

BADMINTON

PE

Spring 1 2024

Class Lynher

We began by watching a video of a really long professional rally and thought about what badminton is. Then we worked on our backhand grip. First we used balloons to practise and then moved on to using shuttlecocks.

It was easier to do it with the balloons than the shuttlecocks but it helped us to learn the right grip.



We recapped the grip for backhand, then looked at how it changes for forehand. We then did some activities to practise our forehand skills. Then we practised receiving using the appropriate hand. We learnt that we need to move our body to receive as well. Finally we started trying to rally.

It was fun to start building up to rallies. I found back hand easier than fore hand.



This week we focussed on the way you need to move to hit the shuttlecock, specifically chasse steps and a lunge. We did some shadowing warm up games to practise and then used them to rally to each other.



The best bit was doing the rallies and seeing how long we could do it for. We had to move quickly.

We focussed on improving our rallying skills this week. We did warm up games which got us to use big movements with our arms and then went on to using the shuttlecock. Some of us then also went on to playing competitively.



It was enjoyable to see how much we had improved since last week.



For our final lesson, we focussed on competitive matches. We first did our favourite warm up and then split into two courts. We had to use our serving, forehand, backhand and moving skills to try and beat our opponent. We had accuracy games to play at when we weren't on court. We finished with a cool down.



It was fun trying to beat my friend. I tried to hit it so they couldn't get to it.

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



Forever Facts

To score a point you must hit the shuttlecock to land in the opponents side of the court.

Badminton is an Olympic sport

You change your grip to do different types of shots such as forehand or backhand.

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

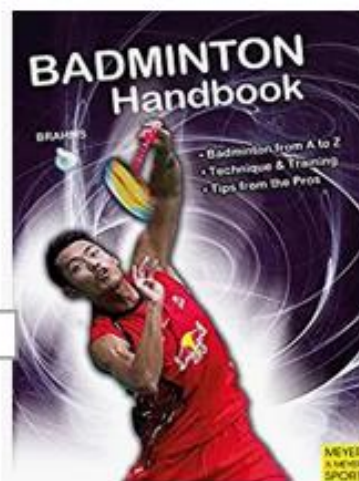
Skills

Having an awareness of others

Tactical skill of changing speed and direction

Side stepping around the court

Exciting Books



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.

Personal Development:

- The realLife 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.

Our Endpoint

I can use the skills I have learnt to play a competitive Badminton match.