



# St John Fisher RC Primary School

## KS1 PE Knowledge Organiser Spring Two: Badminton/ Racket Skills

This badminton unit will teach the children the skills and techniques needed in order to take part in badminton games and matches in KS1.

### Why do we do PE?

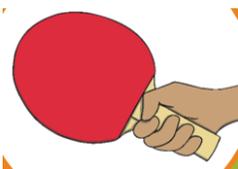
We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

### Badminton Overview

The badminton unit will introduce children to using different rackets. Children will learn how to hold a badminton racket correctly and use it to control beanbags and balls in various ways, including striking to a target. Adaptive activities will be used each week to develop the children's skills in a fun and progressive way. They will then apply these skills to play small-sided games, promoting the importance of effective teamwork and there will be opportunities for the children to watch and evaluate the performance of others. In this unit, the language and terminology used in badminton will be introduced and explained.

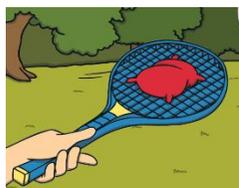
### Week 1 – Holding a Racket

In this lesson we are going to learn how to hold a racket correctly and use it to control a beanbag in different ways. We will balance a beanbag on a racket while travelling in different ways. We will then practice throwing a beanbag from our racket and catch it again.



### Week 2 – Strike it!

During this session we will learn how to use a racket to hit a ball or beanbag with control. We will hold a racket correctly and use it to hit a beanbag into a target. We will practise hitting a ball into the air with control and we will cooperate effectively with others.



### Week 3 – Game Time!

In this lesson we will apply our racket skills to play a target game. We will listen carefully and follow the rules to play a game. We will use our racket to hit a ball into a target. We will cooperate effectively with others and watch a partner and give appropriate feedback.



### Week 4 – Cricket Bats

During this lesson we will learn how to use a cricket bat to control a ball along the ground. We will hold a cricket bat correctly and use a bat to push a ball along the ground. We will then learn how to hit a ball along the ground and hit a ball towards a target.



### Week 5 – Bat the Ball

In this lesson we will continue to use a cricket bat to hit a ball with control. We will practise holding a cricket bat correctly and use it to hit a ball along the ground. We will learn how to hit a ball that has been rolled to us and take on different roles within a scoring game.



### Week 6 – Use Your Skills

During this lesson we will apply the bat and ball skills we have learned in this unit to play a small-sided game. We will hit a ball that has been rolled to us, roll a ball accurately and stop a rolled ball. We will take on different roles within a game and cooperate with others to play a small-sided game.





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### Badminton – Key Vocabulary

- **Racket** - A racket is a sporting equipment used to strike a ball or shuttlecock back-and-forth.
- **Shuttlecock** - A cork to which feathers are attached to form a cone shape, or a similar object of plastic, struck with rackets in the games of badminton.
- **Forehand grip** - Your racket face should be perpendicular to the floor. Place your playing hand on the handle as if you are shaking hands with it. There should be a V-shape in between your thumb and your index finger. The racket handle should rest loosely in your fingers for greater flexibility.
- **Backhand grip** - The backhand grip is to similar to the forehand grip except the complete bottom of the thumb is in contact with the third bevel and the index finger is lowered down to a position below the thumb.
- **Footwork** - The manner in which someone moves their feet in various sports.
- **Serve** - To hit the ball to the other player or team as a way of starting play.
- **Attack** - To make a forceful attempt to score a goal to point or otherwise gain an advantage against an opposing team or player.
- **Defend** – The action of preventing an opponent from scoring.
- **Teamwork** – Working together to score runs or to stop the other.

### Badminton – How to Play

The aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent's half of the court.

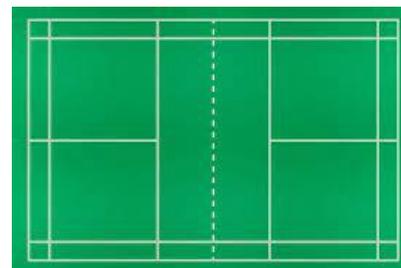
Whenever you do this, you have won a rally; win enough rallies, and you win the match. Your opponent has the same goal. They will try to reach the shuttle and send it back into your half of the court.

You can also win rallies from your opponent's mistakes: if they hit the shuttle into or under the net, or out of court, then you win the rally.

If you think your opponent's shot is going to land out, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues. Once the shuttle touches the ground, the rally is over.

#### Resources

- Badminton rackets
- Shuttlecocks
- Nets
- Cones
- Benches



### Famous Badminton Players



**Name** : Ben Lane  
**Country** : England  
**Fact** : Commonwealth Games Silver, Olympian



**Name**: Lauren Smith  
**Country** : England  
**Fact** : European Games Champion 2019



**Name** : Nadeem Dalvi  
**Country** : England  
**Fact** : Representing England at Sudirman Cup

