

Recap: What do we know about badminton?

Lesson 1/6

To rally with a partner

Success Criteria

To be able to:

- Use the ready position instinctively, to gain advantage in their game**
- Attempt a rally with a partner**
- Consistently return to a centre point and explain why this can be important**

Recap: To rally with a partner

Lesson 2/6

To play attacking shots in matches

Success Criteria

To be able to:

- Know which grip to use (Forehand or backhand grip) to strike a shuttlecock**
- Attempt an attacking shot during a rally**

Recap: To play attacking shots in matches

Lesson 3/6

To split step and lunge

when playing a specific shot

Success Criteria

To be able to:

- Demonstrate a split step and understand its use**
- Demonstrate a lunge with good range and the front foot pointing forward**
- Consistently strike net shots using a pushing action and appropriate grip**

Recap: To split step and lunge when playing a specific shot

Lesson 4/6

To serve consistently and accurately

Success Criteria

To be able to:

- Use a forehand or backhand grip to strike the shuttlecock**
- Perform a forehand and backhand serve**
- Know how to vary the serve to gain an advantage**

Recap: To serve consistently and accurately

Lesson 5/6

To play defensive shots when needed

Success Criteria

To be able to:

- Position themselves in a defensive stance**
- Know that they need move their opponent around the court**

Recap: To play defensive shots when needed

Lesson 6/6

To be able to play doubles matches

Success Criteria

To be able to:

- Attempt to use attacking and defensive shots**
- Keep score**
- Compete in doubles badminton game**