



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

Key Skills			
	Range	Range	
Core skills	Serving: Short	Serving: Flick	
	Serving: Long	Backhand shot: Overhead clear	
	Return of serve	Backhand shot: Drop shot	
	Forehand shot: Overhead clear	Backhand shot: Smash	
	Forehand shot: Drop shot	Backhand shot: Drive	
	Forehand shot: Smash	Net shot: Lift	
	Forehand shot: Drive	Footwork	
	Forehand shots: Underarm/lift clear	Court positioning	

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Backhand overhead clear:

<https://www.youtube.com/watch?v=HWdY4wyERSA>

Drop shot:

https://www.youtube.com/watch?v=31O_WuhVbKw

Smash:

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

BROADEN YOUR KNOWLEDGE

