

Badminton

Key Vocabulary for Badminton

Opposition – a player you are competing against
Tactics – a plan you formulate to outwit an opponent
Footwork – the use of agility to manoeuvre around the court efficiently to defend or attack
Set – a game in badminton consists of three sets, which are individual games
Technique – the manner or ability of an athlete to perform technical skills
Quadriceps – a group of four muscles found at the front of the thigh
Gastrocnemius – a muscle found in the lower leg, most commonly known as the calf

Key Knowledge for Badminton

Shots: know which skill to choose for the situation e.g. a volley if the ball is close to the net.
Serving: know that serving is how to start a game or rally and use the rules applied to the activity for serving.
Rallying: know that playing the appropriate shot will help to keep the rally going. Know that control is more important than power to keep a rally going.
Footwork: know that using small, quick steps will allow me to adjust my stance to play a shot.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of net and wall games whilst playing and officiating.

Key Skills for Badminton

Shots: develop the range of shots used in a variety of games.
Serving: develop the range of serving techniques appropriate to the game.
Rallying: use a variety of shots to keep a continuous rally.
Footwork: demonstrate effective footwork patterns to move around the court.

Pillars

Motor Competence - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

Rules, Strategies and Tactics - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

Healthy Participation - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

PE Year 5: Spring 2

Key Questions

Badminton

When have you used the 'ready position' before in net and wall games?
How does the forehand and backhand grip differ?
How does the chasse step help you?
Why is it important to return to the centre of the court after playing a shot?
Where should the racquet be when serving?

Dodgeball

What tactics might be best for hitting the opposition?
How does our technique change when throwing at a moving target?
What makes an effective dodger?
How do we decide when to catch or dodge?
What is important when trying to use a block?
How do we communicate tactics to our team?
What makes a good referee?
Why is fair play so important?

Dodgeball

Key Vocabulary for Dodgeball

Tactics - an action or strategy carefully planned to achieve a specific end.
Officiate - act as an official in charge of something, especially a sporting event.
Fair play - respect for the rules or equal treatment of all concerned.
Pressure - continuous physical force exerted on or against an object by something in contact with it.
Dodge - a sudden quick movement to avoid someone or something.
Align - place or arrange things in a straight line.
Agility - ability to move quickly and easily.
Lateral movement - side to side movements in sports.

Key Knowledge for Dodgeball

Throwing: know to aim low to make it difficult for an opponent to catch.
Catching (dodgeball): know to stay towards the back of the court area to give me more time to catch.
Striking: know that aligning my body and equipment before striking will help me to be balanced.
Tactics: understand the need for tactics and identify when to use them in different situations.
Rules: understand and apply rules in a variety of target games whilst playing and officiating.

Key Skills for Dodgeball

Throwing: demonstrate clear technique and accuracy when throwing at a target.
Catching (dodgeball): demonstrate good technique and consistency in catching skills.
Striking: develop a wider range of striking techniques and begin to use them under pressure.