



St John Fisher RC Primary School

KS2 PE Knowledge Organiser Spring Two: Badminton

This badminton unit will teach the children the skills and techniques needed in order to take part in badminton games and matches in KS2.

Why do we do PE?

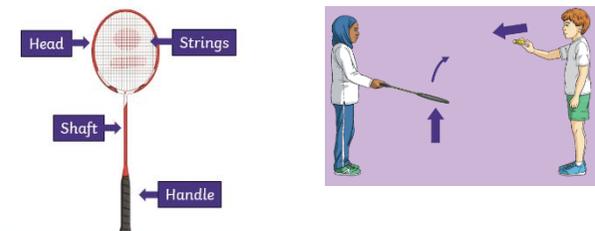
We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding 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 teach children the skills and techniques needed in order to take part in badminton games and matches. The children will learn a variety of different net and wall techniques, using badminton as the specific focus. The skills will be taught in an engaging and motivational manner, with children learning progressively to put together racket skills, footwork steps and attack and defence skills to use in a full match. Children will learn different attack and defence shots and will discover how to use the court or playing space to give them the best chance of scoring points and defending their space. In this unit, the language and terminology used in badminton will be introduced and explained.

Week 1 – Racket Skills

In this lesson we are going to be learning how to use a badminton racket to control an object. We will learn how to use a forehand and backhand grip with a badminton racket to control a shuttlecock. We will then move on to using a badminton racket to strike a shuttlecock.



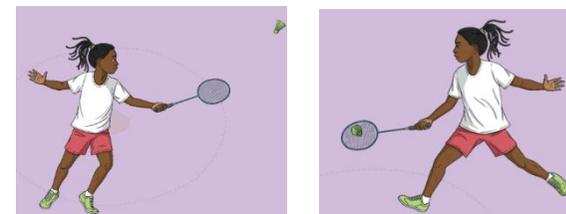
Week 2 – Accuracy and Aim

During this session we will learn how to use a badminton racket to strike a shuttlecock with accuracy and control. We will use different grips to hold a badminton racket, use a badminton racket to control the aim and direction of a shuttlecock and alter how we strike a shuttlecock to control the accuracy and depth of travel.



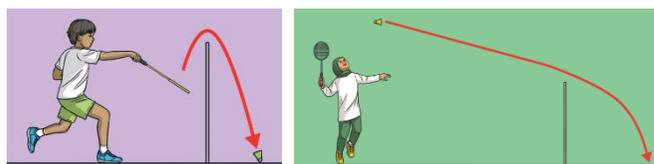
Week 3 - Footwork

In this lesson we will use different footwork to move across a space. We will practise moving across a space using a running step or a chasse step. We will learn what a ready position is and adopt it when needed and learn how to move back to a centre point.



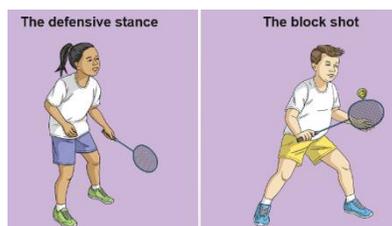
Week 4 – Serve, Rally, Attack!

In this lesson we will learn how to use a badminton racket to control a shuttlecock to score points. We will learn how to serve a shuttlecock, how to maintain a rally with a partner and how to perform an attacking shot to score a point.



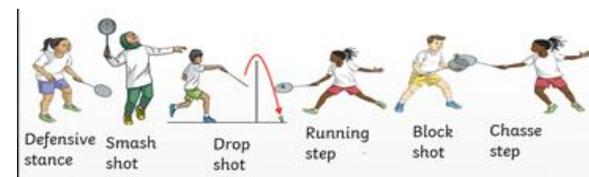
Week 5 – Defending

During this session we will learn how to defend against an opponent scoring a point. We will maintain a rally with a partner. We will learn how to use a defensive stance to get ready to face an attacking shot. We will play a block shot to defend against a smash shot.



Week 6 - Match Point!

In this lesson we will compete in a full badminton match. We will use the skills we have learned during this unit to perform a badminton serve and use attacking shots to score points. We will play defensively to try to stop an opponent scoring points and evaluate our performances in a badminton match.





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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.

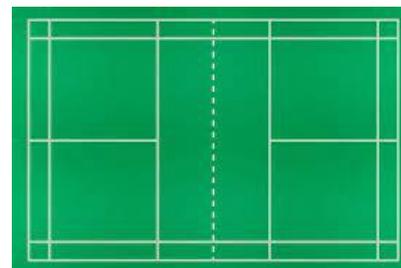
Whenever you do this, you have won a rally; win enough rallies, and you win the match. Your opponent has the same goal. They will try to reach the shuttle and send it back into your half of the court.

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

