

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

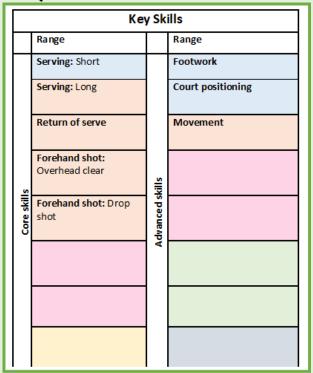
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

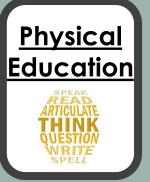
Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

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







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 SER	LONG SERVICE LINE
RIGHT HALF COURT	LEFT HALF COURT
SHORT SER	SERVICE LINE
ERVICE LINE N	SHORT SER
LEFT HALF COURT	RIGHT HALF COURT
VICELINE	LONG SER