



Physical Education

Y7: Badminton Knowledge Organiser

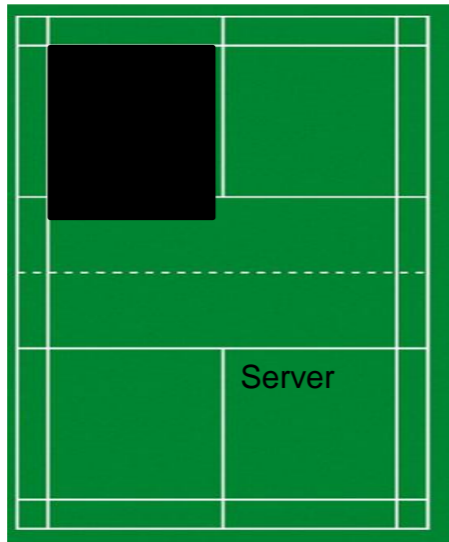
Ready Position:

Preparation for the opponent's shot



Full Court Singles:

Service Boxes



Hard shots	Soft shots
Stand sideways	Step forwards with dominant leg
Bend elbow (scratching back)	Reach forwards with racket
Hit the shuttle at the highest point	Racket to be high
Transfer weight forward	Push action from the wrist
Follow through with racket	Shuttle to bounce off the racket
Shuttle to land at the back of the court	Shuttle to land in front of the service line

Hitting the shuttle out

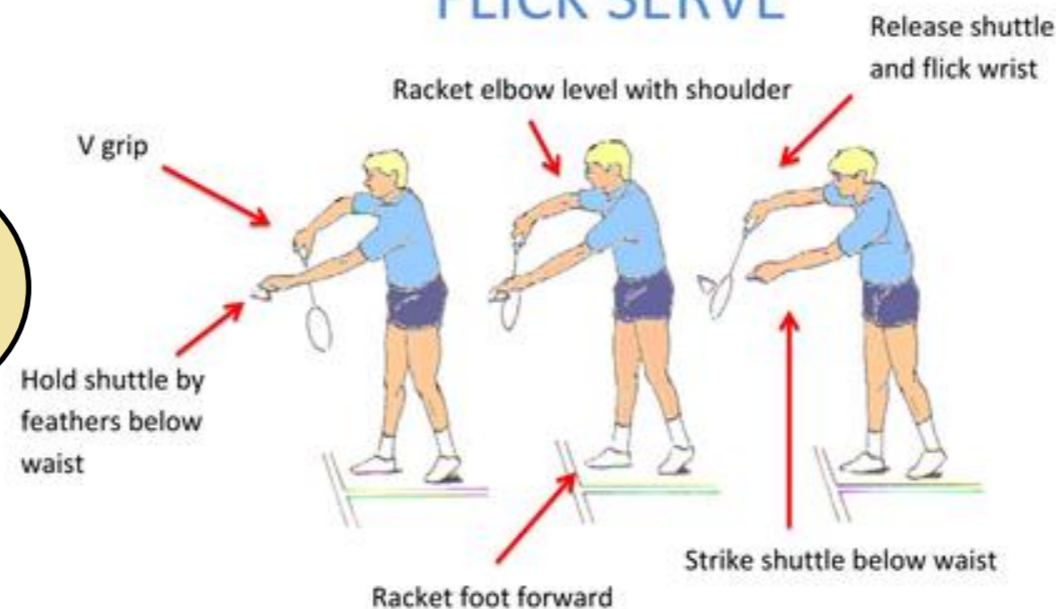
Not returning the shuttle

Service not going behind the service line

Ways to Win a Point

The shuttle not going over the net

FLICK SERVE



Combination of Shots

Playing different shots in badminton is good because it makes the opposition move around the court, leading to tiredness and also keeps them guessing what shot you will play next (not just playing the same shot over and over again)

KEY VOCABULARY

Ready position, grip, rally, service, flick serve, overhead clear, net shot, service line, backline, tramlines & net