

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**