

# Knowledge Organiser KS3 PE



**Year**

**KS3**

**Activity**

**Badminton**

## Skills

- Whip shot, this shot will hit the shuttle to the back of the court using a flick of the wrist
- Tap shot, this shot will hit the shuttle to the front of the court, your racquet should remain high with no wrist action
- Push shot is a gentle shot where you push the shuttle into a space usually to the front court
- To outwit your opponent you need to put the shuttle into space by using the whip and tap shot
- A serve can be forehand or backhand and can use the whip or push action

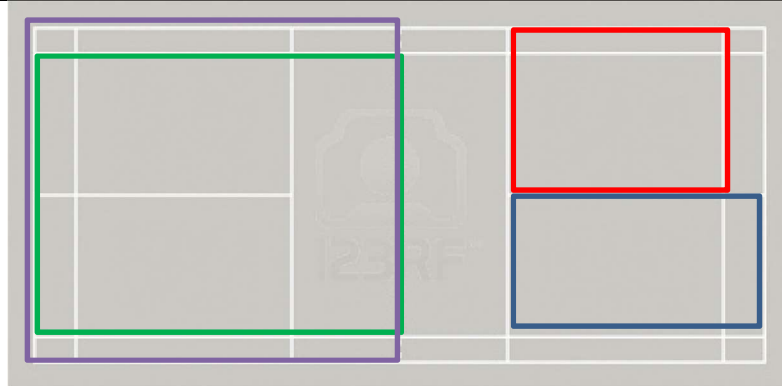
## Fitness

In order to play the game effectively you need to show good speed, agility, (by changing direction quickly), and stamina in order to complete a full match

## Rules

- The scoring system is 'rally point' which means someone wins a point for each rally.
- The person who wins the point then serves
- If you have an even number of points you serve from the right side and if an odd number of points the left side.
- You serve into the diagonally opposite box
- You must serve underarm
- You can only hit the shuttle once

## Roles



The red box shows the doubles service area  
 The blue box shows the singles service area  
 The green box shows the court area for singles  
 The purple box shows the court area for doubles