



LEARNING JOURNEY

Fundamental Scheme

Badminton

F – A – C – T

WE ARE HERE

Badminton

Footwork /
ready position

Grip/side on

Short serve

Accuracy

lift

Trajectory

Overhead
clear

Trajectory

Drop shot

Deceive

Smash

Execution

Flick/deep serve

Awareness

Backhand focus

Consistency

Singles
gameplay/
assessment

Competition/
tactics

What will you include in
your warm-up today?

What is the why behind
your lesson today?

In this unit, you will build on the key skills developed during KS2, including **coordination**, **accuracy**, and **tactical awareness**, all of which are essential across a wide range of sports.

You'll apply these skills in games such as **tennis**, **table tennis**, **short tennis**, **pickleball**, and **striking and fielding sports**. These activities will help you refine your ability to control the ball or shuttle, make strategic decisions, and work effectively in competitive situations.

We will begin by focusing on the **fundamentals of striking**, helping you feel confident when hitting the shuttle in badminton. You'll learn and practise a variety of **attacking and defensive shots**, such as, smash, drop shot and overhead clear.

As you progress, you'll take part in **conditioned games** that challenge your decision-making and tactical thinking. You'll also have opportunities to **evaluate your own performance**, helping you understand your strengths and areas for improvement.

VOCABULARY

Grip, side on, forehand, backhand, serve, rally, accuracy, trajectory, deceive, execution, awareness, consistency, competition, tactics