

Recap: What do we know about badminton?

Lesson 1/6

To rally with a partner

EDSTART KNOW

- I can explain what the ready position is and why it helps.
- I can describe why returning to the centre of the court is important.
- I can understand how a rally is scored in badminton.

EDSTART GO

- I can rally with a partner, keeping the shuttle in play.
- I can return to the centre point after each shot.
- I can show control when hitting the shuttle back.

EDSTART SHOW

- I can work with my partner to keep the rally going.
- I can take turns fairly and support my partner's effort.
- I can encourage others during activities.

Recap: To rally with a partner

Lesson 2/6

To play attacking shots in matches

EDSTART KNOW

- I can explain the difference between forehand and backhand grips.
- I can describe what an overhead clear and drop shot are.
- I can understand how attacking shots put pressure on my opponent.

EDSTART GO

- I can perform a forehand clear to the back of the court.
- I can play a drop shot just over the net.
- I can use attacking shots in rallies and games.

EDSTART SHOW

- I can compete fairly in mini-games.
- I can give positive feedback to my partner on their technique.
- I can respect the rules when playing matches.

Recap: To play attacking shots in matches

Lesson 3/6

To split step and lunge when playing a specific shot

EDSTART KNOW

- I can explain what a split step is.
- I can describe how to lunge correctly.
- I can understand why footwork is important in badminton.

EDSTART GO

- I can use a split step before moving to the shuttle.
- I can lunge with balance and control.
- I can play net shots using the correct movement.

EDSTART SHOW

- I can cooperate with a partner in drills and rallies.
- I can encourage others when practising new skills.
- I can demonstrate respect by waiting safely for my turn.

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

Lesson 4/6

To serve consistently and accurately

EDSTART KNOW

- I can explain where the shuttle must land on a serve.
- I can describe the difference between forehand and backhand serves.
- I can understand how serving can create advantage in a game.

EDSTART GO

- I can serve with correct grip and stance.
- I can perform both forehand and backhand serves.
- I can vary my serve to challenge my opponent.

EDSTART SHOW

- I can compete fairly in serving games.
- I can support my partner by scoring and officiating.
- I can show good sportsmanship during matches.

Recap: To serve consistently and accurately

Lesson 5/6

To play defensive shots **when needed**

EDSTART KNOW

- I can explain what a defensive shot is.
- I can describe how a backhand lift is used.
- I can understand why moving my opponent around the court is important.

EDSTART GO

- I can position myself in a defensive stance.
- I can use a backhand lift to keep rallies going.
- I can play defensive shots under pressure.

EDSTART SHOW

- I can encourage my partner when they are under pressure.
- I can cooperate fairly in shuttle relays and target games.
- I can show resilience when defending.

Recap: To play defensive shots when needed

Lesson 6/6

To be able to play doubles matches

EDSTART KNOW

- I can explain the basic rules of doubles badminton.
- I can describe how to rotate serves in doubles.
- I can understand how to work with a partner in a team.

EDSTART GO

- I can play doubles matches using attacking and defensive shots.
- I can keep score during matches.
- I can apply tactics with my partner.

EDSTART SHOW

- I can support my partner and communicate during matches.
- I can respect the rules and decisions of others when scoring.
- I can show sportsmanship whether I win or lose.