# John Port Spencer Academy PE Department
# Knowledge Organiser – YR 8 BADMINTON

**Key Skills:**

**READY POSITION** – balanced stance, side on, racket up, ready to go, on toes.

**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.

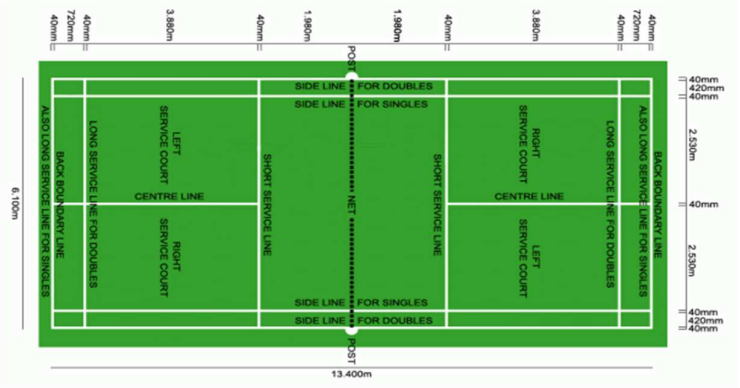
**SMASH SHOT** – This is the main attacking shot in badminton. It is an overhead shot, hit in front of the body, that aims to get the shuttle down on the floor at a sharp angle. The wrist needs to "snap" to get it down.

**TACTICS -** Hitting into space – keep your opposition moving around the court

- Shot selection – selecting the right shot for the right situation
- Targeting opponents weaknesses
- Disguised shots – trying to make it look like you are going to play a particular shot but then play a different shot to fool an opponent.
- Doubles play – role of players in doubles. Front/back formations or side to side.

**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.

-When might you use front and back play in doubles and when might you use side to side?

- Go online and watch some doubles play form the Olympics or Commonwealth games.

**Key Terms to learn:**

**Grip and ready position**
**Rally**
**Serve –backhand/short, long, flick**
**Ready position**
**Overarm clear**
**Underarm clear**
**Drop shot**
**Disguised shot**
**Smash**