

Learning intentions	Success criteria
To understand the technique of serving for both the flick and forehand serve	To perform with accuracy and success both flick and forehand serves in a modified game
To perform the overhead clear using the correct technique	To apply the overhead clear with correct technique in modified games
To identify different rules and tactics that can be implemented in games situations	To enforce and understand different rules and tactics, knowing how they can be used to overcome an opponent

Skills	
Serving	<ul style="list-style-type: none"> o Understand rules of serving o Flick and Forehand Serve o Standing Sideways on
Overhead clear	<ul style="list-style-type: none"> o Defensive shot to the back of the court o Sideways on o Transfer body weight o Conduct with shuttle at your highest point
Game Awareness	<ul style="list-style-type: none"> o Single and doubles rules tactics and rules

RULES:
<p>Serve to service box diagonally</p> <p>Can only hit the shuttle once per</p> <p>Side tramlines out in singles, in for doubles</p> <p>Back tramline always in, except for doubles serve</p> <p>Player can't make contact with the net</p> <p>Serve must land in designated area</p> <p>Serve must be below armpit height</p>
Kit
<p>St Ivo Jersey</p> <p>Black Shorts</p> <p>St Ivo Socks</p> <p>Sports Trainers</p>

STRETCH AND CHALLENGE
<p>Use resource cards to further understanding</p> <p>Attend Extra Curricular Clubs</p> <p>Peer Assessment</p>

LINKS TO WIDER CURRICULUM
<p>Anatomy and physiology: name the bones and muscles within the arms for Playing the Overhead clear.</p> <p>Ulna, Radius, Humerus, Bicep and Triceps</p>

KEY WORDS
<p>Long & Thin – Term used to describe single serve dimensions</p>
<p>Short & Fat – Term used to describe doubles serve dimensions</p>
<p>Flick Serve – Serve which has a flicking action, typically used when serving towards the front of service box</p>
<p>Forehand Serve – Serve where forehand is facing the direction you want to the serve to go</p>



Learning intentions	Success criteria
To develop the correct technique for the Drop shot and apply in a modified game	To perform a drop shot using the correct technique consistently
To understand how to perform a smash shot successful to overcome opponent	To execute the smash shot and be successful against opponent in winning points
To identify and apply different formations in game situations	To use different formations and tactics to overcome opponent during games

Skills	
Drop Shot	<ul style="list-style-type: none"> Shuttle will land front of opponents court Make contact with shuttle above shoulder Angle of racket should be pointing downwards Follow through with swing once made contact with shuttle
Smash Shot	<ul style="list-style-type: none"> Stance sideways on Make contact with shuttle slightly in front Non contact arm to pointed upwards Should look like a "Nike tick"
Formations	<ul style="list-style-type: none"> Front and back formation Side to side formation Benefits /

RULES:
 Serve to service box diagonally
 Can only hit the shuttle once per
 Side tramlines out in singles, in for doubles
 Back tramline always in, except for doubles serve
 Player can't make contact with the net
 Serve must land in designated area
 Serve must be below armpit height

Kit
 St Ivo Jersey
 Black Shorts
 St Ivo Socks
 Sports Trainers

STRETCH AND CHALLENGE
 Attend Extra Curricular Clubs
 Peer Assessment
 Understand the scoring system used in badminton matches

LINKS TO WIDER CURRICULUM
 Anatomy and physiology: name the bones and muscles within the arms for Playing the Overhead clear.
 Ulna, Radius, Humerus, Bicep and Triceps

KEY WORDS
Front & Back formation – In doubles, one person stands and the front, the other partner stands at the back of the court
Side to Side Formation – In doubles, one person stands to the side of the court, the other partner stands to the other side
Drop Shot – Shot where the shuttle just lands over the net on the opponents side
Smash Shot – Attacking shot used to win a point against opponent



Learning intentions	Success criteria
To use the correct drive technique and apply within modified games	To be able to apply drive shots within modified games and achieve consistent success
To use a range of skills learnt and apply within modified games to overcome opponent	To use a varied range of shots at the correct time within a game to overcome opponent
To understand the correct technique for a range of backhand shots	To use the correct technique when performing backhand shots in modified game

Skills	
Drive	<ul style="list-style-type: none"> o Racket above the chest o Non dominant foot facing forward o Transfer of body weight o After contact made, roll wrist to keep shuttle down
Match Practice	<ul style="list-style-type: none"> o Applying skills learnt into doubles and single games o Be able to confidently officiate games
Backhand Shots	<ul style="list-style-type: none"> o Back hand clear – sideways on o Flick action with wrist to generate power o Make contact with shuttle at your highest point

RULES:
 Serve to service box diagonally
 Can only hit the shuttle once per Side tramlines out in singles, in for doubles
 Back tramline always in, except for doubles serve
 Player can't make contact with the net
 Serve must land in designated area
 Serve must be below armpit height

Kit
 St Ivo Jersey
 Black Shorts
 St Ivo Socks
 Sports Trainers

STRETCH AND CHALLENGE
 Attend Extra Curricular Clubs
 Peer Assessment
 Understand the scoring system used in badminton matches

LINKS TO WIDER CURRICULUM
 Anatomy and physiology: Understand what training methods and components of fitness would apply for a Badminton Player

KEY WORDS
Drive – Attacking reflex shot which is hit hard and horizontally down the tramlines
Backhand Clear – Defensive backhand shot which is used to hit the shuttle towards the back of the opponents court
Backhand Drop shot – Attacking backhand shot which is used to hit the shuttle towards the front of the opponents court

