



# Tennis and Badminton: Two Brilliant Racket Sports

**KS2 PE** Ages 9-12 ⌚ 3 min read

## What Are Tennis and Badminton?

**Tennis** and **badminton** are both popular **racket sports** where players hit a projectile across a net. Both are fantastic for fitness, hand-eye coordination, and having fun. However, they're more different than you might think!

## The Court Size

A **tennis court** is much larger than a **badminton court**. A tennis court measures **78 feet long** and **36 feet wide** (or **27 feet wide** for singles). A badminton court is only **44 feet long** and **17 feet wide** for singles play. This means tennis requires more running and covers a bigger area.

Think of it like this: a tennis court is like a large school playing field, while a badminton court is more like a classroom—much tighter and more compact.

## The Equipment

The **rackets** are different too. **Tennis rackets** are heavier and have thicker strings, perfect for hitting a heavy **tennis ball** hard and fast. **Badminton rackets** are much lighter and more delicate, designed for hitting a feathery object called a **shuttlecock** (or birdie). A tennis ball is bouncy and solid, weighing about **2 ounces**. A shuttlecock weighs just **0.2 ounces**—incredibly light!

## How They're Played

In **tennis**, the game starts with a **serve**, and players can hit the ball multiple times during a rally. Points are scored when your opponent can't hit the ball back, and games go up to **4 points** (called love, 15, 30, 40). In **badminton**, every rally results in a point for someone (whether they served or not), and games are won at **21 points**. Badminton rallies are often shorter and faster-paced.

Think of it like this: tennis scoring is like climbing a ladder with irregular steps (0, 15, 30, 40), while badminton scoring is straightforward—count up to 21, just like counting normally.

## The Speed and Power

Tennis is generally a more **powerful** sport. Players can hit the ball at incredible speeds—professional players hit serves over **120 mph**! Badminton is more about **speed and accuracy**. The shuttlecock travels incredibly fast (sometimes over **200 mph** in professional play), but players don't use as much muscle power because the equipment is lighter.

## Which Should You Try?

Both sports are excellent exercise. Tennis is great if you love running and powerful shots. Badminton is perfect if you prefer quick reflexes and precise, tactical play. Many schools teach both—why not try them both and see which you prefer?