



Badminton

Montsaye  ACADEMY
Excellence Resilience Aspiration



Challenge 1: Explain 5 basic rules of badminton

- 1.
- 2.
- 3.
- 4.
- 5.

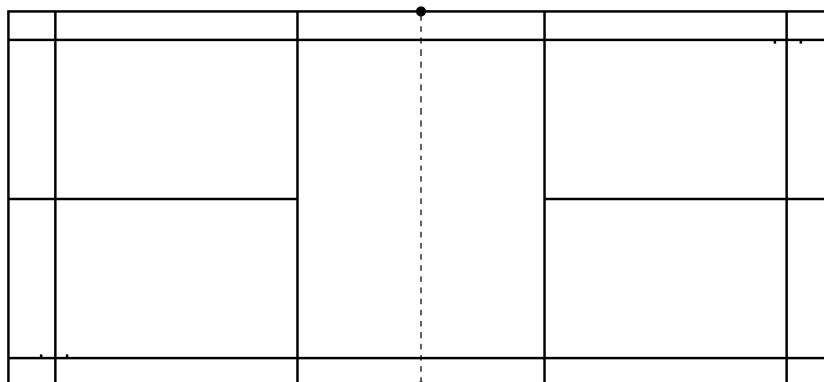
Challenge 2: State all the different ways in which you can score a point in badminton.

Challenge 4:

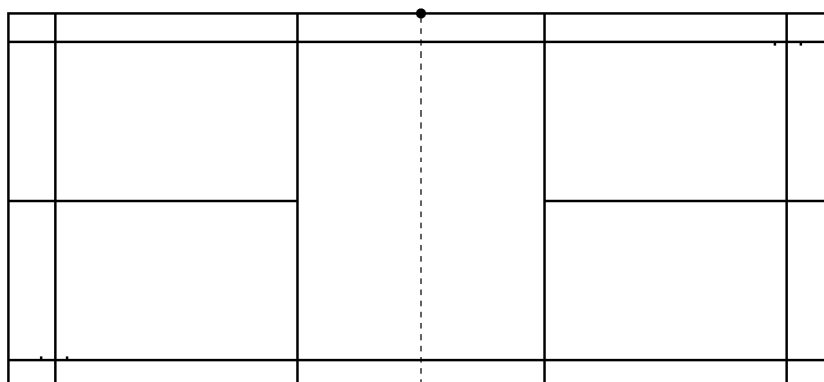
A: Label the court markings on the picture below
(Service line/side tramlines/back tramlines/net/centre line).

B: State the court dimensions

Challenge 3: On the diagram below, shade in the areas in which you can score in a game of singles and doubles. Remember, these are slightly different (Singles is the top half of the court, doubles is the bottom)



Doubles



Singles

Let's Practice Some Skills

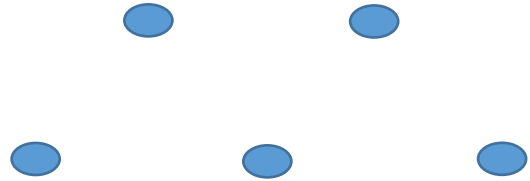
Challenge 1 – Wall rally

See how many times you can hit the shuttle against a wall without letting it hit the ground. If you don't have a racket or shuttle use your hand and a ball!

Challenge 2 – Agility

Place 5 items (plant pots/stones/footballs/toilet rolls!) 3 meters apart in any shape you chose. Get somebody to time you touching each item as quick as possible.

To make it harder, make the shape bigger and complete it more than once per go



Challenge 3

Identify these 4 badminton players. Use YouTube and Google to help you.



Challenge 4 – Skipping

To practice those quick feet, design a skipping circuit using the different kinds of skips (research if you need to) and carry it out. If you don't have a skipping rope create and complete your own agility course to improve our footwork!



Challenge 5 – Smile!

Get pictured completing any badminton challenge and tweet @monstaype



Teamwork

This term you have had a focus on improving the Montsaye' s value of Aspiration. You have done this by learning about developing Teamwork. Below is what is expected from a Year 9 student in relation to teamwork skills. Take time to reflect and give an example of how you have demonstrated each of these in your Badminton lessons.

Example of Teamwork	Example when you have demonstrated this in Rugby
Explain why it is important to show mutual respect in Rugby	
Give 2 examples of when you have demonstrated respect to a team mate, opposition player or referee during your rugby lessons.	
Explain why in a team game such as rugby, it is important for excellent teamwork to be demonstrated.	
Explain how verbal communication can improve teamwork and group success.	
Using an example, explain what would happen to a team's performance if communication was poor	
Explain how non-verbal communication can improve teamwork and group success.	
Using an example, explain what would happen to a team's performance if non-verbal communication was poor.	

You have learnt the following excellence skills in Badminton this term.

Complete the table below to demonstrate your knowledge

Skill	Describe the correct technique	Why is it important to be able to perform this skill well in a competitive situation
Long serve		
Overhead clear		
Drop shot		
Net shot		
Smash		



If you would like to take part in extra-curricular activities within the PE department - please see our timetable of activities below.

Extra Curricular PE - 2022

Wednesday lunchtime – Boys Dance Company

Afterschool clubs 3pm – 4pm.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>All year groups Netball club Mrs Hodges</p>	<p>Y10 – Y13 Basketball club Mr Wing Fortnightly</p>	<p>Y7, Y8 and Y9 Football club Mr Levett and Mr Jordan</p>	<p>Girls football club All years Miss Lauder</p>	<p>Y9 – 13 MDC Mrs George</p>
<p>Y7 and 8 + Sixth form Fitness suite Sports centre staff</p> 	<p>Y9 - Y13 Fitness suite Sports centre staff</p>	<p>Y7-9 Basketball Miss Lauder</p>	<p>Y7 – Y11 Coached gym Mr Siddons</p>	<p>Free swim session Pool time: 3pm – 3.35pm Year 7 and 8</p> 
<p>Y7 – 11 Musical rehearsals (dance) Mrs George</p> 	<p>Y10 – 13 Dance rehearsal Space Dance Studio Mrs George</p>	<p>Y7 – 11 Dance club Dance studio Mrs George</p>	<p>All years Dodgeball Club (Old gym) Mr Garner</p>	<p>Sixth Form Fitness Suite Sports Centre Staff</p> 
	<p>Learn to Swim Lessons Please speak to Mr Wing to sign up 2.50 – 3.40 Sports centre Staff</p>	<p>All Years Badminton club Mr Beet</p> 		

