

Y9 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

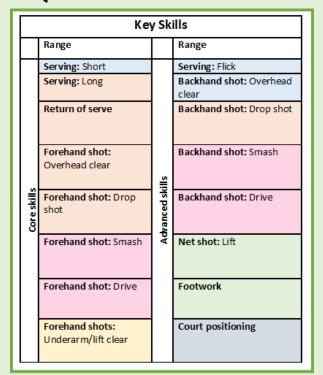
You will be assessed on how well (quality) you can perform the key skills, considering control, accuracy and fluency.

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

5 minute Challenge

- 1. What are the two types of serve?
- 2. Practice your accuracy of a drop shot using a target zone.
- 3. State three key points for an overhead clear
- 4. Practice your backhand shots.
- 5. What's the reason of performing a smash?

KEY VOCAB







Backhand overhead clear:

https://www.youtube.com/watch?v=HWdY4wyERSA Drop shot:

https://www.youtube.com/watch?v=310 WuhVbKw
Smash:

https://www.youtube.com/watch?v=HS3x2IX0Uao

BROADEN YOUR KNOWLEDGE

