

Recap: What do we know about badminton?

Lesson 1/6

To grip the racket and to be in the ready position

EDSTART KNOW

- I can explain what the ready position is in badminton.
- I can describe the two main grips (forehand and backhand).
- I can understand when each grip is needed.

EDSTART GO

- I can adopt the ready position with knees bent and racquet high.
- I can demonstrate forehand and backhand grips correctly.
- I can use each grip when playing basic rallies.

EDSTART SHOW

- I can encourage my partner when learning grips.
- I can respect others when taking turns.
- I can support my group in games like Egg & Spoon Badminton.

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

Lesson 2/6

To be able to change between grips

EDSTART KNOW

- I can explain why it is important to change between grips quickly.
- I can describe the difference between forehand and backhand grips.
- I can understand how to return to the ready position after each shot.

EDSTART GO

- I can switch between forehand and backhand grips smoothly.
- I can return shuttles using both grips in practice.
- I can balance shuttlecocks using both grips.

EDSTART SHOW

- I can encourage my teammates during grip challenges.
- I can respect the rules of small-sided games.
- I can share equipment fairly when practising.

Recap: To be able to change between grips

Lesson 3/6

To be able to play the forearm shot

EDSTART KNOW

- I can explain when to use a forehand shot.
- I can describe how to swing from low to high.
- I can understand where to contact the shuttle.

EDSTART GO

- I can play forehand shots using correct grip and technique.
- I can aim my shot towards a target hoop or space.
- I can rally using forehand shots with a partner.

EDSTART SHOW

- I can celebrate my partner's successful shots.
- I can encourage teammates when learning forehand rallies.
- I can respect my opponent when playing singles.

Recap: To be able to play the forearm shot

Lesson 4/6

To be able to play the backhand shot

EDSTART KNOW

- I can explain when to use a backhand shot.
- I can describe how to hold the backhand grip correctly.
- I can understand why backhand shots are useful in tight spaces.

EDSTART GO

- I can perform backhand shots with correct grip.
- I can return shots into target areas using backhand.
- I can use forehand and backhand in rallies.

EDSTART SHOW

- I can respect others when learning backhand shots.
- I can encourage my partner during challenges.
- I can share responsibility in group games.

Recap: To be able to play the backhand shot

Lesson 5/6

To use the correct footwork when moving around the court

EDSTART KNOW

- I can explain why footwork is important in badminton.
- I can describe the chasse step.
- I can understand how movement helps me reach more shots.

EDSTART GO

- I can move using chasse steps around the court.
- I can combine running and chasse to reach the shuttle.
- I can position myself to return shots consistently.

EDSTART SHOW

- I can support my partner when practising movement drills.
- I can encourage teammates during rallies.
- I can respect others when rotating turns in games.

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

Lesson 6/6

To be able to

serve accurately

EDSTART KNOW

- I can explain the rules for serving in badminton.
- I can describe the technique for a backhand short serve.
- I can understand why serving accurately is important.

EDSTART GO

- I can serve below waist height using correct grip.
- I can aim my serve into a target box.
- I can use the serve to begin rallies fairly.

EDSTART SHOW

- I can respect opponents when serving in games.
- I can encourage my partner when they are serving.
- I can play fairly in serving competitions.