

Badminton Curriculum map

| Year 7 | Year 8 | Year 9 | KS4 |
|--|---|--|---|
| <p>PE: Racket familiarization and how to hold the racket correctly. Execute a forehand. Understand how to position yourself on court.</p> <p>Sport: Know the baseline, service line and net.</p> <p>Health: Lifestyle choices & Energy Balance Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for that age group.</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Execute the forehand and back hand over a net</p> <p>Sport: Court familiarization recap basic rules</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Perform the sweep serve and forehand and backhand into space</p> <p>Sport: Court familiarization for singles and doubles</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Perform the sweep serve and forehand and backhand to deceive an opponent.</p> <p>Sport: Court familiarization for singles and doubles</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the importance of hydration</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> |

| | | | |
|--|---|--|--|
| <p>PE: Execute the back hand flick serve to land over the service line</p> <p>Sport: Understand that the serve must go over the service line.</p> <p>Health: Lifestyle choices & Energy Balance</p> <p>Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for that age group.</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Execute the back hand flick and high serve over a net and place in the corners.</p> <p>Sport: understand what illegal serve is.</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Execute the flick and high serves into space to deceive an opponent.</p> <p>Sport: Identify illegal serves and carry out the point scoring associated with serving</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>PE: Long and short serves to deceive opponents</p> <p>Sport: Point scoring associated with serving in doubles.</p> <p>Health; Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the importance of hydration</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> |
| <p>PE: Execute the Overhead clear in isolation</p> | <p>PE: Perform an Overhead clear from a serve</p> | <p>PE: Perform an overhead and underarm clear</p> | <p>PE: Perform an overhead and underarm clear</p> |

| | | | |
|---|--|--|--|
| <p>Sport: Understand why this shot is used</p> <p>Health: Lifestyle choices & Energy Balance Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for that age group.</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Sport: Explain why this shot is used and place opponents to the back of the court</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>effectively to expose space.</p> <p>Sport: Select and apply this shot appropriately and identify when this shot is placed out of court.</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>effectively to expose space.</p> <p>Sport: Select and apply this shot appropriately and apply rules</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the importance of hydration</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> |
| <p>Net shot PE: Be able to execute the net shot</p> | <p>Net shot PE: Apply the net shot into a game</p> | <p>Net shot PE: Apply the net shot into a game to expose space and win a point.</p> | <p>Net shot PE: Link together combinations of serve, overhead clear and net shot.</p> |

| | | | |
|--|---|---|--|
| <p>Sport: Understand why the net shot is used</p> <p>Health: Lifestyle choices & Energy Balance Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for that age group.</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Sport: To be able to apply the net shot into space</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Sport: Alter formation on court when playing doubles</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Sport: Change positioning on court to set up attacking shots.</p> <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the importance of hydration</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> |
| <p>PE: Combination PE: Be able to link at least two shots in a sequence</p> <p>Sport: Keep the score</p> | <p>PE: Combination Be able to link three shots into a routine.</p> <p>Sport: Keep the score and apply singles rules</p> | <p>PE: Combination Be able to create a routine that links displays all shots.</p> <p>Sport: officiate a doubles match</p> | <p>PE: Combination Be able to follow a routine of shots and create your own.</p> <p>Sport: Officiate a double and a singles match</p> |

| | | | |
|---|--|---|---|
| <p>Health: Lifestyle choices & Energy Balance Know the correct energy balance to maintain a healthy weight</p> <p>To know the recommended activity level for that age group.</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Health: Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the effect of drugs and alcohol</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> | <p>Health; Know the correct energy balance to maintain a healthy weight.</p> <p>To know the recommended activity level for that age group.</p> <p>To know the importance of hydration</p> <p>To know the impact of fitness/exercise on physical and mental health</p> <p>Character Motivation Managing pressure and stress Leadership Sportsmanship/fair play/ Etiquette</p> |
|---|--|---|---|

Key concepts

These will be taught through badminton and have been referred to in the curriculum map. The knowledge in these three areas will develop over time.

1: PE-Motor competence- students will develop co-ordination (hand eye) to perform various shots and serves whilst moving around correctly.

2: SPORT- Rules, strategies and tactics-students will develop an understanding of the rules in badminton, apply strategies to outwit an opponent, attack and defend and use tactics to perform better.

3: HEALTH-Healthy participation- students will develop their aerobic endurance, reaction time, coordination, speed and agility through participating in badminton. Lessons will increase heart rate in the short term, and this will have a positive impact on health in the long term. For some students' participation in lessons will encourage students to attend extra-curricular clubs at

school and even play badminton outside of school. They will also develop their knowledge and understanding of lifestyle choices and energy balance.