

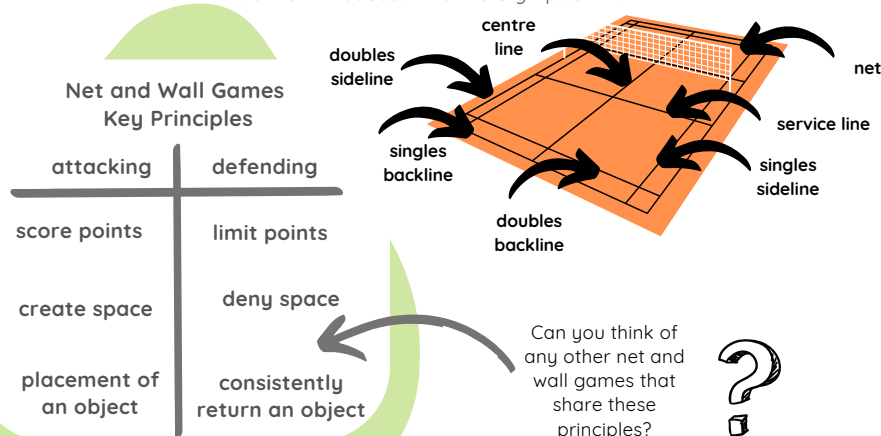
Knowledge Organiser

Badminton Year 5 and Year 6

About this Unit

Badminton is a net and wall game. It is played over a net with a racket and shuttlecock and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Badminton can be traced back to an ancient game called 'Battledore' which was played in ancient Greece, China, India and Japan over 2000 years ago. In the 1800s British military serving in India added a net and court and Badminton as we know it was created. It was first introduced into the Olympics in 1972.



Key Vocabulary



abide: act in accordance with the rules
contact: the point where you hit the shuttlecock
dominant: preferred side
footwork: patterns used to move around the court
grip: the way an object is held
overhead: a shot played when the shuttle is above head height
placement: intentionally hitting the shuttle to a specific place on court
rally: when a point is played back and forth
recover: move back to a ready position after playing the shuttlecock
return: hitting the shuttlecock back
serve: used to start a game
sportsmanship: play fairly, respect others and be gracious in victory and defeat
stance: the body position used
tactic: a plan that helps you to attack or defend
technique: the action used correctly
underarm: a shot played when the shuttle is low

Ladder Knowledge



Shots:

Year 5: use an underarm if the shuttlecock is low and an overarm if the shuttlecock is high.

Year 6: use a variety of shots to move your opponent around court.

Serving:

Year 5: use a serve to start a game or rally.

Year 6: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying:

Year 5: control is more important than power to keep a co-operative rally going.

Year 6: use different shots and consider placement depending on if the rally is co-operative or competitive.

Footwork:

Year 5: use small, quick steps to adjust your stance to play a shot.

Year 6: using appropriate footwork will help you to react quickly and give you time to prepare to play a shot.

Movement Skills

- underarm clear
- overarm clear
- serving
- rallying

This unit will also help you to develop other important skills.

Social collaboration, communication, respect, encouragement

Emotional perseverance, patience, honesty

Thinking using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection

Rules

Win a point if:

- Opponent hits the shuttlecock in the net
- Opponent hits the shuttlecock out of the court area
- Opponent misses the shuttlecock
- Opponent does not serve into the correct service area when serving

Serving rules:

- Serve must be hit with an underarm action below the waist and must land past the service line and into the correct service area.
- Both feet must be in contact with the floor when hitting the shuttlecock.
- Must serve with a continuous forwards movement.
- Feet of both the server and receiver must not be touching any of the court markings.
- If the server wins a rally, the server scores a point and then serves again.
- If the receiver wins a rally, the receiver scores a point and becomes the new server.

Tactics

Attacking:

- Look at where your opponent is and try to place the shuttlecock away from them.
- Finish with the racket pointing in the direction you want the shuttlecock to go.

Defending:

- Recover quickly to a ready position in the centre of the space.
- Use an overhead clear to give you time to recover to play the next shot.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.



If you enjoy this unit why not see if there is a badminton club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Over the Net



What you need: 2 or more players, one marker (e.g. a dressing gown rope), one ball (or pair of socks)

How to play:

- Tie the rope to create a net through the middle of the space.
- Throw the ball underarm over the net. Partner attempts to catch it before it lands on the floor.
- If it lands on the floor, person who threw the ball gets a point.



Play first to five.

Make this easier by playing with a bigger ball.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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