

I should already know:

- Components of fitness
- Short term effects of exercise
- Forehand serve
- Overhead Clear
- Drop shot

I will learn:

How to use skills and techniques together with accuracy to outwit an opponent. You will be demonstrate basic badminton skills successfully and begin to understand importance of strategy and tactics when attacking.

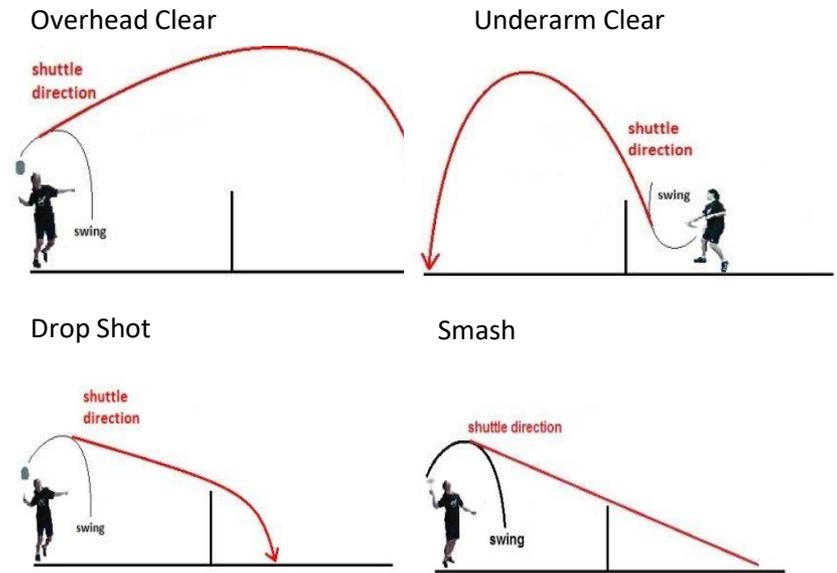
You will be able to select and accurately replicate a very good range of skills to outwit an opponent. Control of the shuttle is consistent and shots are performed fairly quickly in response to opposition pressure.

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
Tactics	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.

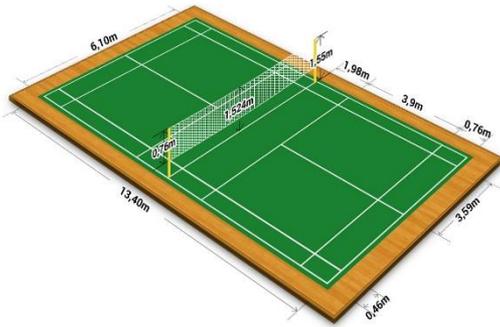


Greater Depth Challenge

Can you name 5 long term effects of exercise?
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.

Scoring System

A match consists of the best of 3 games of 21 points.

Every time there is a serve – there is a point scored.

The side winning a rally adds a point to its score.

At 20 all, the side which gains a 2 point lead first, wins that game.

At 29 all, the side scoring the 30th point, wins that game.

The side winning a game serves first in the next game.

Interval and Change of Ends

When the leading score reaches 11 points, players have a 60 second interval.

A 2 minute interval between each game is allowed.

In the third game, players change ends when the leading score reaches 11 points.

Singles

At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.

If the server wins a rally, the server scores a point and then serves again from the alternate service court.

If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

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

Long Term Effects of Exercise

1. Cardiac Hypertrophy
2. Increased Vital capacity
3. Increased production of energy from the aerobic system
4. Muscle hypertrophy
5. Increase in one density

Cardiovascular System

