



PE Knowledge Organiser

Year 4: Spring Term

Badminton



Key Knowledge and Skills:

Basic badminton grips:

Forehand basic grip: Wrap your index finger around the racket head and create a V shape between your thumb and forefinger. Keep your eyes on the shuttle. This grip is used mainly for forehand overhead shots.



Backhand thumb grip: Place your thumb on the wide part of the grip in an upward position. Wrap your other fingers around the grip. This grip is mainly used for backhands where the shuttle is in front of you.



Badminton serves:

Backhand serve:

- Feet apart, lead foot bent slightly forward.
- Pinch the skirt of the shuttle with your thumb and index finger of your non-dominant hand at waist height.
- Extend your hitting hand's arm in front of your body.
- Hold the racket with your thumb pointing toward the racket head and hold the shuttle slightly in front of the racket head and let go.
- Push the racket head forward using your thumb and make sure the racket head is below your waist when hitting.



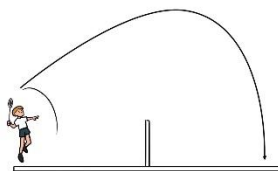
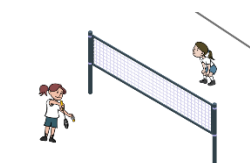
Forehand serve:

- Stand side on to the net with your non-racket foot leading.
- Hold the shuttle out in front of you at waist height.
- Start with your racket arm back at waist height.
- Drop the shuttle and bring your back hip forward as you underarm hit the shuttle.



Badminton shots:

Underarm backhand and overhead backhand



Key Vocabulary:

Vocabulary:	Definition:
shuttle	The plastic object that you strike with your racket.
serving box	The area where a player stands when serving.
baseline	The line marking each end of the court.
non-contact	Players play on separate sections of the court.
net	The fabric barricade that divides the court in half. The shuttle has to be hit over it.
forehand 'V' grip	A basic badminton grip.
chasse	Quick gliding steps.
volleying	Striking the shuttle before it hits the ground.
smash	A shot that is hit above the hitter's head.

Different ways of moving around the court:

- Chasse step: Push off the ground with both feet and bring them a little closer in the air as you move. Imagine one foot is chasing the other but never catches it.
- Split step: Jump up and then the moment you land on both feet, you run towards the shuttle.

Scoring: A point is scored in every serve when:

- The shuttle lands inside the opponent's court
- A served or returned shuttle hits the net – the player who hit the shuttle will lose the point.
- A served or returned shuttle lands outside the court – the player who hit the shuttle will lose the point.