



John Port Spencer Academy PE Department Knowledge Organiser – YR 7 BADMINTON



Key Skills:

READY POSITION – balanced position, side on, racket up and ready, on toes.

GRIP- shake hands with the racket sideways on. Wrap fingers round the tape.

SERVING –There are several types of serve – short/backhand, long ,flick. A backhand serve should land close to the service line on your opponents side of the net. The racket head must start from below the waist.

UNDERARM CLEAR (long serve) – This shot is played high to the back of your opponents court. Start sideways on and use a whip action with the wrist to create power.

OVERHEAD CLEAR – Played to the back of your opponents' court and is a defensive shot. Start sideways on, racket up and behind you, focus on making contact with the shuttle in front of you.

DROP SHOT- a shot played with finesse to land the shuttle as close as possible to the net on your opponent's side.

TACTICS - Hitting into space – moving partner around the court

- Shot selection – selecting the right shot for the right situation
- Targeting opponents weaknesses

Rules

Game starts with a diagonal serve- right hand side to right hand side

Serve must land over the service line

Play to 21 points – but must win by 2 clear points.

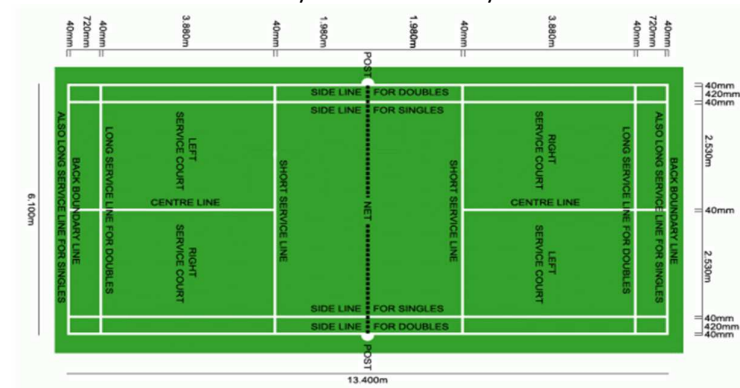
A point is won every rally

Whoever wins the point serves next

When score is even, serve from right, when score is odd, serve from left

Court is long and thin for singles, short and wide for doubles

You cannot hit the net with your racket or body



Stretch and Challenge Task:

-Draw a badminton court in your knowledge book and label it correctly with the lines that are in/out for both singles and doubles.

-Find out who our best players in the country are for men's and ladies doubles, singles and mixed.

www.badmintonengland.co.uk is a good site to use.

Key Terms to learn:

Grip and ready position

Rally

Serve –backhand/short, long, flick

Ready position

Overarm clear

Underarm clear

Drop shot

