



PE Knowledge Organiser



Year 5: Spring Term

Badminton

Key Knowledge and Skills:

Develop and use a long and short serve off the forehand wing

You will practise holding the shuttlecock at waist height and striking the shuttlecock high and deep into the service box of your opponent.

You will also try landing the shuttlecock short in the service box using the same action.

Develop and use a forehand net lift

Standing close in at the net during a rally, you will guide the shuttlecock high and towards the baseline of the opponent.

Develop and use a serve off the backhand wing

You will practise holding the shuttlecock at waist height and snapping the wrist to flick the shuttlecock high and deep into the service box of your opponent.

You will also try landing the shuttlecock short in the service box using the same action

Develop and use a forehand overhead clear

Striking the shuttlecock from an overhead position, you will aim to direct it high and towards the baseline of your opponent.

Develop and use a forehand drop shot

Standing in the middle or towards the back of the court, you will aim to get the shuttlecock to land just over the net on the side of your opponent.



Forehand serve



Backhand serve



Forehand and backhand grip

Key Vocabulary:

Vocabulary:	Definition:
Serving	The first shot which will start the point.
Rallying	When a number of shots are played in succession.
Shuttle	The plastic object that you strike with your racket.
Forehand	A stroke played with the palm of the hand facing in the direction of the stroke
Backhand	A stroke played with the palm facing in the direction opposite to the stroke.
Service box	A box marked onto the court into which the server aims to land the shuttlecock.
Baseline	The horizontal lines at either end of the court.

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.