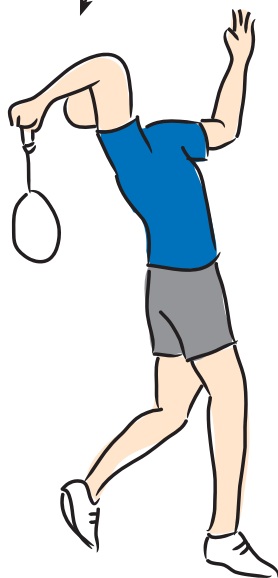


# RESOURCE CARD: **BADMINTON**: YEAR 6

RELATES TO: **WEEK 1**

## **MAIN LESSON: FOREHAND DRIVE SHOT (ALSO KNOWN AS THE OVERHEAD CLEAR)**

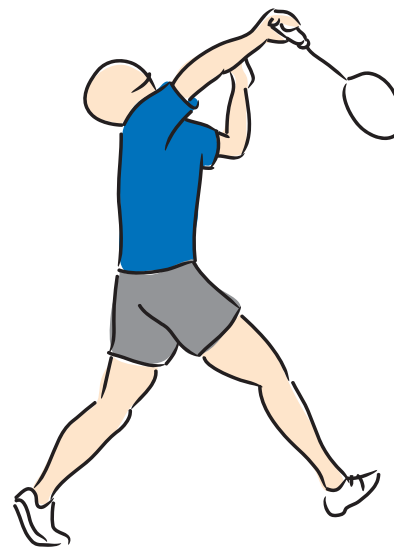
Pupils are to start with the racket up high above their head. Pupils can imagine they are 'scratching their back' with the racket.



Pupils are to make contact with the shuttlecock high above their heads in a powerful motion.



The racket follows through forwards and across their body.



# RESOURCE CARD: **BADMINTON**: YEAR 6

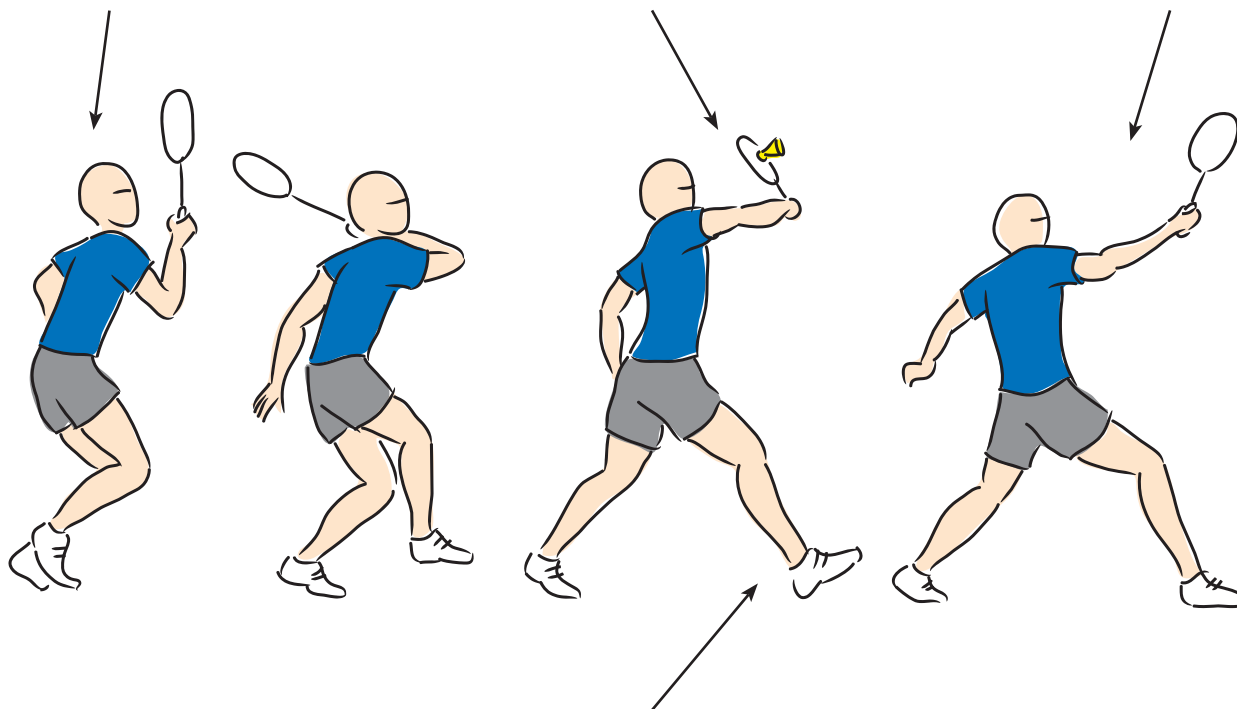
RELATES TO: **WEEK 2**

## MAIN LESSON: THE BACKHAND CLEAR SHOT

The racket reaches across the body to the non-racket side. The back of the hand should be facing the opponent.

After swinging the racket back, the racket then makes contact with the shuttlecock at head height.

The shot is made powerful by using the 'flick of the wrist'. The racket follows the direction of the shot.



The right leg steps across to help rotate the body. If the player is left handed, it would be the left leg. The right leg is to lunge forwards when contact is made.

# RESOURCE CARD: **BADMINTON**: YEAR 6

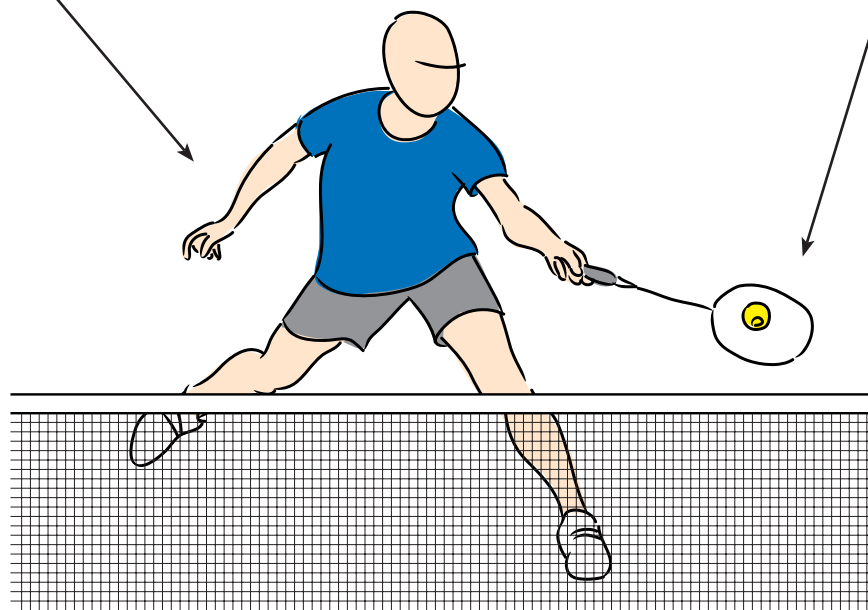
RELATES TO: **WEEK 3**

## MAIN LESSON: THE NET SHOT

The non-working arm is stretched out to help with the player's balance.

The player lunges forwards with the same leg as the racket hand and reaches towards the shuttlecock.

The racket 'string bed' faces up to gently lift the shuttlecock up and just over the net.

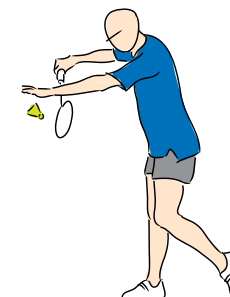
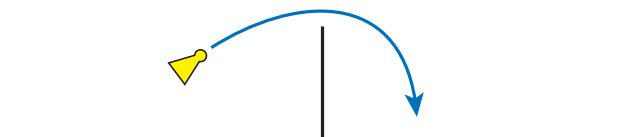
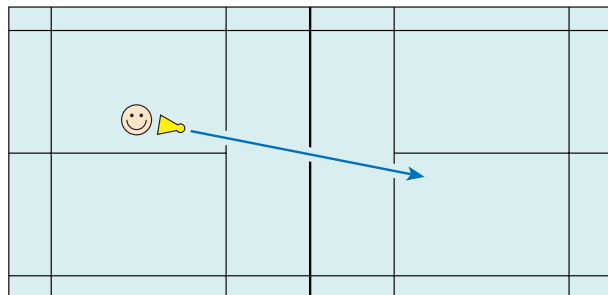


# RESOURCE CARD: **BADMINTON**: YEAR 6

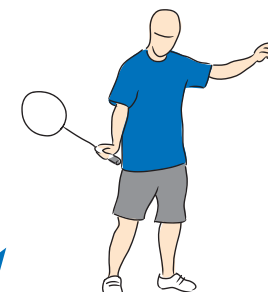
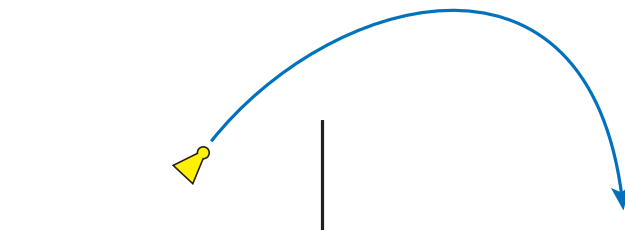
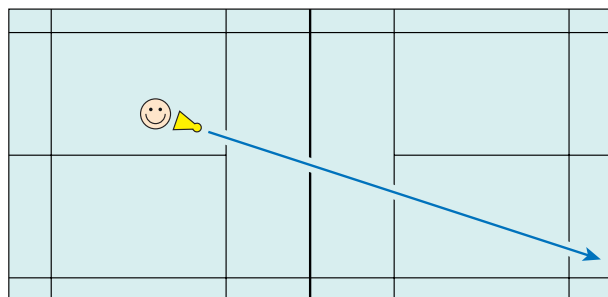
RELATES TO: **WEEK 4**

## MAIN LESSON: SHORT AND LONG SERVES

**SHORT SERVE:** The shuttlecock goes low over the net. The aim is to get it just over the service line on the opponent's side.



**LONG SERVE:** The aim is to send the shuttlecock right over the opponent's head towards the back tramlines.



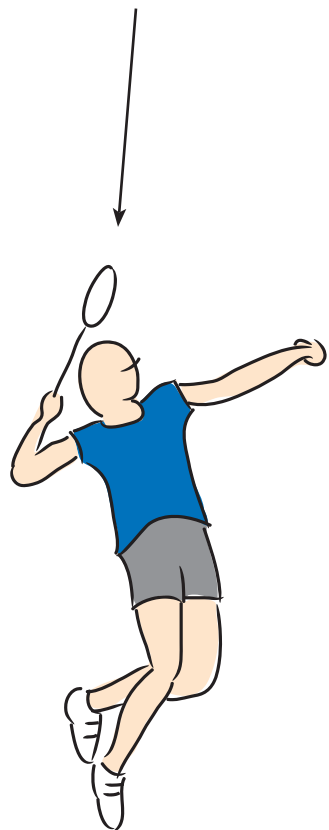
THE SERVES CAN EITHER BE PERFORMED FOREHAND OR BACKHAND

# RESOURCE CARD: **BADMINTON**: YEAR 6

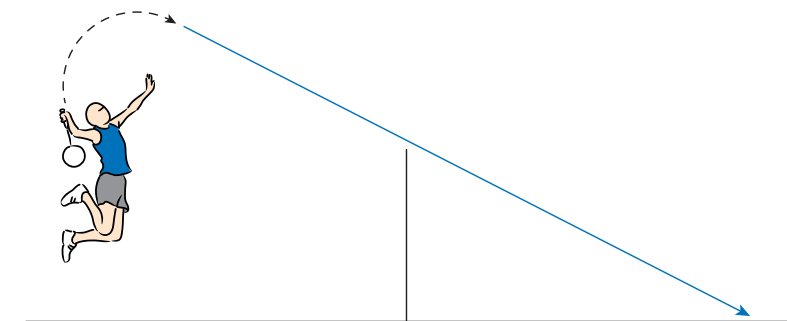
RELATES TO: **WEEK 5**

## MAIN LESSON: THE SMASH SHOT

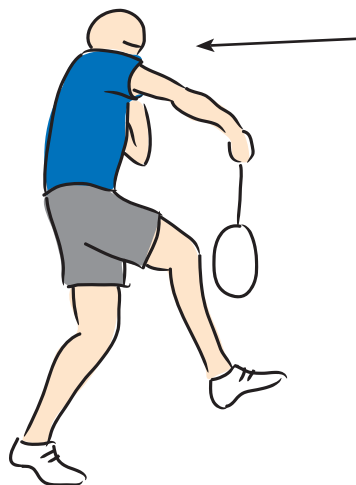
The racket reaches high above the head.



The racket makes contact with the shuttlecock in front of the body.



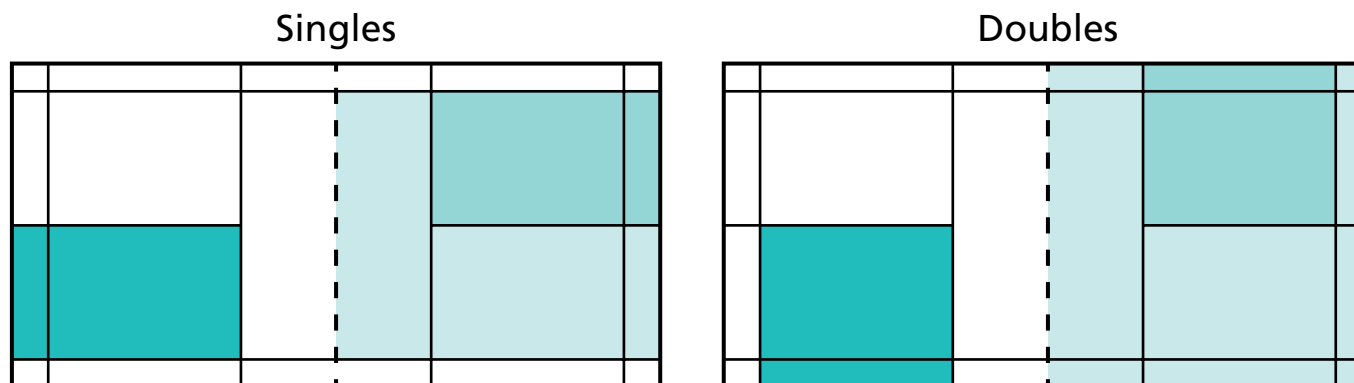
The racket face should aim to hit the shuttlecock in a downwards motion toward the floor on the opponent's side.



# RESOURCE CARD: **BADMINTON**: YEAR 6

RELATES TO: **WEEK 6**

## MAIN LESSON: AREAS OF PLAY



Server stands  
in this area



Shuttle must  
land in this area

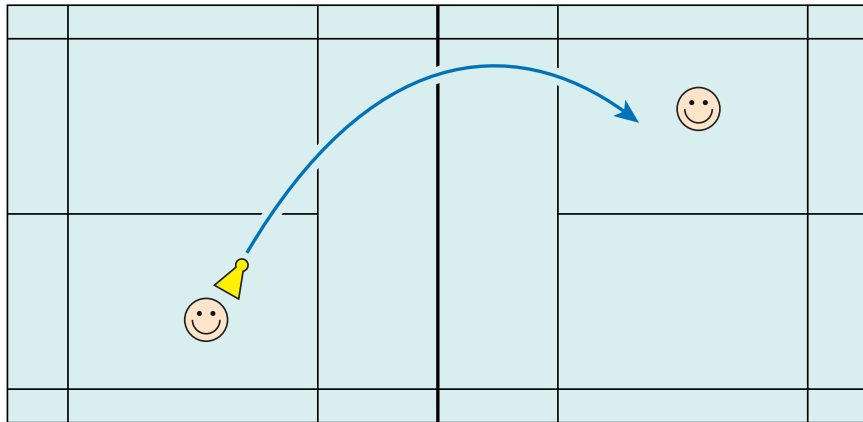


Area of play  
after service

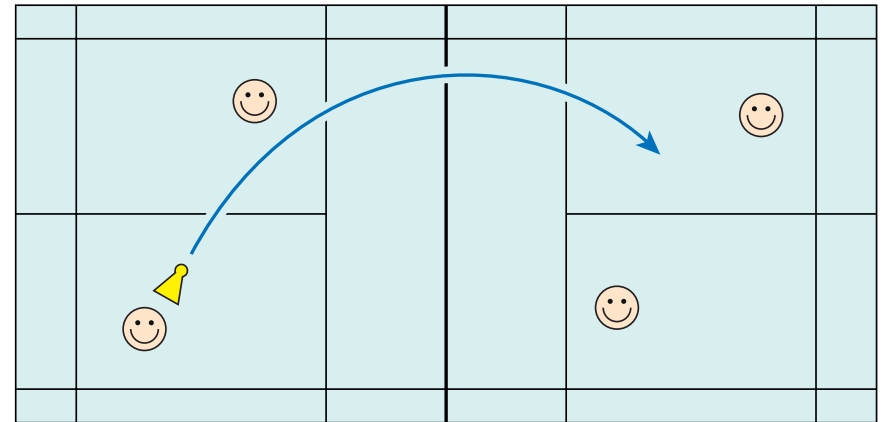
# RESOURCE CARD: **BADMINTON**: YEAR 6

RELATES TO: **WEEK 6**

## SINGLES



## DOUBLES



## KEY



Player



Shuttlecock



Where the shuttlecock moves to