



Physical Education

Badminton Year 5

Unit Purpose

The unit of work will challenge pupils to apply their understanding of how to **create space** to win a point. Pupils will refine their understanding of when to apply the **forehand** and **backhand** in a game situation to win a point and how to take control of the game from the beginning (serve).

Inspire Me

Badminton has been contested at the Summer Olympic Games since its introduction in 1992. The mixed doubles badminton tournament started in the 1996 Summer Olympics.



Key Success Criteria

- P** Pupils will be able to execute the backhand and forehand technique with accuracy and consistency. Pupils will be able to use and apply the serve in games.
- C** Pupils will demonstrate an understanding of where to play the shuttle and why. Pupils will understand the consequences if shots are not accurate and controlled.
- S** Pupils will develop life skills such as communication and respect as they collaborate with others and play by the rules.
- W** Pupils will apply self motivation and integrity as they strive to always try their best, even when they are losing or finding the skills difficult to apply.



Vocabulary for Learning

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Return: means successfully hitting a shuttlecock back over the net, landing it in, on your opponents side of the court

Recover: means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.



Sport Specific Vocabulary

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the shuttlecock.

Backhand: A backhand is a shot in which you hit the shuttlecock with your arm across your body and the back of your hand facing the ball.

Serve: Is the method of starting a game of tennis. A serve is from the baseline and the shuttlecock must be hit diagonally into the opponent's service box.





Physical Education

Badminton Year 6

Unit Purpose

Pupils will refine their ability to execute certain shots and to **think tactically**, deciding which shot to play and why in a game situation.

Pupils will apply their learning in **singles** and **doubles** games.

Inspire Me

Simon Archer and **Joanne Goode** were the first British players to win a medal at an Olympic games, winning bronze in 2000. Did you know Archer once held the world record for the fastest smash at 162 mph!



Key Success Criteria

- P** Pupils will apply a refined ability to execute the correct technique for a range of shots, with accuracy and consistency.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.
- S** Pupils will refine life skills such as communication and respect as they collaborate with others and play by the rules
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.



Sport Specific Vocabulary

Lob: A lob shot is played from the front of the court using an underarm action. The aim is to lift, the shuttlecock over your opponent, making the shuttlecock land as near to the back of the court as possible.

Drop: A drop shot is played with the intention of making your opponent move to the front of the court. For a lob shot to be effective you should make your opponent believe that you are playing clear or a smash shot, then execute a drop shot.

Clear: A clear shot is a defensive shot played in badminton. The aim of a clear is to hit the shuttlecock towards the back of your opponent's court allowing you more time to recover and get in position for your next shot.

