



Y7 Autumn 1 Badminton



KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Badminton. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

1. State the direction in which you serve.
2. Where should the short serve land?
3. Where do you stand to perform an effective serve?
4. Practice your overhead clear against a wall, throwing it up to yourself first.
5. What's the benefit of performing a long serve?



KEY VOCAB

Key Skills	
Range	Range
Serving: Short	Footwork
Serving: Long	Court positioning
Return of serve	Movement
Forehand shot: Overhead clear	
Forehand shot: Drop shot	

Core skills (left column), Advanced skills (right column)

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Long serve:

https://www.youtube.com/watch?v=mvdIh5E_opU

Short serve:

<https://www.youtube.com/watch?v=yaEfnpA9rus>

Overhead clear:

<https://www.youtube.com/watch?v=S2brZPqx288>

BROADEN YOUR KNOWLEDGE

LONG SERVICE LINE	LEFT HALF COURT	SHORT SERVICE LINE	NET	SHORT SERVICE LINE	RIGHT HALF COURT	LONG SERVICE LINE
	RIGHT HALF COURT				LEFT HALF COURT	