



# PE

Badminton

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Lynher

I know there are different types of grips in badminton and can demonstrate two of them.



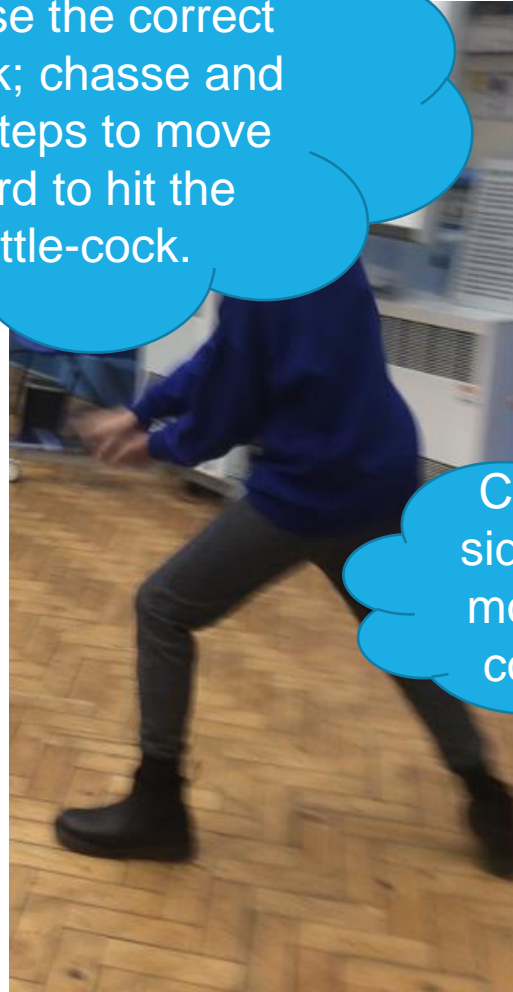
When using the forehand grip you make a V with your fingers – like you're shaking someone's hand.

Back hand grips need your thumb on top to help with stability.

# I can use lunge and chasse manoeuvres in Badminton



I can use the correct footwork; chasse and lunge steps to move forward to hit the shuttle-cock.



Chasse is like a side step so I can move around the court efficiently.



Using the lunge gives me more power when hitting the shuttle-cock.



# I can use underarm and overarm techniques in

If I use the V grip when hitting overarm I can hit the shuttle-cock far.



I prefer underarm as I feel in more control of where I am aiming.



# I can use the skills I have learnt to take part in a Badminton match.

We combined our skills to play a match.



Quick steps around the court, hit the shuttle into the space to score and always keep an eye on the shuttle-cock.





What I have learnt in the past: Tennis - striking skills.



### Forever Facts

Stadiums - The All England Open Finals are held at the Arena, Birmingham in March.

Gail ~~Emms~~ and Nathan Robertson won a silver medal in the 2004 games in Athens.

The Badminton World Federation Tour is a circuit made up of 26 tournaments.

A Match consists of the best of three games of 21 points

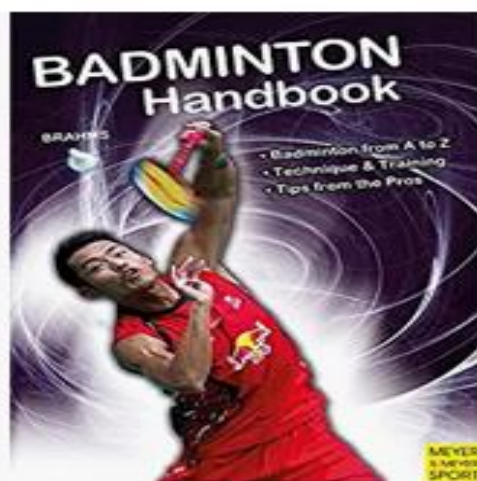
### Skills

Having an awareness of others

Tactical skill of changing speed and direction

Side stepping around the court

### Exciting Books



### Our Endpoint

Can I use the skills I have learnt to play a competitive Badminton match?

### Subject Specific Vocabulary

Shuttlecock	A cone shaped object made from cork and feathers
Clear	To hit the shuttlecock high and to the back of the court.
Centre Line	The line that divides the court into two service courts.
Birdie	An alternative term for the shuttlecock.
Ace	A serve that the opponent fails to hit.

### Culture Capital:

- The real life knowledge that links is: body control and movement, hand-eye co-ordination, tactical thinking
- The jobs that it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official.