

Westhoughton High School KS3 PE KNOWLEDGE ORGANISER – ACTIVITY: BADMINTON

Skills and Techniques:

- **Clear:** Shot played high to the back of the opponent's court, a defensive shot.
- **Drop shot:** Delicate shot played just over the net into the space. Gets your opposition out of position to attempt a smash or clear.
- **Grip:** V shape down the handle. (Shake its hand)
- **Smash:** Most attacking shot. Hitting the shuttlecock at its highest point with power, trying to get the shuttlecock to hit the floor on the opponent's side as quickly as possible
- **Flick Serve:** Short serve which is played typically in doubles. Aim is to get the shuttlecock to stay low over the net and land just over the service line.
- **Underarm serve:** Serve typically played in singles. Aim is to get the shuttles as high as you can towards the backline. Gets you opposition to the back of the court

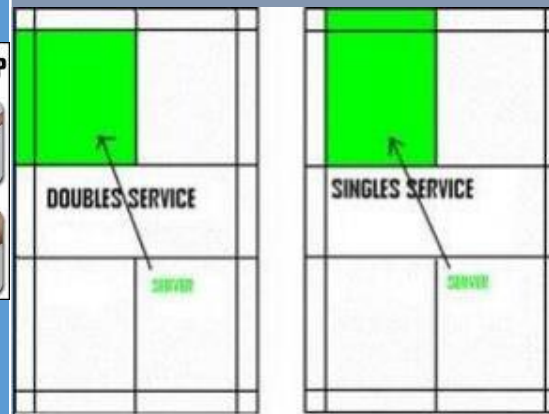
Scoring:

- Serve Diagonal and land across the service line.
- Play to 21 points (2 clear points to win).
- Whoever wins the point, their team serve.
- Serve on the right when the score is even, on the left when it is odd.
- Long and thin for doubles, short and fat for singles.
- You cannot touch the net
Serve must be at waist height or below.



Rules:

- 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.



Key Words:

- Ready position
- Forehand and backhand serve.
- Defensive clears Forehand drop shot
- Basic backhand Outwitting opponents Leadership skills
- Scoring system
- Rules and regulation
- Court lines dimensions
- Equipment familiarisation
- Movement

Tactics:

- Doubles – front/back or side to side.
- Hitting into space.
- Targeting opponents weakness-Shot selection.