



Get Set 4 Education

Knowledge Organiser Badminton

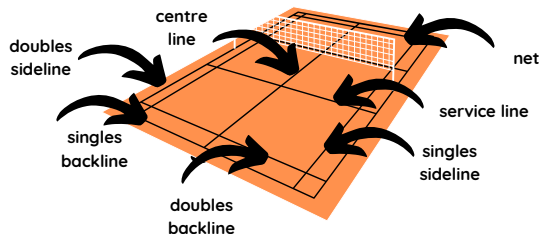
About this Unit

Badminton is a net and wall game. It is played over a net with a racket and shuttlecock and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Did you know that a badminton shuttlecock can fly faster than the fastest recorded tennis serve? The shuttlecock can zip through the air at speeds over 200 miles per hour.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



Key Vocabulary

adjust: move feet to get in a better position

communicate:

dominant: preferred side

non-dominant: weaker hand

pressure: to add challenge

serve: used to start a game

sportsmanship: play fairly, respect others and be gracious in victory and defeat

situation: things that create what happens

tactic: a plan that helps you to attack or defend

technique: the action used correctly

Ladder Knowledge



Shots:

Use an underarm if the shuttlecock is low and an overarm if the shuttlecock is high.

Serving:

Use a serve to start a game or rally.

Rallying:

Control is more important than power to keep a co-operative rally going.

Footwork:

Use small, quick steps to adjust your stance to play a shot.

Movement Skills

- underarm forehand
- underarm backhand
- overarm forehand
- serve
- rally
- run

This unit will also help you to develop other important skills.

Social co-operation, collaboration, communication, respect

Emotional perseverance, patience, honesty

Thinking comprehension, use tactics and rules, make decisions, select and apply

Rules

Win a point if:

- Opponent hits the shuttlecock in the net
- Opponent hits the shuttlecock out of the court area
- Opponent misses the shuttlecock
- Opponent does not serve into the correct service area when serving

Serving rules:

- Serve must be hit with an underarm action below the waist and must land past the service line and into the correct service area.
- Both feet must be in contact with the floor when hitting the shuttlecock.
- If the server wins a rally, the server scores a point and then serves again.
- If the receiver wins a rally, the receiver scores a point and becomes the new server.

Tactics

Attacking:

- Look at where your opponent is and try to place the shuttlecock away from them.
- Finish with the racket pointing in the direction you want the shuttlecock to go.

Defending:

- Recover quickly to a ready position in the centre of the space.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.



If you enjoy this unit why not see if there is a badminton club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

React

What you need:

a long stick or broom per player

How to play:

- Players stand 2m-3m apart.
- On the leader's call, players run to catch the opposing stick before it falls on the ground.
- If unsuccessful, the player collects one letter from the word REACT.

The player that avoids spelling the word wins the game.



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Head to our youtube channel to watch the skills videos for this unit.



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