





Key Stage 3 Badminton 2024 Onward

N A T C	Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques				Pupils should understand what makes a performance effective and how to apply these principles to their own and others' work				Pupils should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity			
	Est -	Est	Est +	Dev -	Dev	Dev +	Mast -	Mast	Mast +	Exc -	Exc	Exc +
P A T H												
I N T E N T	Health & Safety	Serving	Rallying	½ court singles	Overhead clear	Overhead drop	Lift	Net shots	Doubles	Outwitting opponents	Smash	Footwork
S H O W	Identify hazards presented by the performance area Identify hazards presented by the equipment Identify hazards presented when playing	Successfully hit the shuttle over the net using the backhand serve Aim the serve to different areas of the court Knowledge of the basic service rules	Keep the shuttle going with a partner for 10 shots Move towards the shuttle and then recover after the shot Attempt to use both forehand and backhand	Know the area of the court in play and what constitutes 'in' and 'out' How to score a basic game up to 5 points Leave a shuttle that is going to land out	Adopt a side on position underneath the shuttle Hit the shuttle at a high point, twisting as you do so Push your opponent to the back of the court	Adopt a side on position underneath the shuttle Remove power from shot at the last moment Trick opponent and win point at the net	Lunge towards the shuttle with the racquet leg Lift the shuttle high and towards the back of the court Recover back to a central position	Lunge towards the shuttle with the racquet leg Attempt to return the shuttle as early as possible Reduce power so that the return only just goes over the net	Attempt the tactic of playing 'sides' with a partner Attempt the tactic of playing 'front and back' with a partner Demonstrate effective communication with a partner	Trick an opponent when serving Trick an opponent at the net Trick an opponent during a rally	Drive a shuttle past an opponent to win a point Kill a shuttle at the net to win a point Smash from the mid court to win a point	Lead movements with the racquet leg Split step efficiently to reach the corners of the court Recover to a central point with minimum movements
K N O W	YEAR 7 STUDENTS WILL APPLY KNOWLEDGE OF THE SKELETAL MUSCLES TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 8 STUDENTS WILL APPLY KNOWLEDGE OF THE COMPONENTS OF FITNESS TO THE MOVEMENTS TAUGHT IN LESSONS YEAR 9 STUDENTS WILL APPLY KNOWLEDGE OF THE PRINCIPLES OF TRAINING TO THE SPORT OF BADMINTON											
V I R T U E S	Determination				Perseverance				Resilience			