

St. John's Senior School



Subject: Physical Education (Mixed badminton)

Form: 1st & 2nd

Term: Autumn

WEEK	TOPIC
1	Grip, setting up and safety.
2	Short serve and home position.
3	Long serve and return.
4	Overhead clear.
5	Singles play and rules.
6	Drop shot.
7	Net shot.
8	Doubles introduction and rules
9	Doubles game play progression.
10	Smash shot.
11	Singles tactical play.
12	Doubles tactical play.
13	Doubles competition
14	INTER-HOUSE NETBALL/FOOTBALL COMPETITIONS

