



# KS4 Badminton Learning Journey



## Equipment needed

- Badminton Posts and nets
- Shuttles
- Rackets

## Reminders

- We will be inside for this lesson.
- You will need supportive trainers.

| <u>Lesson</u>    | <u>Topic</u>  |
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| <u>Lesson 1</u>  | <b>Recap of previous shots</b><br><br>Overhead shots, net shots, serves and underarm shots.                 |
| <u>Lesson 2</u>  | <b>Half court games</b><br><br>Understanding how to play ½ court games and how to umpire                    |
| <u>Lesson 3</u>  | <b>Full court singles games</b><br><br>Understanding how to play full court games and how to umpire         |
| <u>Lesson 4</u>  | <b>Full court doubles games</b><br><br>Understanding how to play full court doubles games and how to umpire |
| <u>Lesson 5</u>  | <b>Full court doubles games</b><br><br>Understanding how to play full court doubles games and how to umpire |
| <u>Lesson 6+</u> | <b>Competitions and Games for understanding</b><br><br>Class based competitions and games                   |

## Keywords

Tactical

Disguise

Deception

Outwit

Opponent