

# LKS2 PE knowledge organiser – Badminton



## Key vocabulary

<b>Accuracy</b>	When striking an object or hitting a target correctly and with precision.
<b>Hand-eye coordination</b>	The ability of the vision system to use the information received through the eyes to control, guide, and direct the hands.
<b>Overarm (overhead clear)</b>	Standing sideways on you hit the shuttle with an overhead whip action to the rear of the court.
<b>Underarm (low serve)</b>	The shuttle is hit underarm, low over the net with a push action into the service box.
<b>Rally</b>	Continuous hitting of the shuttle back and forth over the net until someone either misses it, hits it out of court or hits it into the net.

## Badminton grips

<b>Forehand (Grip)</b>	Using your dominant (favourite) hand to hold the racket like you are 'shaking hands' – hitting the shuttle on your dominant side.
<b>Backhand (Grip)</b>	Change the way you hold the racket slightly to have your thumb placed along the grip rather than around and hitting the shuttle on your non-dominant side.

The aim of the game – to hit the shuttle cock to the floor on the opponents side of the net.

## The court

