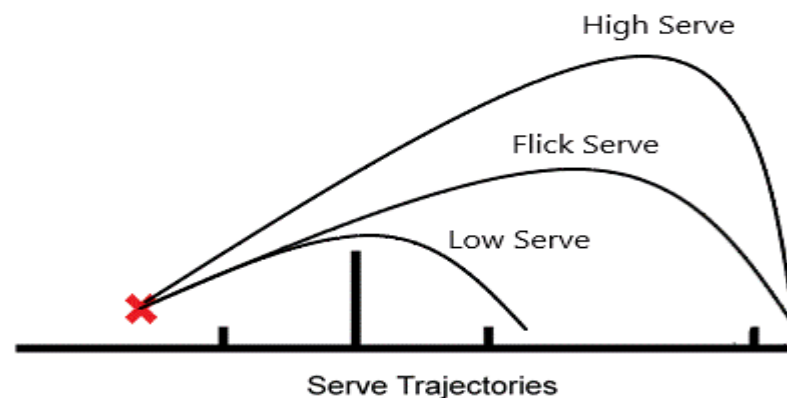


Knowledge Organiser: PE Year 8 Badminton

Skills / Key Terms

Key Words	Description	Coaching Points
Short Service Line	This is the line that is 2 metres from the net, which the serve must reach to be legal.	The low serve is the common most serve that results in the shuttle just passing this line.
Serve	Is the first shot of any rally/point that brings the shuttle into play.	There are 4 types of serve. They are high, low, flick and drive. These four serves will see the length and angle of serve vary. In Year 8 the main
Drop Shot	A shot played with soft hands with the aim to land the shuttle as close to the net on opponents side.	Shot can be played both over/underhead. Aim is to give impression of a clear and then land shuttle close to the net. Trying to keep shuttle as low as possible over the net.
The court	The playing area measures 44 feet by 20 feet and defined by boundary lines.	
Let	This is a legal stoppage of play when the rally/point maybe replayed. An example of this could be the shuttle hitting the basketball backboard on the two end courts.	



Laws

Infringement	Description
Faults	<p>If a player touches the net with any part of their body or racket then it is deemed as a fault and their opponent receives the point.</p> <p>A fault is also called if a player deliberately distracts an opponent, the shuttle is hit twice or a player continues to infract with the laws of badminton.</p>

Effects of exercise

Short term
<p>Increased blood flow to muscles</p> <p>Blood is diverted to muscles from digestive and other systems</p> <p>Increased tidal volume (amount of air breathed in or out 1 one breath)</p>

Long term
<p>Muscles, tendons and ligaments get stronger</p> <p>Lower resting heart rate and quicker recovery rate</p> <p>Increased vital capacity (amount of air that can be forcibly expelled as soon as possible after breathing in)</p>

Components of fitness

Component of fitness	Definition	Example of use in the game
Power (Explosive Strength)	This is the product of speed and strength. Power = Speed x Strength	When smashing a shuttlecock, a player will aim to hit the shuttle as hard as possible and move their arm at top speed.
Flexibility	The range of movement possible at a joint.	A greater range of movement at the shoulder joint will allow players to generate more power due to greater mobility, when playing clears or smashes.

