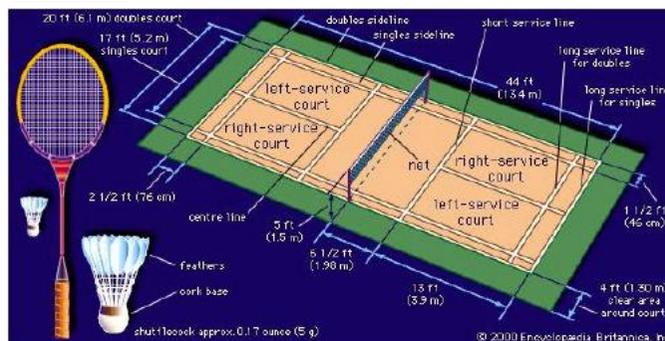


Badminton

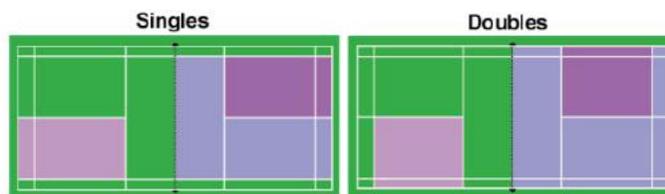
Vocabulary	
Key Vocabulary	
Tier 3 Vocabulary	Definition
Pulse-raiser	Is the first part of a warm up that raises the Heart Rate, increases blood flow and raises the body temperature
Stretching	Are exercises that extend muscles in order to lengthen them so to prevent them from being injured
Mobilise	Increase the range of movement at a joint
Overhead Clear	A shot that is taken above the head and hit high and deep into the opponents court
Drop shot	A shot that is taken above the head and pushed down low so that it drops just over the net
Smash	A powerful overhead shot that is hit down into the opponents court
Forecourt	The front third of the court
Midcourt	The middle third of the court
Rearcourt	The back third of the court
Heart Rate	How many times the heart beats in a minute
Tier 2 Vocabulary	Definition
Identify	Name the key point
Describe	Recall facts, events or process in an accurate way
Explain	Make something clear, or state the reasons for something happening
Evaluate	Using the information supplied to consider evidence for and against when making a judgement
Demonstrate	To show how to do something
Practise	To do repeatedly in order to improve or gain skill

Section B:

The Court



Area of play for Singles and Doubles



Scoring

Every time you win a rally, you get a point and start the next rally by serving.

If your score is an even number you serve from the right and if it's an odd number you serve from the left.

A game of Badminton is played to 21 points.

If the game is tied at 20-20 the game must be won by two clear points, for example 22-20 or 27-25.

If the game gets to 29-29 then the player who reaches 30 points wins the game.

In a tournament you play the best of 3 games.

Section C:

The Grips



Shake hands grip. V shape between thumb and index finger.

Thumb on the handle, fingers underneath

Badminton Skills

Forehand Drive:

<https://www.youtube.com/watch?v=SoRlxfSVQpk>

Backhand Drive:

<https://www.youtube.com/watch?v=BHDNpeclhmg>

Overhead Clear:

<https://www.youtube.com/watch?v=S2brZPqx288>

Backhand Low Serve: <https://www.youtube.com/watch?v=YcmpvlBfrYA>

Forehand High Serve: <https://www.youtube.com/watch?v=fr0HFft4PQO>

Forehand Net Shot: <https://www.youtube.com/watch?v=ZBabq8lgqQc>

Smash:

<https://www.youtube.com/watch?v=HS3x2IX0Uao>

Dropshot:

https://www.youtube.com/watch?v=310_WuhVbKw