

Recap: What do we know about badminton?

Lesson 1/6

**To grip the racket and
to be in the ready position**

Success Criteria

To be able to:

- **Adopt the ready position and identify the importance of this**
- **Demonstrate two grips used in badminton**
- **Identify when each grip is needed**

Recap: To grip the racket and to be in the ready position

Lesson 2/6

To be able to change between grips

Success Criteria

To be able to:

- Change from backhand to a forehand grip**
- Use a badminton racket to balance a shuttlecock with both grips**
- Return to the ready position after each shot**

Recap: To be able to change between grips

Lesson 3/6

To be able to play the forearm shot

Success Criteria

To be able to:

- Play a shot using a forehand grip with a badminton racket**
- Begin to use the racket to hit the shuttlecock in a particular direction**
- Know when to play the forearm shot**

Recap: To be able to play the forearm shot

Lesson 4/6

To be able to play the backhand shot

Success Criteria

To be able to:

- Play a shot using a backhand grip with a badminton racket**
- Begin to use the racket to hit the shuttlecock in a particular direction**
- Know when to play the backhand shot**

Recap: To be able to play the backhand shot

Lesson 5/6

To use the correct footwork when moving around the court

Success Criteria

To be able to:

- Do the chasse steps as a method of moving**
- Use running and chasse steps to move around a space**
- Move quickly to be in a position to consistently return a shuttle**

Recap: To use the correct footwork when moving around the court

Lesson 6/6

To be able to

serve accurately

Success Criteria

To be able to:

- Know how to use the backhand short serve**
- Know to keep the racket head below waist height when serving**
- Know where to stand and how to position their body**