

# CBTS Curriculum & PPP Records

		Consistency, Quantity							
Details		KS1	KS2	BF1	BF2	BA1	BA2	BE	
Q u a l i t y ,	Right grips forehand Backhand , changing	Pass	Pass	Pass	Pass	Pass	Pass	Pass	
	Shuttle holding methods	Pass	Pass	Pass	Pass	Pass	Pass	Pass	
	Connecting shuttles to back hand	7/10	9/10	10/10	10/10	10/10	10/10	10/10	
	Back hand basic service hit	7/10	9/10	10/10	10/10	10/10	10/10	10/10	
	Connecting shuttles to overhead hand feed.	7/10	8/10	10/10	10/10	10/10	10/10	10/10	
	Soft vertical forehand hits	15	25	50	70	90	120	150	
	Soft vertical back hand hits	15	25	50	70	90	120	150	
	Alternative f/B hand hits	15	25	50	70	90	120	150	
	Connecting shuttles to fore/back hand lift	10	8/10	10/10	10/10	10/10	10/10	10/10	
	Connecting shuttles to anywhere.		7/10	10/10	10/10	10/10	10/10	10/10	
	Basic Knowledge of Badminton sports in the world.		Pass	Pass	Pass	Pass	Pass	Pass	
	Back hand short service		5/10b	7/10b	9/10b	8/10a	9/10a	10/10a	
	Ability to continue a shuttle soccer rally		10	15	25	50	70	100	
	Ability to continue a rally of basic hit over the net			10	20	50	70	100	
	Basic rules of the game			Pass	Pass	Pass	Pass	Pass	
	Basic fitness level			Pass	Pass	Pass	Pass	Pass	
	Basic Injury and prevention knowledge.			Pass	Pass	Pass	Pass	Pass	
	S k i l l s	Basic Overhead shot Clear			7/10b	9/10b	7/10a	10/10	10/10
		Basic Overhead shot drop			7/10b	9/10b	7/10a	10/10	10/10
		Basic Overhead shot Smash				5/10b	7/10a	10/10	10/10
Advanced knowledge of international Badminton news					Pass	Pass	Pass	Pass	
Basic back hand overhead shots					Pass	Pass	Pass	Pass	
Basic knowledge of badminton development pathways					Pass	Pass	Pass	Pass	
Basic Singles High Service					7/10b	7/10a	10/10	10/10	
Basic drills					Pass	Pass	Pass	Pass	
Basic Footwork movement					Pass	Pass	Pass	Pass	
Basic food and nutrition, fitness principles					Pass	Pass	Pass	Pass	
k n o w l e d g e	Local tournaments				Pass	Pass	Pass	Pass	
	Grip tightening principles.					Pass	Pass	Pass	
	Advanced fitness level, speed, endurance , strength					Pass	Pass	Pass	
	Advanced overhead clear					8/10a	8/10a	10/10a	
	Advanced knowledge of badminton development pathways					Pass	Pass	Pass	
	Advanced backhand overhead shots					Pass	Pass	Pass	
	Advanced overhead drops					7/10a	8/10a	10/10a	
	Advanced overhead smash					7/10a	8/10a	10/10a	
	Regional tournaments					Pass	Pass	Pass	
	Advanced Injury and prevention knowledge.					Pass	Pass	Pass	
e d g e	Advanced Singles high service					7/10a	8/10a	10/10a	
	National tournaments					Pass	Pass	Pass	
	Advanced food and nutrition, fitness principles					Pass	Pass	Pass	
	Advanced back hand short services					8/10a	9/10a	10/10a	
	Advanced footwok, movement methods					Pass	Pass	Pass	
	Advanced drills					Pass	Pass	Pass	
	International tournaments								