











## Year 7 Topic Overview - Badminton

### Know it!

	Knowledge	Date
	I know how to grip the racket and demonstrate the ready position correctly.	
	I can play forehand and backhand shots from a hand feed.	
	I can play overhead and underarm.	
	I am able to serve forehand and backhand and make improvements to my technique.	
	I can rally in half a court and try to improve my personal best.	
	I enjoy playing a game with my partner, and challenging different opponents.	
	I understand how to play a half court game obeying court lines.	
	I am able to vary the length of my shot to move my opponent out of position.	
	I can score correctly on half court games.	
	I know and can implement the service rule, identifying when rules are broken.	

### Prove it!

<b>Head</b> Feedback	I can apply my knowledge of skills and techniques and this improves my own and others practical performance.	
<b>Heart</b> Resilience	I am hard working, <b>resilient</b> and eagerly accept challenges.	
<b>Hands</b> Tactics	I can demonstrate with some accuracy and success skills, techniques and <b>tactics</b> across a variety of sports in competitive activities.	

### Link it!

I can transfer skills and understanding from volleyball to other net/wall activities.
I can transfer aspects of Feedback, Resilience and Tactical development from one activity to another.
Resilience is a Pilton School Value.
I am aware of further opportunities to be physically involved in volleyball outside of lessons.

### Say it!

Vocabulary	
Grip	It is important that I <b>grip</b> my racket correctly.
Racket	I should choose the correct sized <b>racket</b> for my ability.
Forehand	I play <b>forehand</b> shots on the side I hold my racket.
Backhand	I play <b>backhand</b> shots when the back of my hand is facing my opponent.
Feed	I <b>feed</b> the shuttle for my partner to practice
Underarm	An <b>underarm</b> serve is a good way to feed the shuttle to your opponent.
Court	I play my matches on a <b>court</b> .
Rally	My partner and I can <b>rally</b> to 20.
Serve	I start a game using a <b>serve</b> .
Feedback	I help my partner improve by watching and giving <b>feedback</b> .
Resilient	When I am struggling to learn a new skill I must be <b>resilient</b> and not give up.
Tactics	It is a good <b>tactic</b> to hit the shuttle into space.