

Badminton

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

Serve underarm with no net in isolated practise

Serve underarm to the opposite service box in isolated practice

Perform a flick serve in isolated practice

Perform an underarm serve in competitive game play

Demonstrate a flick serve in competitive game play

Disguise and vary the serve in competitive game play

Serving

Make regular contact with the shuttlecock when performing the clear

Clear with some height and depth in isolated practice

Clear with good height and depth in isolated practice

Clear with height and depth in competitive game play

Consistently clear your opponent with good height and depth of the shuttlecock

At the right time, consistently get good height and depth to send your opponent to the back of the court

Clear

Drop shot with little accuracy and control in isolation

Drop shot with some accuracy and control in isolation

Drop shot with some accuracy and control in competitive game play

Keep the shuttlecock low and close to the net when playing a drop shot

Effectively utilise the drop shot when the opponent is at the back of the court

Consistently and at the right time play a delicate drop shot to win the point

Drop shot

Understand when the drive shot is played

Demonstrate the drive shot in isolated practice

Demonstrate the drive shot in sequenced practice

Perform the drive shot in competitive gameplay

Apply power and accuracy to the drive shot in competitive game play

Consistently and at the right time, utilise the drive shot to win the point

Drive shot

Understand when the smash shot should be played

Demonstrate the smash shot with a partner set up (isolated practice)

Perform the smash shot in sequenced practice

Demonstrate the smash shot in competitive game play

Apply power and accuracy to the smash shot in competitive game play

Consistently and at the right time, perform the smash shot to win the point

Smash shot

Badminton

Progressions to develop the procedural knowledge (how/what to perform) and declarative knowledge (knowing how/what to do).

<p style="text-align: center;"><u>Serving</u></p> <ul style="list-style-type: none"> - What colour lines are the court? - What is a serve in badminton and why is it important? - Where is the service box? - Where do you serve from? - How do you hold the shuttle? - How do you hold the racket? - What is the correct technique to serve? - What is a flick serve? - How does the flick serve differ to a underarm serve? 	<p style="text-align: center;"><u>Clear</u></p> <ul style="list-style-type: none"> - What is a clear shot? - What type of shot is it? - Which way should I face? - Where do I hold my racket? - At which point do I hit the shuttle? - Where should the shuttle land? - When and why should I play it? 	<p style="text-align: center;"><u>Drop shot</u></p> <ul style="list-style-type: none"> - What is a drop shot? - When is a drop shot used? - How is it different to an overhead shot? - Where should you stand? - How do you change power on the shuttle? - When should you perform a drop shot in a game? 	<p style="text-align: center;"><u>Game play – rules and regulations</u></p> <ul style="list-style-type: none"> - What court markings are in? - What is the rule of serving? - When do you get to serve? - What is the point scoring system? - How do you know which side to serve from? - How do you know who serves next? - How do the court markings differ for singles and doubles?
<p style="text-align: center;"><u>Drive</u></p> <ul style="list-style-type: none"> - How do you win a point? - What is a drive shot and when do you use it in a game? - Where should you stand? - What does height and depth mean? - At what point do you hit the shuttle and how? - How do you decide when to play clear vs drop? 	<p style="text-align: center;"><u>Smash</u></p> <ul style="list-style-type: none"> - What is a smash shot? - When should you play it? - What position should you face? - What is the angle of the racket? - What point should hit the shuttle? 	<p style="text-align: center;"><u>Tactical Awareness</u></p> <ul style="list-style-type: none"> - Why should you play a variety of shots? - Why would your opponent's position on the court effect the shot you play? - Why does the position of the shuttle effect the shot(s) you play? - How can timing effect accuracy of the shot? - What shots would you play when defending? Why? - What shots would you play to win the point? Why? 	<p style="text-align: center;"><u>Key terminology</u></p> <ul style="list-style-type: none"> - Racket - Shuttlecock - Court markings - Net - Serve - Smash - Drive - Clear - Court positioning - Stance - Allignment