

Y8 Badminton Curriculum Summary

Name of unit	Badminton
Why do we study this unit?	Badminton is played nationally. It is an individual and team sport if playing doubles is excellent for developing fundamental motor skills, enhancing team skills & team work. An Individual or team game that helps stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used to participate in Badminton. They will learn skills, rules and tactics.
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Clear Backhand / Forehand serve, Respect, Tramlines, in's/out's, singles, doubles.
Week and summary topic	Knowledge and skills learned
1: Skill	Smash, Drop and Net Lift
2: Rules	Serve Rule Shuttlecock out/in rules When does the point and serve go to the opponent
3: Fitness	Muscular Endurance - Sit up & Press up test <ol style="list-style-type: none"> 1. Measuring Heart Rate 2. Intensity - Rating of Perceived Exertion (RPE) Circuit Training
4: Strategy / Tactics	1v1 Attacking shots
5: Competition	Inter House Competitions