



Physical Education

Badminton Year 5

Unit Purpose

The unit of work will challenge pupils to apply their understanding of how to **create space** to win a point. Pupils will refine their understanding of when to apply the **forehand** and **backhand** in a game situation to win a point and how to take control of the game from the beginning (serve).

Inspire Me

Badminton has been contested at the Summer Olympic Games since its introduction in 1992. The mixed doubles badminton tournament started in the 1996 Summer Olympics.



Key Success Criteria

- P** Pupils will be able to execute the backhand and forehand technique with accuracy and consistency. Pupils will be able to use and apply the serve in games.
- C** Pupils will demonstrate an understanding of where to play the shuttle and why. Pupils will understand the consequences if shots are not accurate and controlled.
- S** Pupils will develop life skills such as communication and respect as they collaborate with others and play by the rules.
- W** Pupils will apply self motivation and integrity as they strive to always try their best, even when they are losing or finding the skills difficult to apply.

Vocabulary for Learning

Outwit: means using your intelligence to trick or out smart your opponent to win a point.

Space: is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

Return: means successfully hitting a shuttlecock back over the net, landing it in, on your opponents side of the court

Recover: means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.



Sport Specific Vocabulary

Forehand: A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the shuttlecock.

Backhand: A backhand is a shot in which you hit the shuttlecock with your arm across your body and the back of your hand facing the ball.

Serve: Is the method of starting a game of badminton. A serve is from the baseline and the shuttlecock must be hit diagonally into the opponent's service box.

