




Year 5: Badminton

Subject Specific Vocabulary		Important Information	Important Knowledge
rally	Exchange of shots while the shuttle is in play.		<ul style="list-style-type: none">❑ I can change direction at speed and remain balanced.❑ I can consistently lunge and chasse in balance.❑ I can consistently start a rally with an appropriate serve.❑ I can consistently hand feed the shuttle to a target.❑ I can link the lunge movement to the net shot hitting.❑ I can execute the 'clear' employing a correct sideways body position and throwing action.❑ I can execute the dropshot employing a correct sideways body position and a slowed down throwing action.❑ I can perform fair umpiring skills.❑ I can choose an appropriate shot for the appropriate situation.❑ I know how to apply the rules of Badminton to my advantage.
lunge	A big step forwards or sideward towards the shuttlecock.		
chasse	Short steps moving sideways by moving feet towards each other without touching one another.		
dropshot	A shuttlecock so softly hit that it falls to the playing surface just after clearing the net.		
forehand	Hit with the front of the hand leading (like hitting with the palm).		
backhand	Hit with the back of the hand leading (like hitting with the knuckles).		
split step	A quick movement from bent knees shoulder width apart to bent knees wider than shoulder width.		
serve	The serve must be hit from behind the service line and travel diagonally from one side of the court into the opposite service box.		
overarm	A defensive shot hit from your baseline to your opponent's baseline.		
underarm	An effective shot to drive the opponent into the rear court. It is played from the forecourt to the opponent's rear court.		

Split step

Forehand

Backhand