

SUBJECT: Year 11 PE

UNIT: Badminton



. Key Skills & Techniques

- Advanced shot selection: serve, clear, drop, smash, and deceptive shots
- Grips: Forehand and backhand refinement for precision and power
- Footwork: Efficient court coverage, anticipation, and recovery
- Control & Accuracy: Timing, shuttle placement, disguise, and consistency

2. Tactics & Strategies

- Combining and refining advanced techniques to outwit opponents
- Analysing opponents' weaknesses and adapting tactics mid-game
- Singles tactics: Move opponent around court, exploit space, maintain pressure
- Doubles tactics: Defensive (side-by-side) and attacking (front-and-back) formations
- Effective communication and rotation in doubles play

3. Rules & Scoring

- Scoring: Best of 3 games, to 21 points (rally scoring system)
- Service:
 - Must be underarm and below waist height
 - Singles court = long and narrow; Doubles = short and wide
- Common Faults: Shuttle hits net or ground, incorrect serve, double hit, touching net
- Officiating: Accurate scoring, applying rules, ensuring fair play

Court Diagram (Singles vs Doubles):

4. Components of Fitness

- Agility – Quick directional changes
- Coordination – Racket control and shot execution
- Speed & Reaction Time – Responding to shuttle and opponent
- Balance & Flexibility – Stability when reaching and lunging
- Power & Muscular Endurance – Sustained rallies and explosive shots

5. Leadership, Officiating & Communication

- Leading warm-ups and skill sessions for peers
- Scoring, umpiring, and enforcing game rules
- Organising small tournaments and mini-leagues
- Providing constructive feedback and peer coaching
- Demonstrating respect, fairness, and sportsmanship

6. Evaluation & Improvement

- Self-assessment and peer analysis to identify strengths and weaknesses
- Using feedback to refine techniques and tactics
- Analysing opponent strategies and adapting accordingly
- Setting and reviewing performance goals

7. Key Vocabulary

Term

Clear

Drop shot

Smash

Drive

Rally

Serve

Fault

Tactic

Strategy

Rotation

Meaning

A high, deep shot to move opponent back

A gentle, controlled shot just over the net

A powerful, downward attacking shot

A fast, flat shot parallel to the floor

A sequence of shots until a point is won

The shot that starts play

A rule infringement resulting in loss of point

A planned way to outwit an opponent

Overall game plan over a match

Switching player positions in doubles to cover court efficiently