



100% Sheet PE – Badminton

Exercise requirements	
Aerobic	<i>Using oxygen to produce energy during low-intensity, long duration exercise</i>
Anaerobic	<i>Exercise that is completed without the presence of oxygen</i>
Max. Heart Rate	<i>220 - age = Max HR bpm</i>

Preparation for activity	
Warm Up	<i>A simple exercise routine performed before a training session</i>
Cool Down	<i>Easy exercise done after more intense exercise to allow the body to recover to resting levels</i>
Static Stretching	<i>Holding stretches, either actively or passively, to increase the range of movement at a joint</i>
Dynamic Stretching	<i>A stretch that takes the body through the range of motion but is not held for any length of time</i>

To start the game you must serve diagonally into the opposite service box. The shuttle MUST last past the service line on the serve.

THE RULES
You can score a point if your opponent hits it out, misses or hits the net.

The winner is the first person to reach 21. If there is a draw you must win by 2 clear points. E.g. 23-21.

You can only hit the shuttlecock once and it must go straight over the net. Your shot must land within the court to win the point.

You cannot touch the net at any point in the game - with your racket nor with your body.

If you win a point you continue to serve until you lose a point. If your score is even you serve from the right-hand box, if your score is odd from the left.

Short serve	Strong leg forward. Racket in front of stomach. Shuttle pinched. Shuttle should land near the service line.
Long serve	Stand side on. Weakest leg forward. Shuttle pinched. Swing up and follow through. Shuttle should land before the back tramlines.
Flick serve	Set up the same as a short serve. Follow through powerfully with a flick. Shuttle should land before the back tramlines.
Overhead clear	Body side on. Nike tick stance. Racket high. Contact the shuttle at the highest point. Follow through. Shuttle should land in the back tramlines.
Underarm clear	Body side on. Racket low. Make contact with the shuttle low. Swing upwards and forwards. Follow through. Shuttle should land in the back tramlines.
Drop shot	Body side on. Racket high. Contact the shuttle at the highest point. Gently tap the shuttle. Racket angled downwards. Shuttle should land between the net and the service line.
Smash shot	Body side on. Racket high. Contact shuttle at head height. Come over the shuttle and hit the shuttle downwards with power. Follow through. Shuttle should have a downwards trajectory.

Badminton Language for Learning:	
Fault	Footwork
Clear	Smash
Baseline	Let
Racket	Decision
Service line	
Shuttlecock	
Outwitting opponents	