

EDSTART KNOW

- I can explain where to aim a shot to make it difficult for my opponent to return.
- I can describe how good hand-eye coordination helps me control the shuttle when playing and serving.
- I can understand how to use different shot types, such as drop shots, clears, and smashes, to outwit an opponent.

EDSTART GO

- I can aim my shots accurately and consistently towards specific areas of the court.
- I can demonstrate good hand-eye coordination when serving and returning the shuttle.
- I can use a range of shot types effectively during rallies to create attacking and defensive opportunities.

EDSTART SHOW

- I can demonstrate control, accuracy, and tactical awareness in competitive games.
- I can adjust my position and shot choice depending on my opponent's movement and strategy.
- I can show confidence, focus, and respect while playing, displaying fairness and good sportsmanship.

Key Vocabulary

**serve, rally,
placement,
drop-shot, accuracy,
coordination,
footwork, reaction**

Role Models



PV Sindhu
Olympic Silver
Medalist -
India



Marcus Ellis
Olympian
Great Britain

What do we know about Badminton?

Badminton evolved from the Indian game "Poona" in the 19th century and was later formalised in England, taking its name from Badminton House in Gloucestershire. It's now one of the fastest racket sports in the world — shuttlecocks can reach speeds of over 200 mph.

Olympic badminton was introduced in 1992 and now features singles, doubles, and mixed events. Successful play requires explosive movement, reaction speed, and precision.

In Year 5 we learnt

- to use a range of techniques to send, receive, and return the shuttle with control and accuracy to maintain a rally.
- apply a variety of shot types using both the forehand and backhand sides effectively during play.
- serve accurately and consistently to start play, showing awareness of positioning, control, and basic game rules.