Year 9 Badminton Learning Journey

Hands Head

Importance of good technical knowledge

- Describe the main techniques used in badminton.
- Demonstrate different skills with good technique.
- Explain ways to improve your technique for different skills.

Week 1

Hands

Command Control

– Perform a variety of shots with some technique.
– Hit the shuttle with increasing power and accuracy.
– Demonstrate skills and fitness required to command control of the court during gameplay.

Week 2

Step Principle

- Describe ways that the STEP principle can be applied to badminton.
- Create basic badminton drills that incorporate the STEP principle.
- Confidently deliver well-structured drills with little support to small groups.

Week 3

Head

Leadership Qualities

– Describe the qualities of a good leader.
S - Work cooperatively with others to organise and manage a badminton tournament.
G - Motivate and instil a positive attitude in others throughout the tournament.

Week 4

Heart

Tactical Knowledge

– Identify the basic tactics used in badminton.
– Competently apply basic tactics to your game play.
- Explain how the use of tactics can impact performance.

Week 5

Head

Head Heart Hands

Excellent Leadership Qualities

– Demonstrate the skills and knowledge to participate in badminton.
- Collaborate with others to set up and manage a badminton tournament.
- Competently take on different roles that are required in a game of badminton

Week 6

Learning Journey