

Y8 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

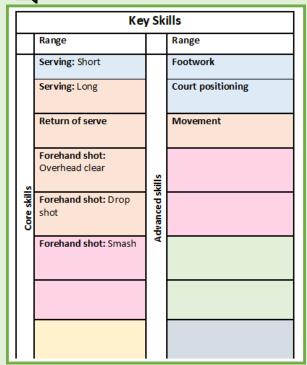
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

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. State three key points for a long serve.
- 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. How many points do you play up to in a Badminton game?

KEY VOCAB







Long serve:

https://www.youtube.com/watch?v=mvdIh5E opU

Overhead clear:

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

Movement:

https://www.youtube.com/watch?v=I9ALMfFailE

BROADEN YOUR KNOWLEDGE

