

Learning Programme Year 7 Badminton

Topic/Content	Objectives/Skills	Assessment	Success Criteria (for E/S/D at KS3)	Stretch & Challenge (Thirst for Learning)
Year 7 Badminton	<p><u>Warm Up –</u> To understand the reasons for warming up and stretching at the start of the session. To be able to recognise different lines and areas on the court and be able to move around between them quickly. To understand the importance of stretching at the start of the session. To know the names of major muscles.</p> <p><u>Skills –</u> To be able to grip the racket using the handshake grip. To be able to check and correct if necessary a partners grip. To be comfortable with the feel and weight of the racket and to be able to hold the racket using the correct grip. To be able to recognise how the flight of the shuttle is different to that of a ball and to be able to contact the shuttle with the face of the racket. To familiarise students with the weight, length and shape of the racket. To further recognise how the flight of the shuttle is different to that of a ball and to be able to contact the shuttle with the face of the racket. To know and understand the importance of getting height when clearing the shuttle To be able to perform an accurate forehand serve using the correct technique. To know and understand the rules that dictate the technique of a serve. To be able to perform an accurate backhand serve using the correct technique. To be able to identify and describe the 2 service areas used in singles and doubles games. To be able to use either the forehand or backhand serve to land</p>	<p>Students are assessed against the skills matrix.</p> <p>Assessment through observation of Core skills in isolation and full game context 1v1 and doubles.</p> <p>Verbal feedback given.</p> <p>Use of demonstrations for key points using pupil exemplars.</p>	<p>See assessment matrix.</p>	<p>Able pupils guided towards specific clubs/teams.</p> <p>Tue and Wed lunchtime practice with external coach.</p>

	<p>the shuttle in this service area.</p> <p>To understand that the 'long high serve' is most effective in singles and the reasons for this.</p> <p>To be able to use the serves to begin a rally.</p> <p>To be able to perform a forehand and backhand serve using the correct technique.</p> <p>To be able to perform a rally from a serve</p> <p>To know and understand how to return the serve; the benefits of this; and how to perform this skill</p> <p>To know how the technically correct shot is performed and be able to shadow the correct movement.</p> <p>To know that the clear is a defensive stroke and can be used to slow the pace of the game and regain position on court.</p> <p>To understand the importance of power whilst playing the clear</p> <p>To be able to return a high serve deep into the opponent's court with the use of the overhead clear.</p> <p>To be able to continue a cooperative rally using the overhead clear.</p> <p>To understand and know how to perform the basic overhead shots used in Badminton and the relationship between power and distance.</p> <p>To be able to perform these shots in a rally, keeping the shuttle in the air.</p> <p>To improve the distance that they can hit the shuttle.</p> <p>To know that the clear is a defensive stroke and can be used to slow the pace of the game and regain position on court.</p> <p>To be able to use the clear to move an opponent around their court.</p> <p>To know to move back to midcourt position after each shot.</p> <p>To be able to use the clear to move your opponent around the court, to the rear and the rear corners.</p>			
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