

I should already know:

- Components of fitness
- 1 rule of badminton
- 2 short term effects of exercise
- What equipment is used in badminton

I will learn:

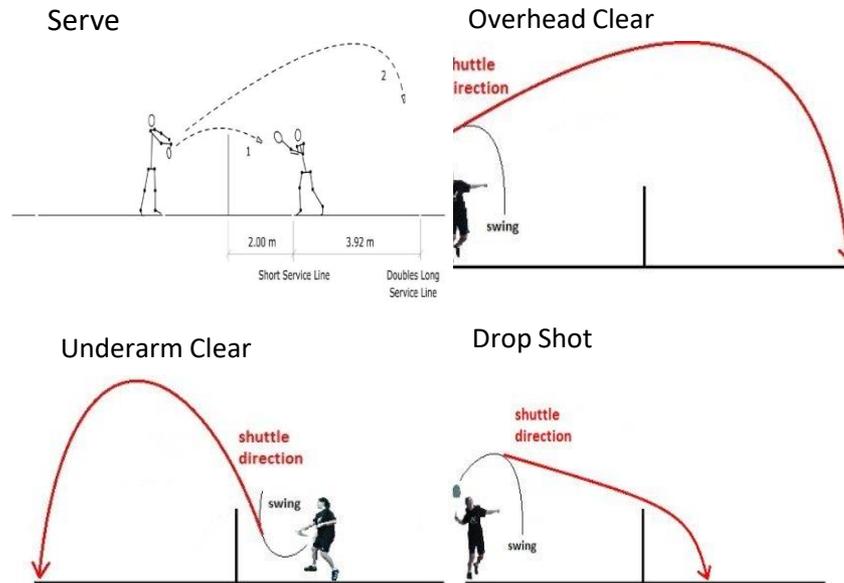
- Ready position
- Forehand and backhand serve.
- Defensive clears
- Forehand drop shot
- Basic backhand
- Outwitting opponents
- Leadership skills
- Scoring system
- Rules and regulation
- Court lines and dimensions
- Equipment familiarisation

This will help in the future:

- Competitive match situations.
- Coaching others.
- Implementing strategies
- Communication

Key Words

| | |
|------------------------|--|
| Ready Position | Your ready position is the stance and position that you want to reach before your opponent hits the shuttlecock. It's called the ready position because it helps you get ready for the next shot |
| Serve | Tactics are a plan or strategy put into place to allow the best outcome for an individual or team in sporting competition |
| Defensive Clear | The defensive clear keeps the shuttle in the air for quite a while. This gives you some extra time before your opponent is able to hit it |
| Leadership | The ability to lead a team and be a role model to your team mates. Communicate strategies and tactics in a way that motivates team members. |
| Accuracy | How precise a pass, shot or throw is when aiming for a specific target. |
| Technique | Technique is skill and ability in a sporting or other practical activity that you develop through training and practice. |

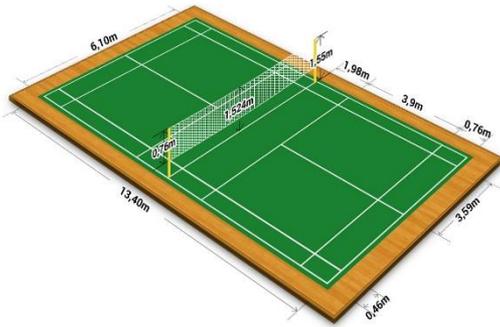


Greater Depth Challenge

Can you name all 11 components of fitness?
What is the scoring system in badminton?

Further Reading

KS3 BBC Bite-size – Physical Education



Rules

The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match.

Your opponent has the same goal. They will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if they hit the shuttle into or under the net, or out of court, then you win the rally.

If you think your opponent's shot is going to land *out*, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues.

Once the shuttle touches the ground, the rally is over. In this respect, badminton is not like tennis or squash, where the ball can bounce.

You must hit the shuttle **once only** before it goes over the net (even in doubles). In this respect, badminton is not like volleyball, where multiple players can touch the ball before sending it back over the net.

Skills

Forehand:

- Stand behind the service line
- Sideways stance, lead with your non-racket leg, weight on your back foot
- Bring your racket back to waist level
- Swing forward, pushing the shuttle low over the net

Backhand:

- Lead with your racket leg, non racket leg slightly behind with your feet pointing forward
- Short backswing then bring the racket forward
- Hold the shuttle in front of your waist level
- Push the shuttle, keeping it low

High Serve:

- Played with a forehand underarm action
- Sideways stance, lead with your non-racket leg, weight on your back foot
- Bring your racket back (to almost shoulder level) and swing forward
- Drop the shuttle slightly out in front of your body and hit it with power to make sure it reaches the back of the court

Clears

Clears can be played overhead or underarm, they both move your opponent to the back of the court. The action is similar to throwing a ball.

- Forehand grip
- Sideways stance to the net, weight on your back foot
- Bend your elbow and take the racket back
- Contact the shuttle as high as possible and in front of your body, straighten your elbow as you hit the shuttle
- Follow through with your racket, weight is transferred to front foot

Smash

The smash is an attacking shot, a good smash is un-returnable. It is hit with power and speed, downward towards your opponent's court

- Forehand grip
- Sideways stance to the net, weight on your back foot
- Bend your elbow and take the racket back
- Contact the shuttle as high as possible and in front of your body using a strong throwing action,
- Straighten your elbow as you hit the shuttle, snap down your wrist at the point of impact to add extra power and angle

Physical Components of Fitness

- Aerobic Endurance
- Muscular Endurance
- Strength
- Speed
- Flexibility
- Body Composition

Skill Components of Fitness

- Balance
- Coordination
- Reaction Time
- Agility
- Power

Short Term Effects of Exercise

1. Increase uptake of oxygen
2. Increased production of Carbon-dioxide
3. Raised heart-rate
4. Raised body temperature
5. Redistribution of oxygen to working muscles
6. Muscle fatigue