

# PE – KS3 – Badminton

A Scoring		
1	Start	The score starts at 0 – 0 which is known a love all.
2	Serve rules	<ul style="list-style-type: none"> <li>The server keeps serving from alternate sides until they lose a point is lost. At this point the service swaps to the opponent.</li> <li>A point is scored for each winning rally.</li> </ul>
3	Even	If the players score is even, they serve from within the right service court area.
4	Odd	If the players score is odd, they serve from within the left service court area.

B Key skills		
1	Racket Ready	The racket is held high in front of the body ready to return the shuttle. It reduces the amount of preparation prior to making contact.
2	Serve	<ul style="list-style-type: none"> <li>Low Serve – The shuttle is hit underarm, low over the net with a push action into the service box.</li> <li>High Serve – The shuttle is hit underarm, high over the net towards the back of the service box.</li> </ul>
3	Overhead Clear	Standing sideways the shuttle is hit above the head using a “whip” action send the shuttle to the back of the court (Defensive).
4	Drop Shot	Standing sideways the shuttle is hit with a push action (disguised clear) taking the speed off it so it drops to the front of the court.
5	Smash	The shuttle is hit above and in front of the body with a whip action that sends it quickly towards the ground in a space (Attacking).
6	Drive	The shuttle is hit flat and driven at net height towards the back of the court, usually down the side-line. (Attacking).
7	Underarm Clear	Standing sideways the shuttle is hit upwards using a “whip” action towards the back of the court. (Defensive).

C Links to theory		
1	Cardiovascular Endurance	<ul style="list-style-type: none"> <li>The ability to continuously exercise the whole body without tiring.</li> <li>A badminton player would need cardiovascular endurance to maintain high levels of performance whilst running around the court for the whole game.</li> </ul>
2	Power	<ul style="list-style-type: none"> <li>A combination of strength and speed.</li> <li>A badminton player would need this when making a smash.</li> </ul>
3	Agility	<ul style="list-style-type: none"> <li>The ability to change direction at speed.</li> <li>A badminton player would need this when turning for the shuttle. .</li> </ul>
4	Reaction Time	<ul style="list-style-type: none"> <li>The time taken to respond to a stimulus</li> <li>A badminton player needs this when reacting to where the shuttle has been hit.</li> </ul>

D Court		
1	Net	Separates the two sides of the court – The shuttle must go over the net during a rally.
2	Service Line	Players must serve from behind the service line.
3	Tram lines	Used only in doubles.
4	Centre line	Splits the two sides of the court.

