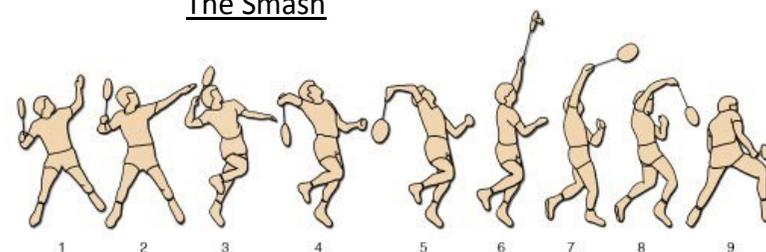


Knowledge Organiser: PE Year 7 Badminton

Skills / Key Terms

Key Words	Description	Coaching Points
Equipment : Shuttle cock	Is the object that players hit back and forth across the net.	
Racket	Is the equipment used by players to hit the shuttlecock.	
Net	Is the barrier tied across the centre of the court dividing the court into two. The net is 5 feet tall.	
Players	Games can be either singles (1 v 1) or doubles (2 v 2).	
Baseline	The baseline is the back boundary line, which is parallel to the net and furthest from it.	
Clear	Basic stroke in badminton. It is a shot played to the opponents back court.	Shot can be played over/underhead and either on the forehand/backhand wing. Aim is to force opponent back towards his baseline. This shot can help to regain control of rally if played correctly or win point outright.
Smash	This is the most attractive shot. It is an overhead shot which brings the shuttle down from a height at a steep angle and is hit with lots of speed when performed correctly.	Move quickly towards shuttle and get into side on position and adopt forehand grip. Hit shuttle at highest point possible with full arm swing and ensure you follow through. Use non racket playing hand to help spot the shuttle. See diagram above right.

The Smash



Laws

Infringement	Description
Scoring	Most matches are the first to two sets. To win a set you have to win 21 points. Points can be won on either serve. A point is scored if you hit the shuttle and it lands in the opponent court without them hitting it. A point can be also gained if your opponent hits the shuttle into either the net or outside the perimeter of the court.
Serving	A serve must be hit underarm and below the servers waist. Players must serve diagonally across the net to the opponent. As points are won you move from side to side to serve. Unlike tennis there are no second serves, if you make a mistake on your serve either by hitting the shuttle out or into the net you lose the point.

Effects of exercise

Short term	Long term
Increased muscle contractions Increased heart rate Increased rate of breathing	Increased bone density Heart muscle increases in size and strength Increased strength of diaphragm and intercostal muscles

Components of fitness

Component of fitness	Definition	Example of use in the game
Agility	Ability to change direction quickly	To move round court to successfully position them selves to return their opponents shots., such as clears and drop shots
Coordination	The ability to use two or more body parts of the body together smoothly and efficiently.	Players will use their feet to move into position to return shuttle, whilst using eyes to sight shuttle and shoulder / arm to swing racket and make good contact with shuttle.

