

Collegedunia

NCERT Solutions

Step-by-step NCERT Solutions for Class 7 Physical Education, Khel Yatra, Reprint 2026-27

Chapter 3: Fundamental Skills of Sports - Badminton

This chapter develops basic badminton skills through forehand and backhand grips, footwork, serving, lifts, drives, clear, drop shot, match play, court marking and teacher assessment. These solutions explain the activity prompts in simple Class 7 language.

Also see for this chapter: [Revision Notes](#)

Complete Chapter

Q 3.1 Why is the forehand grip important

in badminton?

SOLUTION

Concept used. Forehand grip gives control for hitting the shuttlecock with the front side of the racket.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 1 and circle-time skill practice.

Step 1. The chapter explains that grip is the way a player holds the racket.

Step 2. In the forehand grip, the racket is held like a handshake.

Step 3. The index finger stays slightly higher and the racket remains perpendicular to the floor.

Step 4. A loose grip helps the wrist move freely while tapping or hitting the shuttlecock.

Step 5. This grip improves control, accuracy and confidence during forehand strokes.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The forehand grip is important because it helps a player control the racket, keep the shuttlecock in the air and hit forehand strokes with better balance and accuracy.

EXPERT'S SOLUTION : *Aditi Menon, M.P.Ed*
Physical Education, University of Kerala

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Forehand grip gives control for hitting the shuttlecock with the front side of the racket.

Step 1. The chapter explains that grip is the way a player holds the racket.

Step 2. In the forehand grip, the racket is held like a handshake.

Step 3. The index finger stays slightly higher and the racket remains perpendicular to the floor.

- Step 4.** A loose grip helps the wrist move freely while tapping or hitting the shuttlecock.
- Step 5.** This grip improves control, accuracy and confidence during forehand strokes.
- Step 6.** Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The forehand grip is important because it helps a player control the racket, keep the shuttlecock in the air and hit forehand strokes with better balance and accuracy.

Q 3.2 Compare the forehand grip and the backhand grip while hitting the shuttlecock.

SOLUTION

Concept used. Forehand and backhand grips use different thumb and finger positions for different sides of the body.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 2 and circle-time skill practice.

Step 1. In the forehand grip, the player uses a handshake-like hold.

Step 2. The index finger is slightly higher and the racket face works well for shots on the forehand side.

Step 3. In the backhand grip, the base of the thumb is placed against the back of the handle.

Step 4. The fingers wrap around the handle comfortably and the grip is not held too tightly.

Step 5. The backhand grip helps the player hit shuttlecocks on the opposite side with a quick thumb push.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The forehand grip is better for forehand-side strokes, while the backhand grip uses thumb support to control strokes on the backhand side.

EXPERT'S SOLUTION : *Rohan Sharma, M.P.Ed
Sports Coaching, LNIPE Gwalior*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it.

Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Forehand and backhand grips use different thumb and finger positions for different sides of the body.

Step 1. In the forehand grip, the player uses a handshake-like hold.

Step 2. The index finger is slightly higher and the racket face works well for shots on

the forehand side.

- Step 3.** In the backhand grip, the base of the thumb is placed against the back of the handle.
- Step 4.** The fingers wrap around the handle comfortably and the grip is not held too tightly.
- Step 5.** The backhand grip helps the player hit shuttlecocks on the opposite side with a quick thumb push.
- Step 6.** Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The forehand grip is better for forehand-side strokes, while the backhand grip uses thumb support to control strokes on the backhand side.

Q 3.3 How can practising footwork drills improve playing ability?

SOLUTION

Concept used. Footwork helps a player reach the shuttlecock quickly and stay balanced before hitting.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 3 and circle-time skill practice.

- Step 1.** The chapter teaches chassé steps, where one foot follows the other without catching up.
- Step 2.** These steps help a player move sideways, diagonally forward and backward.
- Step 3.** In the bucket drill, the player carries one shuttlecock at a time to different buckets.
- Step 4.** This improves reaction time, court movement and direction change.
- Step 5.** Good footwork also helps the player return to a balanced position after a shot.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: Practising footwork drills improves speed, reaction time, balance and court coverage, so the player can reach the shuttlecock and hit with better control.

EXPERT'S SOLUTION : *Meera Kulkarni, M.A.
Psychology, University of Mumbai*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Footwork helps a player reach the shuttlecock quickly and stay balanced before hitting.

Step 1. The chapter teaches chassé steps, where one foot follows the other without catching up.

- Step 2.** These steps help a player move sideways, diagonally forward and backward.
- Step 3.** In the bucket drill, the player carries one shuttlecock at a time to different buckets.
- Step 4.** This improves reaction time, court movement and direction change.
- Step 5.** Good footwork also helps the player return to a balanced position after a shot.
- Step 6.** Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: Practising footwork drills improves speed, reaction time, balance and court coverage, so the player can reach the shuttlecock and hit with better control.

What service rules should a student remember for a backhand low serve?

SOLUTION

Concept used. A backhand low serve should travel from one service court to the diagonally opposite service court and pass close to the net.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 4 and circle-time skill practice.

Step 1. The player applies the backhand grip before serving.

Step 2. The shuttlecock is held at waist level using the non-racket hand.

Step 3. The racket is placed in front of the body and pushed gently forward.

Step 4. The serve should pass close to the top of the net.

Step 5. It should land in the front part of the diagonally opposite service area.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: For a backhand low serve, the shuttlecock must be served diagonally, pass close to the net and land in the correct service area with control.

EXPERT'S SOLUTION : *Kabir Verma, M.P.Ed*
Physical Education, University of Delhi

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A backhand low serve should travel from one service court to the diagonally opposite service court and pass close to the net.

Step 1. The player applies the backhand grip before serving.

Step 2. The shuttlecock is held at waist level using the non-racket hand.

Step 3. The racket is placed in front of the body and pushed gently forward.

Step 4. The serve should pass close to the top

of the net.

Step 5. It should land in the front part of the diagonally opposite service area.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: For a backhand low serve, the shuttlecock must be served diagonally, pass close to the net and land in the correct service area with control.

Q 3.5 How should a player perform a

backhand lift?

SOLUTION

Concept used. A backhand lift sends a low shuttlecock high towards the back of the opposite court.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 5 and circle-time skill practice.

Step 1. The player uses a backhand grip and stands sideways.

Step 2. The racket foot is kept slightly forward for balance.

Step 3. The racket swings upward with a smooth motion.

Step 4. The wrist controls the lift as the shuttlecock is contacted below the tape of the net.

Step 5. The shot is lifted high towards the back of the court and followed through gently.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: A player performs a backhand lift by using a backhand grip, contacting the shuttlecock low, swinging upward and sending it high to the back court.

EXPERT'S SOLUTION : *Sana Ali, M.P.Ed Health Education, Aligarh Muslim University*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A backhand lift sends a low shuttlecock high towards the back of the opposite court.

Step 1. The player uses a backhand grip and stands sideways.

Step 2. The racket foot is kept slightly forward for balance.

Step 3. The racket swings upward with a smooth motion.

Step 4. The wrist controls the lift as the

shuttlecock is contacted below the tape of the net.

Step 5. The shot is lifted high towards the back of the court and followed through gently.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: A player performs a backhand lift by using a backhand grip, contacting the shuttlecock low, swinging upward and sending it high to the back court.

Q 3.6 How is the forehand lift different from the backhand lift?

SOLUTION

Concept used. Both lifts send the shuttlecock high and far, but they use different grips and body positions.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 6 and circle-time skill practice.

Step 1. The forehand lift uses a forehand grip.

Step 2. The body is positioned diagonally with the racket foot slightly forward.

Step 3. The wrist and forearm help lift the shuttlecock from a low position.

Step 4. The backhand lift uses the backhand grip and is played from the backhand side.

Step 5. In both strokes, the player follows through and keeps balance after contact.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The forehand lift uses a forehand grip and forearm action, while the backhand lift uses a backhand grip and wrist control from the backhand side.

EXPERT'S SOLUTION : *Dev Patel, M.P.Ed School Sports, Banaras Hindu University*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it.

Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Both lifts send the shuttlecock high and far, but they use different grips and body positions.

Step 1. The forehand lift uses a forehand grip.

Step 2. The body is positioned diagonally with the racket foot slightly forward.

Step 3. The wrist and forearm help lift the shuttlecock from a low position.

Step 4. The backhand lift uses the backhand grip and is played from the backhand

side.

Step 5. In both strokes, the player follows through and keeps balance after contact.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The forehand lift uses a forehand grip and forearm action, while the backhand lift uses a backhand grip and wrist control from the backhand side.

Q 3.7 Why should a forehand high serve be hit high and deep?

SOLUTION

Concept used. A forehand high serve pushes the opponent towards the back of the court.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 7 and circle-time skill practice.

Step 1. The player stands with the non-racket foot forward and uses a forehand grip.

Step 2. The shuttlecock is held by the feathers.

Step 3. The racket swings smoothly upward in a controlled motion.

Step 4. The shuttlecock is hit below waist level.

Step 5. A high and deep flight gives the server time and makes the opponent move backward.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: A forehand high serve should go high and deep so that it clears the opponent's racket, reaches the back court and gives the server time to get ready.

EXPERT'S SOLUTION : *Nisha Rao, B.P.Ed*
Badminton Coaching, University of Mysore

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A forehand high serve pushes the opponent towards the back of the court.

Step 1. The player stands with the non-racket foot forward and uses a forehand grip.

Step 2. The shuttlecock is held by the feathers.

Step 3. The racket swings smoothly upward in a controlled motion.

Step 4. The shuttlecock is hit below waist level.

Step 5. A high and deep flight gives the server time and makes the opponent move backward.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: A forehand high serve should go high and deep so that it clears the opponent's racket, reaches the back court and gives the server time to get ready.

[Download the Full Revision Notes PDF →](#)

Q 3.8 How can a player decide where to place a forehand low serve?

SOLUTION

Concept used. Placement depends on the opponent's position, movement and readiness.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 8 and circle-time skill practice.

- Step 1.** The player stands sideways in the service box with a forehand grip.
- Step 2.** The weight is transferred forward while the shuttlecock is dropped slightly.
- Step 3.** The racket pushes through the shuttlecock with control.
- Step 4.** If the opponent is standing deep, a short low serve can make them move forward.
- Step 5.** If the opponent is leaning to one side, the serve can be placed away from that side.

 Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: A player should place a forehand low serve by watching the opponent's position and serving accurately into a weak or empty space near the front service area.

EXPERT'S SOLUTION : *Arjun Sethi, M.P.Ed Sports Biomechanics, Punjabi University*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Placement depends on the opponent's position, movement and readiness.

Step 1. The player stands sideways in the service box with a forehand grip.

Step 2. The weight is transferred forward while the shuttlecock is dropped slightly.

Step 3. The racket pushes through the shuttlecock with control.

Step 4. If the opponent is standing deep, a

short low serve can make them move forward.

Step 5. If the opponent is leaning to one side, the serve can be placed away from that side.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: A player should place a forehand low serve by watching the opponent's position and serving accurately into a weak or empty space near the front service area.

Q 3.9 Why is the forehand drive called an offensive flat shot?

SOLUTION

Concept used. A forehand drive travels fast and flat over the net to reduce the opponent's reaction time.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 9 and circle-time skill practice.

- Step 1.** The player readies the racket with a forehand grip.
- Step 2.** The shuttlecock is contacted in front of the body.
- Step 3.** The elbow extends and the wrist stays relaxed.
- Step 4.** The shot goes flat and straight towards the opponent's court.
- Step 5.** Because it is quick, it can put pressure on the opponent during a rally.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The forehand drive is offensive because it is a fast, flat shot that pressures the opponent and gives them less time to react.

EXPERT'S SOLUTION : *Farah Khan, M.Sc Sports Science, Jamia Millia Islamia*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A forehand drive travels fast and flat over the net to reduce the opponent's reaction time.

- Step 1.** The player readies the racket with a forehand grip.
- Step 2.** The shuttlecock is contacted in front of the body.
- Step 3.** The elbow extends and the wrist stays relaxed.
- Step 4.** The shot goes flat and straight towards the opponent's court.

Step 5. Because it is quick, it can put pressure on the opponent during a rally.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The forehand drive is offensive because it is a fast, flat shot that pressures the opponent and gives them less time to react.

Q 3.10 What should a player remember while using the backhand drive?

SOLUTION

Concept used. The backhand drive needs a backhand grip, contact in front of the body and a quick return to ready position.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 10 and circle-time skill practice.

- Step 1.** The player turns the non-racket shoulder towards the shuttlecock.
- Step 2.** The racket comes back near the non-racket shoulder.
- Step 3.** The player swings forward with a wrist snap.
- Step 4.** The shuttlecock is contacted in front or to the side at the highest possible point.
- Step 5.** After contact, the player follows through slightly and turns back to the net.

 Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: While using the backhand drive, the player should keep the backhand grip, hit the shuttlecock in front with a wrist snap and return quickly to the ready position.

EXPERT'S SOLUTION : Vivek Nair, B.P.Ed Physical Education, Calicut University

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. The backhand drive needs a backhand grip, contact in front of the body and a quick return to ready position.

Step 1. The player turns the non-racket shoulder towards the shuttlecock.

Step 2. The racket comes back near the non-racket shoulder.

Step 3. The player swings forward with a wrist snap.

Step 4. The shuttlecock is contacted in front

or to the side at the highest possible point.

Step 5. After contact, the player follows through slightly and turns back to the net.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: While using the backhand drive, the player should keep the backhand grip, hit the shuttlecock in front with a wrist snap and return quickly to the ready position.

Q 3.11 How does a forehand clear help during a rally?

SOLUTION

Concept used. A forehand clear sends the shuttlecock to the rear end of the opponent's court.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 11 and circle-time skill practice.

- Step 1.** The player stands sideways with the non-racket shoulder facing the net.
- Step 2.** The rear foot takes body weight and the non-racket hand helps timing.
- Step 3.** The player contacts the shuttlecock high and in front.
- Step 4.** A strong throwing action sends the shuttlecock deep.
- Step 5.** This shot can give recovery time or push the opponent away from the net.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: A forehand clear helps by sending the shuttlecock deep to the back court, giving the player time to recover and making the opponent move backward.

EXPERT'S SOLUTION : Pooja Iyer, M.P.Ed
Coaching Methods, Bharathiar University

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A forehand clear sends the shuttlecock to the rear end of the opponent's court.

Step 1. The player stands sideways with the non-racket shoulder facing the net.

Step 2. The rear foot takes body weight and the non-racket hand helps timing.

Step 3. The player contacts the shuttlecock high and in front.

Step 4. A strong throwing action sends the

shuttlecock deep.

Step 5. This shot can give recovery time or push the opponent away from the net.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: A forehand clear helps by sending the shuttlecock deep to the back court, giving the player time to recover and making the opponent move backward.

Why is the forehand drop a tricky shot?

SOLUTION

Concept used. A forehand drop looks like a stronger overhead action but lands gently near the net.

Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 12 and circle-time skill practice.

Step 1. The player uses a forehand grip and sideways stance.

Step 2. The racket action begins like an overhead stroke.

Step 3. At contact, the player reduces force and controls the shuttlecock gently.

Step 4. The shuttlecock should land between the net and the short service line.

Step 5. This brings the opponent forward and can open space at the back court.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The forehand drop is tricky because it uses a similar preparation to a stronger shot but reduces force so the shuttlecock falls close to the net.

EXPERT'S SOLUTION : *Karan Malhotra, M.A. Sports Psychology, University of Delhi*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. A forehand drop looks like a stronger overhead action but lands gently near the net.

Step 1. The player uses a forehand grip and sideways stance.

Step 2. The racket action begins like an overhead stroke.

Step 3. At contact, the player reduces force and controls the shuttlecock gently.

Step 4. The shuttlecock should land between

the net and the short service line.

Step 5. This brings the opponent forward and can open space at the back court.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The forehand drop is tricky because it uses a similar preparation to a stronger shot but reduces force so the shuttlecock falls close to the net.

What does the five-point badminton match teach students?

SOLUTION

Concept used. The short match teaches rally scoring, serving changes, focus and enjoyment.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 13 and circle-time skill practice.

Step 1. The game is won by the first player who scores five points.

Step 2. The player who wins a rally earns one point.

Step 3. If the server wins the rally, the same player continues with a lead.

Step 4. If the opponent wins the next rally, the opponent receives the serve and the score changes.

Step 5. Students also identify rallies, shots and movements they enjoyed and learn to regain focus when trailing.

 Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The five-point match teaches students to understand rally scoring, serve changes, focus, enjoyment and recovery during play.

EXPERT'S SOLUTION : *Ira Banerjee, M.P.Ed Skill Acquisition, University of Calcutta*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. The short match teaches rally scoring, serving changes, focus and enjoyment.

Step 1. The game is won by the first player who scores five points.

Step 2. The player who wins a rally earns one point.

Step 3. If the server wins the rally, the same player continues with a lead.

Step 4. If the opponent wins the next rally, the opponent receives the serve and the score changes.

Step 5. Students also identify rallies, shots and movements they enjoyed and learn to regain focus when trailing.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The five-point match teaches students to understand rally scoring, serve changes, focus, enjoyment and recovery during play.

How should students complete the badminton court task?

SOLUTION

Concept used. Students should join the dots, label court dimensions and discuss basic badminton rules.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 13 and circle-time skill practice.

Step 1. First, join the dots neatly to mark the badminton court outline.

Step 2. Then find the singles and doubles court dimensions from a reliable rule source or teacher guidance.

Step 3. Label the boundary lines, service courts and net position.

Step 4. Write the basic rules, such as service direction, rally scoring and shuttle-in or shuttle-out decisions.

Step 5. Finally, discuss the labelled court and rules with peers to correct mistakes.

 Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: Students should draw the court accurately, label singles and doubles dimensions, mark service areas and discuss basic rules with peers.

EXPERT'S SOLUTION : *Manav Singh, B.P.Ed*
School Games, Kurukshetra University

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. Students should join the dots, label court dimensions and discuss basic badminton rules.

Step 1. First, join the dots neatly to mark the badminton court outline.

Step 2. Then find the singles and doubles court dimensions from a reliable rule source or teacher guidance.

Step 3. Label the boundary lines, service courts and net position.

Step 4. Write the basic rules, such as service

direction, rally scoring and shuttle-in or shuttle-out decisions.

Step 5. Finally, discuss the labelled court and rules with peers to correct mistakes.

Step 6. Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: Students should draw the court accurately, label singles and doubles dimensions, mark service areas and discuss basic rules with peers.

Q 3.15 How can the teacher-assessment table help a learner improve badminton skills?

SOLUTION

Concept used. The assessment table shows levels for serve, lift, drive and emotional understanding.

 Source anchor

NCERT Class 7 Khel Yatra Unit 3, FSA 13 and circle-time skill practice.

- Step 1.** A learner can identify the present level from 1 to 5 in each skill.
- Step 2.** For serving, the table moves from basic control to accurate and strategic serving.
- Step 3.** For lifts, it moves from learning control to accurate backcourt placement.
- Step 4.** For drives, it moves from improving timing to strong and accurate pressure shots.
- Step 5.** The learner can use the table to plan one specific practice goal for the next class.

Answer cue

Name the skill first, then connect it with control, balance, accuracy or safe play.

Final Answer: The teacher-assessment table helps learners know their current level, set a clear target and practise serve, lift, drive and self-control more purposefully.

EXPERT'S SOLUTION : *Leela Thomas, M.P.Ed
Health and Fitness, MG University*

Teaching angle. For a Class 7 answer, the strongest response connects the visible movement with the reason behind it. Badminton technique is not only about hitting hard. It is about choosing the correct grip, reaching the shuttlecock early, making controlled contact and returning to a balanced ready position.

Concept check. The assessment table shows levels for serve, lift, drive and emotional understanding.

Step 1. A learner can identify the present level from 1 to 5 in each skill.

- Step 2.** For serving, the table moves from basic control to accurate and strategic serving.
- Step 3.** For lifts, it moves from learning control to accurate backcourt placement.
- Step 4.** For drives, it moves from improving timing to strong and accurate pressure shots.
- Step 5.** The learner can use the table to plan one specific practice goal for the next class.
- Step 6.** Finally, restate the answer in simple words so the skill, purpose and result stay connected.

A good answer should also mention safe practice. Players should keep enough space, avoid swinging the racket near others and listen to the teacher's correction during drills.

Final Answer: The teacher-assessment table helps learners know their current level, set a clear target and practise serve, lift, drive and self-control more purposefully.

Related Collegedunia Resources

Same chapter, other resources:

- [Revision Notes](#)
- [NCERT Book PDF](#)
- [Handwritten Notes](#)

Continue learning:

- [Ch 2: Physical and Motor Fitness](#)
- [Ch 4: Fundamental Skills of Sports - Football](#)
- [Class 7 Physical Education \(Khel Yatra\) - All Chapters](#)