



Reepham High School and College PE Can Do Badminton Ladder



	AO1 Recall, select and communicate knowledge and understanding of Badminton.	AO2 Apply skills, knowledge and understanding in Badminton.	AO3 Analyse and evaluate performances and identify actions for improvement in Badminton.
	Isolated skills: <ul style="list-style-type: none"> • servicing (long & high, short & low, backhand, forehand, with disguise). • receiving a serve (good preparation, positioning on the court). • overhead shots (overhead clear, drop shot, smash). • underarm shots (lift, net-shot, hairpin drop-shot). • hitting into space (short shots, long shots, angles/use of the sides). 	Techniques and decision making under pressure during practices and competitive situations: <ul style="list-style-type: none"> • scoring (doubles, singles). • order of serve (double, singles). • attacking play (moving the opponent, forcing errors, using angles). • defensive play (clearing/lifting to gain time, blocking the smash). • demonstrating communication and influence on team performance (doubles). 	
9 8	Extensive knowledge and understanding of Badminton. Comprehensive understanding of the principles of safe exercise and its impact on health and performance.	Application of an extensive range of skills and techniques with great refinement, precision, control and fluency. Demonstration of a vast range of solutions to challenges and an excellent ability to make decisions.	Excellent ability to critically analyse and evaluate your own and others' performances. Excellent ability to identify priorities for improvement and plan progressive practices.
7+ 7-	Detailed knowledge and understanding of Badminton. Thorough understanding of the principles of safe exercise and its impact on health and performance.	Application of a wide range of skills and techniques with refinement, precision, control and fluency. Demonstration of a wide range of solutions to challenges and an ability to make successful decisions.	Detailed ability to critically analyse and evaluate your own and others' performances. Detailed ability to identify priorities for improvement and plan fairly progressive practices.
6 5	Good knowledge and understanding of Badminton. Good understanding of the principles of safe exercise and its impact on health and performance.	Application of a good variety of skills and techniques with refinement, precision, control and fluency. Demonstration of a good variety of solutions to challenges and a good ability to make decisions.	Good ability to critically analyse and evaluate your own and others' performances. Good ability to identify priorities for improvement and plan practices.
4+ 4-	Sound knowledge and understanding of Badminton. Sound understanding of the principles of safe exercise and its impact on health and performance.	Application of a sound range of skills and techniques with precision, Control and fluency. Demonstration of a sound range of solutions to challenges and an ability to make sound decisions.	Sound ability to analyse and evaluate your own and others' performances. Sound ability to identify priorities for improvement and plan practices.
3+ 3-	Some knowledge and understanding of Badminton. Some understanding of the principles of safe exercise and its impact on health and performance.	Application of some skills and techniques with some control. Demonstration of some solutions to challenges and an ability to make a few decisions but these are not always successful.	Some ability to analyse and evaluate your own and others' performances. Some ability to identify priorities for improvement and plan practices.

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2+ 2-	Can remember and communicate some knowledge and understanding of Badminton and of the principles of safe exercise and its impact on health and performance.	Application of a small range of skills. Demonstration of a small range of solutions to challenges and an ability to make decisions but these are not always successful.	Can provide a good assessment of your own and others' performances. Can identify some strengths and weaknesses and offer practices to help improve.	5
1+ 1	Can communicate only the important things about Badminton and of the principles of safe exercise and its impact on health and performance.	Application of a very small range of skills. Demonstration of a very small range of solutions to challenges and an ability to make decisions but these are mainly unsuccessful.	Can provide a basic assessment of your own and others' performances. Can identify some strengths and weaknesses and offer practices to help improve.	4
1 1-	Can communicate only the very basic things about Badminton and of the principles of safe exercise.	Demonstrate a very small amount of control and skills.	Can make limited comments about your own and others' performances. Can sometimes suggest some ways to improve performance.	3
H+ H H-	<ul style="list-style-type: none"> • I can warm-up fairly effectively for a PE lesson. • I understand how to very perform basic skills in Badminton. • I can spot if a basic skill is performed incorrectly and suggest one way to improve. • I understand basic tactics and I'm beginning to apply them. 			
I+ I I-	<ul style="list-style-type: none"> • I can travel in a variety of ways often alternating speed and direction with a Badminton racket in my hand. • I can use more than one sentence to describe the performance I have just seen. • I know how to stretch different parts of my body. • I understand very basic tactics but don't always apply them. 			
J+ J J-	<ul style="list-style-type: none"> • I can travel in a variety of ways often altering speed with a Badminton racket in my hand. • I use simple sentences to explain why I like or dislike a performance. • I can recognise one or two immediate signs of exercise. 			
K+ K K-	<ul style="list-style-type: none"> • I use simple sentences to explain why I liked a performance. • I can recognise one immediate sign of exercise. 			
L+ L L-	<ul style="list-style-type: none"> • I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it. • I am beginning to link simple skills together although this often goes wrong. • I can slowly get changed into my PE kit. 			
M+ M M-	<ul style="list-style-type: none"> • I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform. • I often need support. • With support I can get changed into my PE kit. 			