



# Physical Literacy Through *Badminton*

**PHYSICAL  
LITERACY**

|                             |  |
|-----------------------------|--|
| <b>Players</b>              | Singles/Doubles  |
| <b>Start &amp; Re-Start</b> | <ul style="list-style-type: none"> <li>• The serve- Must be diagonal into the diagonally opposite service box.</li> <li>• The serve- Must be underarm and below the server's waist</li> <li>• No second serve is allowed</li> <li>• The shuttle can touch the top of the net on service but would still need to land in the service box!</li> <li>• Doubles serving – A1, B1, A2, B2</li> <li>• Even and odd-The receiver does not move, the server serves from the right when their score is even, from the left when odd</li> <li>• Keep serving until you lose a rally</li> </ul> |
| <b>Rules</b>                |  |
| <b>Scoring</b>              | <ul style="list-style-type: none"> <li>• Winner is first to 21 points</li> <li>• If 20-20 you must win by 2 clear points. However, if the score is 29-29 the first to 30 wins.</li> <li>• Points are won irrespective of who has served</li> </ul>   |
| <b>In &amp; Out of Play</b> | <ul style="list-style-type: none"> <li>• If the shuttle hits the top of the net and goes over in a rally it is in</li> <li>• The white line is classed as in.</li> <li>• A player can return the shuttle from both inside and outside the court so long as it has not touched the floor</li> </ul>   |
| <b>Time</b>                 | (Depends on rally length)  |
| <b>Sport Specific Rules</b> | <ul style="list-style-type: none"> <li>• Distracting the opponent is not allowed</li> <li>• Double hits are not allowed</li> <li>• A player is not allowed to touch the net with their body or the racket, nor can they lean over</li> <li>• A let may be called for an accidental issue</li> </ul>  |

| Controlled Play   | Attacking   | Defending  |
|---|---|--|
| <ul style="list-style-type: none"> <li>• Variation in shot selection</li> <li>• Ready position</li> <li>• Footwork</li> <li>• Anticipation</li> <li>• Serving safety</li> <li>• Serving variation</li> <li>• Patience in a rally</li> </ul> | <ul style="list-style-type: none"> <li>• Selecting the appropriate shot-Variation</li> <li>• Playing long then short</li> <li>• Playing short then long</li> <li>• Playing side to side</li> <li>• Pre-planned shot sequences</li> <li>• Playing at the opponent</li> <li>• Playing powerful downwards shots</li> <li>• Fatiguing the opponent</li> <li>• Varying shots</li> <li>• Discussing shots</li> <li>• Playing to the opponents' backhand</li> <li>• Establishing weaknesses</li> <li>• Net play</li> </ul> | <ul style="list-style-type: none"> <li>• Buying time to get back to centre court</li> <li>• Hitting away from the opponent</li> <li>• Playing high and long</li> <li>• Playing close to the net</li> <li>• Spatial awareness and leaving shots</li> <li>• Blocks at the net</li> <li>• Rescue shots</li> <li>• Defensive stance</li> <li>• Doubles positioning</li> <li>• Doubles roles</li> </ul> |

## Behaviours

## Tactics

| Half Term Theme        | Personal Dev.   | Social Dev.   | Leadership Dev.   |
|------------------------|---|---|---|
| 1-Competence           | Personal effort, gov. recs, fundamental movements                           | Team effort, teamwork skills, gov. recs                                   | Effort as a leader, developing skills of others                               |
| 2-Confidence           | Self-confidence, self-respect   | Team confidence, respect for others                                       | Confidence to be aspirational and lead, respecting followers                  |
| 3-Motivation           | Intrinsic and extrinsic motivation, target setting                          | Team motivation, short, medium- and long-term targets                     | Motivation as a leader, SMART target setting                                  |
| 4-Communication        | Verbal and non-verbal, internal dialogue                                    | Active listening, team belonging,   | Autocratic, democratic, clarity   |
| 5-Resilience           | Personal resilience, growth mindset, fixed mindset                          | Team resilience, positivity, conflict resolution                          | Leadership resilience, challenging negativity, purpose                        |
| 6-My Physical Literacy | Lifelong participation, current personal development, further opportunities | Lifelong participation, current social development, further opportunities | Lifelong participation, current leadership development, further opportunities |

## Skills

| Controlled Play   | Attacking  | Defending   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• Ready position</li> <li>• Short serves</li> <li>• Long serves</li> <li>• Flick serve</li> <li>• Drive</li> </ul> | <ul style="list-style-type: none"> <li>• Smash</li> <li>• Drive</li> </ul> | <ul style="list-style-type: none"> <li>• Overhead clear</li> <li>• Lift/Underarm clear</li> <li>• Backhand</li> </ul> |

## Fitness

