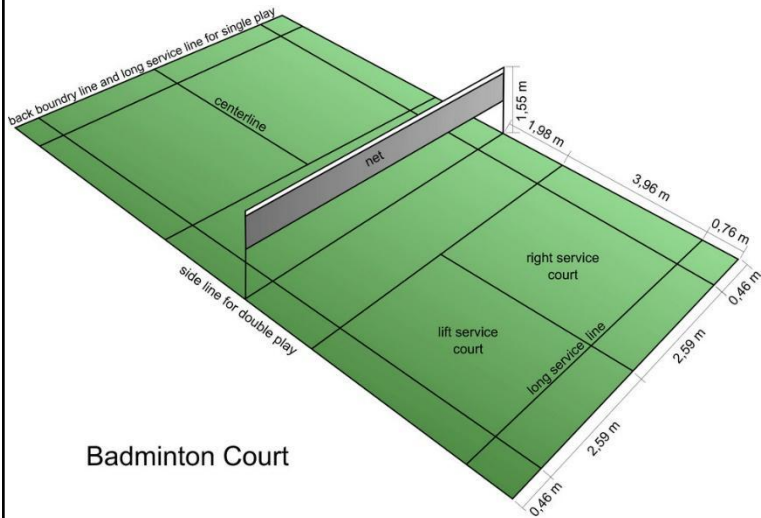
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Dimensions of a Badminton court



Badminton Court

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Teaching points



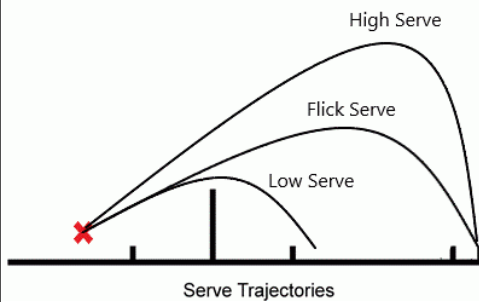


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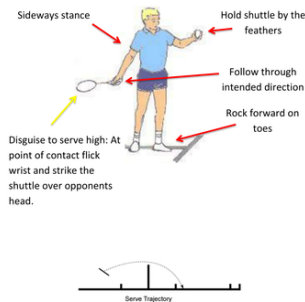
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Different types of serves



LOW SERVE



Strokes

STROKES (golpeos)

All strokes can be played either

Forehand and Backhand

Forehand strokes are hit with the front of the hand leading (like hitting with the palm).

Backhand strokes are hit with the back of the hand leading (like hitting with the knuckles).

