

PE
SRPING 2
KNOWLEDGE
ORGANISERS



Year 5 Gymnastics Knowledge Organiser



KEY SKILLS

TRAVEL

Running Jogging Skipping

Jumping Hopping Walking

Monkey walk



Caterpillar walk



Bunny hop



Crab walking



Scorpion walk



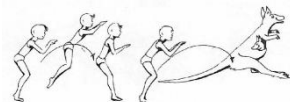
Elephant



Bear walk



kangaroo walk



Symmetric



Mirror image

Asymmetric



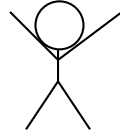
Both sides different

SHAPES

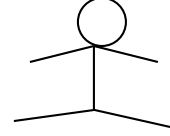
Tuck



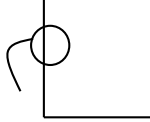
Star



Straddle



Pike



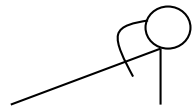
Dish



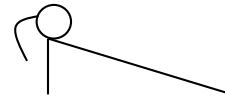
Arch



Front support



Back support



ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

BALANCE

5 seconds of stillness
V-sit/shoulder stand/Arabesque
Y Balance/knee

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

CREATING A ROUTINE

Super Start



Skills



Link with travel



Fantastic Finish

flow/body tension/control

KEY WORDS

Travel
Asymmetric
Symmetric
Shape
Roll
Jump
Speed
Level
Pathways
Sequence

Year 5 Core Skills Knowledge Organiser



KEY SKILLS

Shoulder Pass



- * Ball high
- * Step with opposite foot
- * Keep ball high to high as rotate hip forward
- * Follow through

For height and long distance

Chest Pass



- * Hold ball with a 'W'
- * Elbows in
- * Step into pass & push ball at same time, follow through
- * Keep moving forward

For speed and short distance

Bounce Pass



- * Ball chest height
- * Both hands behind ball in 'W'
- * Fingers point to floor
- * Step & push ball down
- * Flick wrists & Follow through

For low height and short distance

Hitting ball



- * Small taps
- * Eye on ball
- * Knees bent for balance

High Catch



- * Fingers up towards ball
- * Bring elbows down.



Low catch

- * Fingers to ground,
- * Elbows slightly bent,
- * bring up as catch



Chest catch

- * Reach hands out to ball
- * Watch ball into hands
- * Bring arms backwards as you step backwards

Kicking ball



- * Non-kicking foot alongside the ball.
- * Contact ball with inside of foot.
- * Arms out for balance
- * Follow through

Dodging



- * Step one way with shoulders
- * Transfer weight to other foot
- * Push off with first foot

KEY WORDS

fair play throw catch
receive control communicate
hand-eye co-ordination

KS2 Table Tennis Knowledge Organiser



KEY SKILLS

Ready Position

The ready position is a key starting point when fielding. It provides you with the best opportunity to catch and/or stop the ball and allows you to move into position quickly. This is done by being on your toes with your body **weight slightly towards** where the ball is coming from with hands ready.



Forehand Drive

Hip to lip (start and finish points for the bat)

Finish with your **index finger pointing towards the target** (like a gun)

1. READY POSITION

- Crouched with left foot slightly forward
- Close to the table

2. BACKSWING

- Hip rotation draws the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body untwists from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position



Backhand Push

Making an **L shape** with your elbow on the backswing and push your arm forwards to an **I** on the swing

Finish with your **index finger pointing towards the target**

1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach with an open angle

3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball underneath and early off the bounce

4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

KEY WORDS

Word	Definition
Serve	To strike the ball it must hit your own side of the table before your opponent's side
Grip	Hold the handle of the bat like you are going to shake its hand .
Table	Playing area divided by a net
Bat / Paddle	Equipment used for hitting the ball one side is red the other black
 Bat /paddle	 Grip
	 Table
Spin	Making the ball turn in different ways depending on how it is hit
Rally	Continuous shots over the net between 2 or more players
Footwork	Moving your feet early to get in line with the ball



KS2 Rugby Knowledge Organiser



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" – then pass back the tag to the player you took it from.



If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.



Passing

2 hands around the ball to grip it correctly.

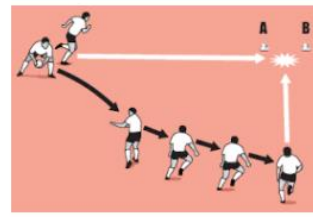
Gripping the ball



To pass:

- Keep the arms and knees bent.
- Push/Pull the ball **across your body from the waist.**

- Keep hands either side of the ball.
 - Swing arms and ball across your body.
 - **Point arms towards target** even after pass.
- Ball must go **sideways / backwards** from the passer.



Receive the ball with Target / W hands

Key Vocabulary

Passing – passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.

Offside – Attacking players must remain behind the ball when it is active.

Scoring – A try is scored when the ball is placed over the try line with both hands pushing the ball down.

Tag – To remove a tag of the opposition player who has the ball

Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -



KS2 Handball Knowledge Organiser



Prior Learning: In Year 4 children recapped techniques including controlling and moving with the ball in various ways, catching and using a range of passing techniques including the chest and bounce pass. Children also recapped shooting while on the move. Children continued to play small sided games and were encouraged to embrace the rules, fair play and be gracious in victory and defeat.

Physical Me

Throw

Agility Power

Catch

Balance

Dodge

Co-ordination

Run

Jump

Social Me

- Teamwork
- Encouraging others

Dribble

Speed

Key Skills

Value Me

- Fair Play
- Determination

Thinking Me

- To make decisions in the game
- How can I improve

Our Handball Rules:

Number of players: 5v5

You have 5 seconds to hold the ball: then you must pass or shoot

Courts: Only allowed goal keeper inside the semi circle

Start of play: Game is started by a 'throw off'

Scoring a goal: A goal is scored by throwing the ball into the oppositions net

After a goal is scored play is restarted by the GK

If the goal keeper saves a ball, play is restarted by the GK

Players are allowed to take 3 steps with the ball.

Travelling - taking more than 3 steps. Free-throw given to the other team.

Dribbling - No double dribble

No Contact - can intercept or block

Key Vocabulary

Foot faults

Receiver

Overhead throw

Dribble

Techniques

Focus

Passive defender

Opposing

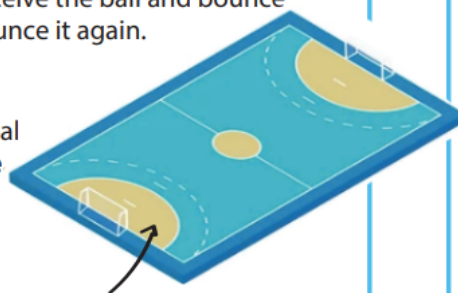
Double Dribble

Key Knowledge

Dribbling- You can dribble the ball. However if you catch it you must pass or shoot

Double dribble- Handball players cannot receive the ball and bounce it, then hold the ball, and bounce it again.

Foot fault- When a player (other than the goal keeper) stands in the **semi circle**
- A free throw is awarded to the other team



Semi- circle

KS2 Football Knowledge Organiser



KEY SKILLS

- Technical Skills**
- Passing Dribbling
 - Receiving Shooting
 - Turning Pressing
- Principles of play**
- Create space Support
 - Movement Creativity
 - Delay Press

KEY WORDS

- Technique**
- Ball control, Dribbling skills, Passing accuracy, Body control.
- Game intelligence**
- Spatial awareness, Tactical knowledge, Risk assessment.
- Physical fitness**
- Endurance, Balance and coordination, Speed, Strength and power.

KEY RULES

Our 5 football rules

- ✓ The opposition must not enter the centre circle until after the kick-off.
- ✓ Except for throw-ins, only the goalie can use their hands.
- ✓ Never lose your temper - play with skill and not aggression.
- ✓ Always play fairly.
- ✓ Enjoy the game whether you win or lose and congratulate the opposition at the end of the game.

GAME PLAY

1. Respect the referees decisions.
2. Know where to stand at start of game.
3. Respect all players

TEAMWORK

Work together in small teams to build up enjoyment and confidence.

Play in different positions to.

Positive/ supportive attitude towards others on court.

PLAYING POSITIONS



Year 6 Gymnastics Knowledge Organiser

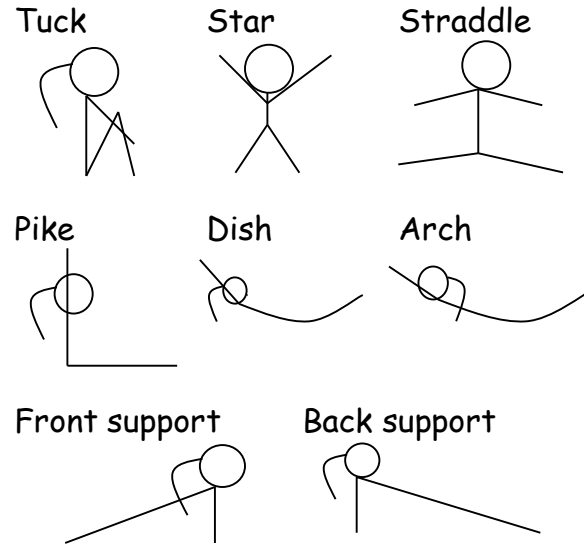


KEY SKILLS

TRAVEL

Running	Jogging
Skipping	Jumping
Hopping	Walking
Monkey walk	Caterpillar walk
Bunny hop	Crab walking
Scorpion walk	Elephant
Bear walk	kangaroo walk

SHAPES



ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

BALANCE

5 seconds of stillness
V-sit/shoulder stand/Arabesque
Y Balance/knee

EVALUATION



Advanced Skills

Headstand



Handstand



Bridge



Shoulder stand



Cartwheel



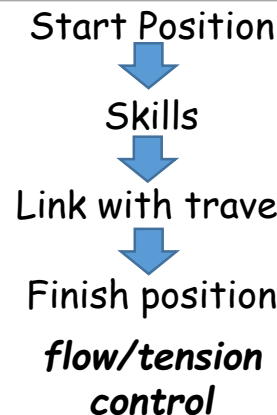
LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

CREATING A ROUTINE



KEY WORDS

Travel	Sequence
Mirror	Match
Asymmetric	Symmetric
Shape	Roll
Jump	Landing (knees bent)
Speed	Balance
Level	Pathways



KS2 Young Leaders Knowledge Organiser



KEY WORDS

- Communication
- Co-operation
- Responsibility
- Enjoyment
- Safety
- Organisation

S.T.E.P.

S for **SAFE SPACE**
Where on your playground is the activity going to take place?

P for **PEOPLE**
How many children are going to play?



T for **TASK**
What activity are you going to lead?

E for **EQUIPMENT**
What equipment will you need for your activity?

The Bean Game

JUMPING BEAN	Jump around the room
Runner Bean	Run around the room (looking out for other people).
BROAD BEAN	Stretch your arms and legs out as wide as you can.
BAKED BEAN	Stand with legs and arms wide like a star, and look up to the sky as though you are sunbathing.
JELLY BEAN	Wobble like a jelly
CHILLI BEAN	Shiver and shake
FROZEN BEAN	Children have to stand very still.
MEXICAN BEAN	Wave your arm around your head and shout 'Ariba Ariba!'
FRENCH BEAN	Put hand in air and flap it saying 'Ooh La la'.

Aboard Ship

Main Deck	Run back and form the original line in front of the leader
Man the Lifeboats	call out a number (e.g. 6) and the children have to get into groups of six and "row" their lifeboat.
Scrub the Decks	Children crouch down and pretend to clean floor
Climb the Rigging	Children pretend to climb a rope ladder.
Captain's Coming	Children salute and shout out "Aye Aye Captain"
Shark Attack	Crouch with bent arm forming fin of shark
Hit the Deck	Children lie down on their stomachs



KS2 Yoga Knowledge Organiser



What is yoga?

Yoga is an ancient form of exercise which focuses on connecting the mind, body and breath. Physically, it involves healthy stretches, building core strength, flexibility and balance. However, it is also a spiritual and mindful practice.

BREATHING

Belly breathing



Wood chopper



WARRIOR

Warrior 1



Helpful Tips

- ✓ Keep your front knee over your ankle.
- ✓ Keep your eyes looking forward.
- ✓ Soften your shoulders down away from your ears.
- ✓ Have a wider stance to help with balance.

Warrior 2



Helpful Tips

- ✓ Keep your front knee working towards your little toe (rather than rolling towards your big toe).
- ✓ Keep your back tall and long – arms out but shoulders relaxed.

Shoulder stand



Helpful Tips

- ✓ Try to keep your legs straight and your bottom in line with your torso.
- ✓ Keep pressing the balls of your feet up towards the ceiling.
- ✓ If full shoulder stand is to tricky, keep your knees bent.
- ✓ BE CAREFUL WHEN YOU COME OUT. LOWER YOUR BACK SLOWLY TO THE FLOOR.

Key Poses

Mountain pose



- Promotes calm mind.

Chair pose



Cobra



Key Poses

Child's Pose



Rag Doll



Cat/Cow



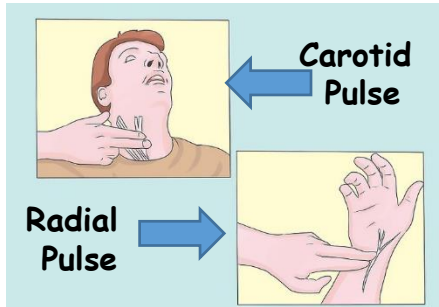
Downward Dog



KS2 Fitness Knowledge Organiser



Heart Rate



Max Heart rate = $220 - \text{your age}$

$220 - 9 = 211$ beats per minute (bpm)

Aim to raise your heart rate to **154 beats per minute** (bpm)

Components of Health & Fitness

Year 5 -

- 1) **Flexibility** - The amount or range of movement that you can have around a joint (**Gymnastics- bridge/dance - twisting through levels/reaching for a pass/interception**)
- 2) **Speed** - The ability of the body to move quickly (**Sprint/ outrun opponent/ run-up in long jump/ moving to net for drop shot**)
- 3) **Balance** - an even distribution of weight enabling someone to remain upright and steady - (**Gymnastics - 1 point balance, reaching to receive a shot in tennis**)

Year 6 -

- 4) **Cardiovascular endurance or stamina** - The ability of the cardiovascular system (heart & blood vessels) to work for a long period of time without becoming over tired (**long distance running/cycling/swimming/playing for a full game of basketball etc**)
- 5) **Strength** - to be physically strong (**Dance/gymnastics/sit-up/press-up/Holding off an opponent**)
- 6) **Agility** - The ability to change the position of the body quickly and control the movement (**Dodging in basketball/netball/ moving around a defender tackling in football/ changing direction to meet n opponents shot in tennis**)

Key Muscles

Biceps

Upper arm at front



Tricep

Upper arm at back



Quadriceps

Top of legs at front



Hamstrings

Top of legs at back



Abdominals

Stomach muscles



KS2 Basketball Knowledge Organiser



KEY SKILLS

Dribbling

Dribbling is done with **one hand** at a time and can be either hand. A lot of the time this will be your dominant hand however there will be situations where you need to use the other. For example, dribbling around an opponent or protecting the ball, you will want to **keep the ball on the outside of the defender**. Try and look up when dribbling and not down at the ball.



Passing

Passing in basketball uses a lot of the same skills as netball. **Chest, bounce and overhead** are the three main types of passes used in a game. Passing allows the ball to be moved around the court quickly and accurately. By doing this it can set up easy 2 point scoring opportunities for your team.

Shooting

Possibly the **most important skill to master**, in order to score points you need to shoot the basketball through the hoop. Shooting can be done from anywhere on the court, 2 points for inside the 3 point line and 3 points for outside. Free-throws vary in points.



Double Dribble

In basketball, an illegal or double dribble occurs when a **player ends their dribble by catching or causing the ball to come to rest in one or both hands and then dribbles it again with one hand or when a player touches it twice before the ball hits the ground**. The dribble also ends when the dribbler palms/carries the ball by allowing it to come to rest in one or both hands. This is a palming/ carrying the ball violation if the player continues with another dribble.

KEY WORDS

Word	Definition
Shoot	Throwing the ball towards the hoop with the intention to score
Dribble	Moving with the ball, while at the same time bouncing the ball
Pass	Sending the ball towards another team mate
Rebound	When an attempted shot is unsuccessful, gaining possession from the missed shot off the backboard or hoop
Free-throw	A non-opposed shot from the free-throw line
Double Dribble	An illegal dribble, common for young players
Travel	An illegal move which occurs when a player takes more than 2 steps without bouncing the ball when in possession of the ball
Backboard/Hoop	What you are aiming for when shooting.
Court	The playing area for basketball

Basketball Court Diagram
Dimensions in accordance with NCAA standards

SportsAspire.com

Year 7 Gymnastics Knowledge Organiser



KEY SKILLS

MOVEMENT

Rotation	Turning	Twisting
Wheeling	Rolling	Spinning
Circling	Swinging	Jumping
Flight	Lifting	Traveling
Lowering	Balancing	

Advanced Skills

Headstand	Handstand
Bridge	Shoulder stand
Cartwheel	Walkover

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

BALANCE

V-sit/shoulder stand/Arabesque
Y Balance/knee

BODY SHAPE

Tuck	Star	Straddle
Pike	Dish	Arch
Front support	Back support	

CREATING A ROUTINE

Start Position



Skills



Link with travel



Finish position

flow/body tension
Transition/control

TIMING

Unison
Canon
Fast
Slow
Flowing
Stop/start
Fluency

ROLLS

forward/back/teddy/pencil
sideways/egg roll/ dish roll

JUMPS

Tuck/straddle/pike/split
180°(half)/360°(full)/stag leap

EVALUATION

Self-
assessment

Peer-
assessment

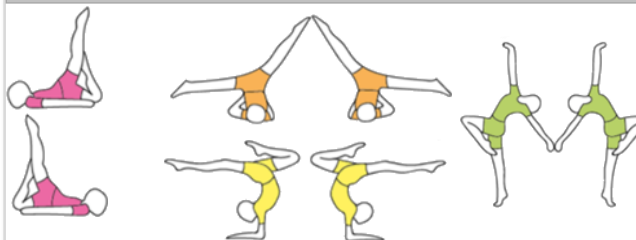
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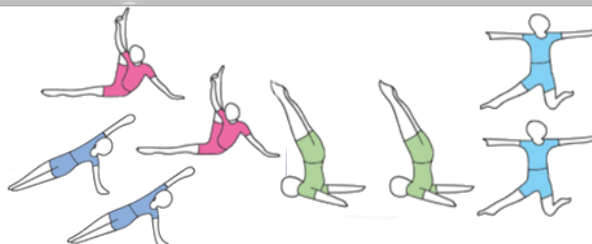
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MIRROR



MATCH



KEY WORDS

Travel	Sequence
Mirror	Match
Asymmetric	Symmetric
Unison	Canon
Jump	Landing (knees bent)
Speed	Balance
Level	Pathways

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using strongest foot when attacking.

Possession - keeping hold of the ball in pressure situations.

Heading - using the correct technique when heading in defensive and attacking positions.

Gameplay

Tactics - use a variety of attacking and defensive tactics in practices and small sided games.

Space - understand how to create and use space

Aim

Develop understanding of basic rules of football as well as positional play.

Students will start to coach each other and evaluate their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Begin to work effectively as part of a larger team in competitive situations

Improving communication so that teams become more effective.

Vocabulary:

1. Passing
2. Control
3. Running with the ball
4. Dribbling
5. Turning
6. Shooting
7. Heading
8. Tackling
9. Intercepting
10. Possession
11. Attack
12. Defence



KS3 Young Leaders Knowledge Organiser



KEY WORDS

- Communication
- Co-operation
- Responsibility
- Enjoyment
- Safety
- Organisation

S.T.E.P.

S for **SAFE SPACE**
Where on your playground is the activity going to take place?

P for **PEOPLE**
How many children are going to play?

STEP



T for **TASK**
What activity are you going to lead?

E for **EQUIPMENT**
What equipment will you need for your activity?

FAIR PLAY

Can everyone play?

Are the sides fair?

How did we choose the teams?

Fair play

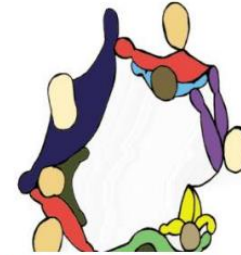


Did everyone have a turn?

Are the rules fair?

PROMOTING INCLUSION

Stop, think carefully first before you choose an activity.....can everyone play?



Listen.....is anyone being unkind?.....what can you do?

Remember to try and complete the 'Everyone can play' worksheet before next week.

Look at the children playing..... is anyone left out?.....how can you help?



KS3 Rugby Knowledge Organiser



Skills & Tactics

Ball Handling– Hold the ball in two hands. Spread your fingers around the seam, a W shape. Use your fingers to control the ball.

Passing– The ball must be passed backwards. W Shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates. Pass the ball diagonally across your body from a low to high position.

Receiving a Pass– Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle– As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponents legs, wrapping your hands around them. Land on top of your opponents.

Front Tackle– Watch opponent running head up, back flat. Head and neck should be at one side of the opponent. Cheek to cheek position.

Drop Kick– Eyes on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers positioning downwards, keep head over ball, drop ball upright, as ball lands make contact with it, follow through.

Key Vocabulary

Scrum Half

Hooker

Winger

Line Out

Line Speed

Try



Rules & Regulations

The game is started by a place kick or a drop kick from the middle of the halfway line. The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage. If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

Scoring System

Scoring System: A try - five points are awarded for touching the ball down in your opponent's goal area. A conversion - two points are added for a successful kick through the goalposts after a try. A drop kick - three points are awarded for a penalty kick or drop goal through the posts.

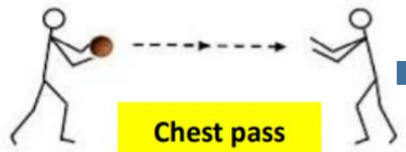




KS3 Basketball Knowledge Organiser



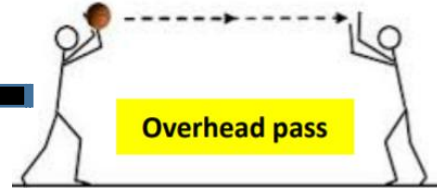
PASSING SKILLS



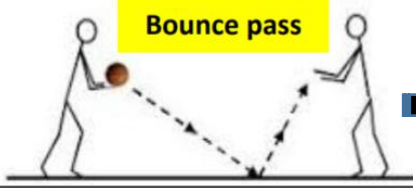
Chest pass

W grip/ Step/Chest to chest/
Follow through/ short distance

W grip/ Step/overhead to
overhead/ Follow through/
long distance



Overhead pass



Bounce pass

W grip/ Step/Chest to chest/
Follow through/ Bounce
before player/ short distance

KEY SKILLS

Dribbling - Head up/spread fingers and fingertips bounce the ball/waist height

Set Shot - Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees

Lay up- Strong hand at bottom/supporting hand on side/keep it high - *right hand dribble, step right, jump left, aim for top right corner of box, - left hand dribble, step left, jump right, aim for top left corner of box*

Pivoting/Jump Shot- Landing 1,2 - can be used at the end of a dribble or when receiving a pass.

On the move - release ball before third step.

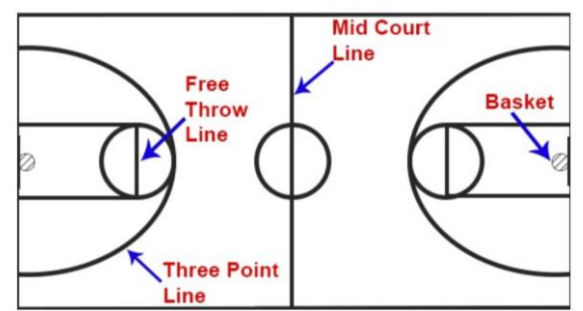
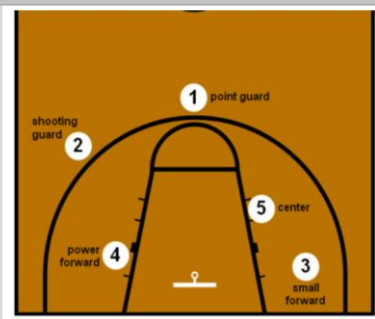
KEY RULES

1. The games consists of 2 teams with 5 players on court.
2. **Aim to score as many hoops, shooting through the hoop, as you can in the time allocated.**
3. Players cannot travel with the ball or perform a double dribble
4. **Players cannot hold the ball for longer than 5 seconds**
5. If ball goes out of play then a side line ball is taken from the opposite team.
6. **Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.**
7. Fouls are given for hitting, holding or pushing an opponent.
8. **If a player fouls the shooter, then 1-3 free throws can be awarded (each 1 point).**

KEY WORDS

Attack	Defence	Passing	Receiving
Dribbling	Set shot	Lay-up	Pivoting
Travelling	Double dribble		

COURT & PLAYING POSITIONS



Year 8 Gymnastics Knowledge Organiser



KEY SKILLS

MOVEMENT

Rotation	Turning	Twisting
Wheeling	Rolling	Spinning
Circling	Swinging	Jumping
Flight	Lifting	Traveling
Lowering	Balancing	

Advanced Skills

Headstand	Handstand
Bridge	Shoulder stand
Cartwheel	Walkover

LEVELS

high
middle
low

PATHWAYS

straight
curved
zig zag

BALANCE

V-sit/shoulder stand/Arabesque
Y Balance/knee

BODY SHAPE

Tuck	Star	Straddle
Pike	Dish	Arch
Front support	Back support	

CREATING A ROUTINE

Start Position



Skills



Link with travel



Finish position

flow/body tension
transition/control

TIMING

Unison
Canon
Fast
Slow
Flowing
Stop/start
Fluency
Synchronise

Vaulting

Through vault
Straddle vault
Different ways to
land out of a vault.



EVALUATION

Self-
assessment

Peer-
assessment

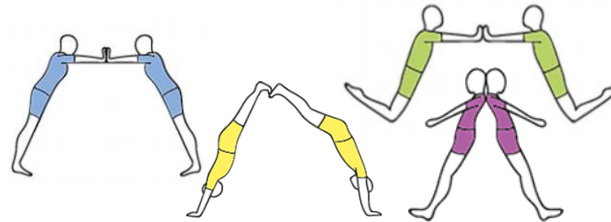
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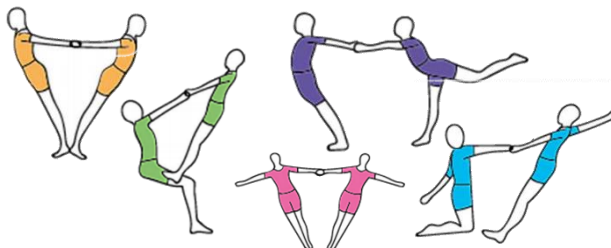
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COUNTER BALANCE



COUNTER TENSION



KEY WORDS

Travel	Sequence
Mirror	Match
Counter balance	Counter tension
Unison	Canon
Jump	Lifts
Synchronise	Balance
Level	Pathways

Knowledge Organiser

Y8 Table Tennis

Key Skills

Push shot over net.

Backhand push over net.

Backhand and Forehand drive.

Smash

Grip.

Recap serve.

Gameplay

Disguise of shot - Forehand and backhand shots to outwit opposition.

Start to use spin to beat opponent.

Selection of most suitable shot based on opponent's play and movement.

Perform the serve with control and accuracy.

Knowledge Organiser

Y8 Table Tennis

Key Rules

The server should:

- start with ball on open palm behind end of table.

- hit the ball to touch first his/her court, pass over the net, touching receiver's court

- after playing 2 points the server(s) becomes the receiver(s) and vice-versa. Continue this to end of game.

- set is won by first player to score 21 points

- do not put hands on table or volley the ball.

Teamwork

Understand the value of co-operation and teamwork in doubles play.

Further development of strategies to outwit opponent during play.

Knowledge Organiser

Y7 Football

Key Skills

Shooting - using both strong and weak foot when attacking.

Possession - keeping hold of the ball when under pressure

Heading - using the correct technique whether attacking or defending.

Gameplay

Tactics - use a variety of attacking and defensive tactics in small sided games.

Space - understand how to create and use space to your advantage

Aim

Continuation of understanding of basic rules, as well as positional play. This will impact on their style of play. Students will coach each other and offer developmental progress tips to improve their own and others' performances.

Knowledge Organiser

Y7 Football

Key Rules

Pitch markings and ball size - know what each line means and what ball size year group should play with.

Teamwork

Work effectively as part of a team in practice and competitive situations

Effective communication to get most out of your team.

Vocabulary:

Pressure, tactics, space, effective communication, evaluate.



KS3 Rugby Knowledge Organiser



Skills & Tactics

Ball Handling– Hold the ball in two hands. Spread your fingers around the seam, a W shape. Use your fingers to control the ball.

Passing– The ball must be passed backwards. W Shape grip around the ball. Ball should be close but in front of the body. Look over your shoulder for your teammates. Pass the ball diagonally across your body from a low to high position.

Receiving a Pass– Make a target for the ball with your hands evenly spaced in front of you. Watch the ball into your hands and then turn to look at a target.

Side Tackle– As opponent approaches, prepare to tackle ensuring your head is kept up with your chin of your chest and a flat back. Shoulders to take the impact of collision. When tackling your opponents, your head needs to be behind the opponents legs, wrapping your hands around them. Land on top of your opponents.

Front Tackle– Watch opponent running head up, back flat. Head and neck should be at one side of the opponent. Cheek to cheek position.

Drop Kick– Eyes on the ball, hold ball out at waist height, elbows slightly flexed, hold ball along seam with fingers positioning downwards, keep head over ball, drop ball upright, as ball lands make contact with it, follow through.

Key Vocabulary

Scrum Half

Hooker

Winger

Line Out

Line Speed

Try



Rules & Regulations

The game is started by a place kick or a drop kick from the middle of the halfway line. The ball must travel forwards at least 10 metres from the kick-off. If this is unsuccessful then the opposing team decide upon a scrum or line out for them to take advantage. If a penalty or drop goal is scored during the game, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

Scoring System

Scoring System: A try - five points are awarded for touching the ball down in your opponent's goal area. A conversion - two points are added for a successful kick through the goalposts after a try. A drop kick - three points are awarded for a penalty kick or drop goal through the posts.



Knowledge Organiser

KS3 Dance

Key Skills

Creating a motif (sequence of dance moves).

Actions performed at different levels - high, medium, low.

Shapes - wide, tucked, twisted, thin.

Levels, speed, direct/indirect pathways.

Performance skills.

Evaluations of motif.

Creativity

Selection of ideas with partner // team.

Removal of unwanted sections.

Linking actions together for transition.

Starting and finishing positions.

Performances in front of others.

Y7 Dance: Aim to build upon the quality of bodily movement in KS2 to produce more imaginative choreography and improved technique in dances.

Knowledge Organiser

KS3 Dance

Choreography

Choreography skills - how to link skills fluidly together. Creation of a dance.

Omission of sections of motif // repeating sections with development.

Use of level, speed and pathways around floor.

Fluent actions, joining with seamless links // staccato moves for interest

Teamwork

Actively work with others to produce a dance.

Respect other peoples' ideas.

Discuss selection of skills used.

Individual // pair // group work + mix of these.

Performance in front of others.

Group and self-evaluations.

Vocabulary:

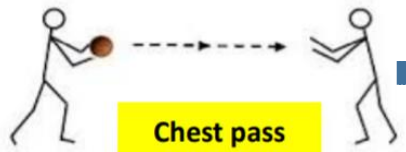
Motif, body tension, levels, canon, unison, speed of action, shape, choreography, selection, performance, evaluation and self-evaluation.



KS3 Basketball Knowledge Organiser



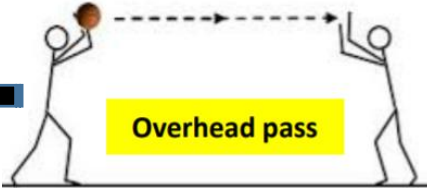
PASSING SKILLS



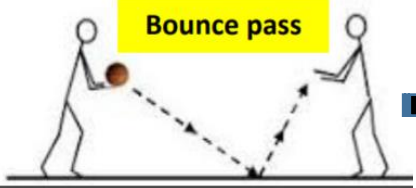
Chest pass

W grip/ Step/Chest to chest/
Follow through/ short distance

W grip/ Step/overhead to
overhead/ Follow through/
long distance



Overhead pass



Bounce pass

W grip/ Step/Chest to chest/
Follow through/ Bounce
before player/ short distance

KEY SKILLS

Dribbling - Head up/spread fingers and fingertips bounce the ball/waist height

Set Shot - Knees bent/dominant foot slightly in front of other/strong hand at bottom/supporting hand on side/elbow at 90 degrees

Lay up- Strong hand at bottom/supporting hand on side/keep it high - *right hand dribble, step right, jump left, aim for top right corner of box, - left hand dribble, step left, jump right, aim for top left corner of box*

Pivoting/Jump Shot- Landing 1,2 - can be used at the end of a dribble or when receiving a pass.

On the move - release ball before third step.

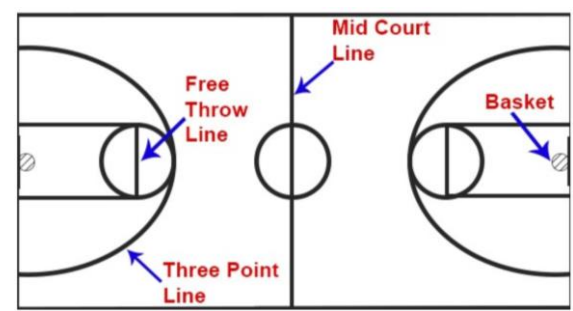
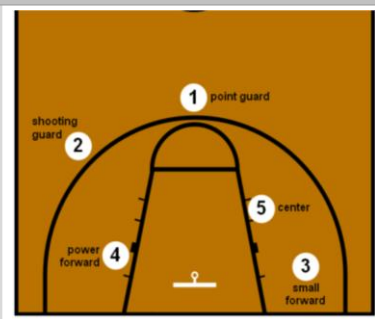
KEY RULES

1. The games consists of 2 teams with 5 players on court.
2. **Aim to score as many hoops, shooting through the hoop, as you can in the time allocated.**
3. Players cannot travel with the ball or perform a double dribble
4. **Players cannot hold the ball for longer than 5 seconds**
5. If ball goes out of play then a side line ball is taken from the opposite team.
6. **Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.**
7. Fouls are given for hitting, holding or pushing an opponent.
8. **If a player fouls the shooter, then 1-3 free throws can be awarded (each 1 point).**

KEY WORDS

Attack	Defence	Passing	Receiving
Dribbling	Set shot	Lay-up	Pivoting
Travelling	Double dribble		

COURT & PLAYING POSITIONS



KS3 Handball Knowledge Organiser



Prior Learning: In Year 5, children continued to develop their passing techniques and were introduced to the overhead pass. Children also practiced dribbling skills with one hand. They learned defending skills including blocking the ball and marking an area. Children began to shoot using the correct technique and attempted the jump shot. Children also developed their leadership qualities and evaluation skills through small sided games.

Key Skills

Physical Me

- Throw** **Agility** **Power**
- Catch** **Balance**
- Dodge** **Co-ordination**
- Run** **Jump**
- Dribble** **Speed**

Value Me

- Leadership
- Determination

Thinking Me

- To make decisions in the game
- Evaluate and improve

Social Me

- Teamwork
- Encouraging others



Key Knowledge

Jump shot

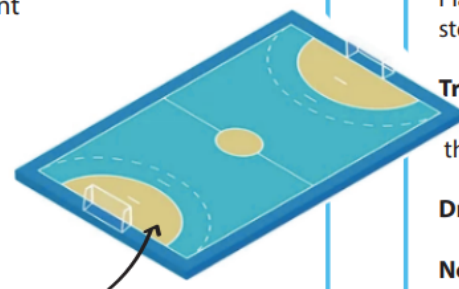
- the vertical jump shot is thrown with power and speed downward into the opponent's goal.
- The angle/speed makes it hard for the opponent or goalkeeper to stop.

Passive defender

- Puts pressure on a player by marking/following them, but cannot touch the player/ ball

Possession

- Is having control of the ball by one team, which can give that team the opportunity to score.



Semi- circle

Our Handball Rules:

- Number of players:** 5v5
- You have 5 seconds to hold the ball:** then you must pass or shoot
- Courts:** Only allowed goal keeper inside the semi circle
- Start of play:** Game is started by a 'throw off'
- Scoring a goal:** A goal is scored by throwing the ball into the oppositions net
- After a goal is scored play is restarted by the GK
- If the goal keeper saves a ball, play is restarted by the GK
- Players are allowed to take 3 steps with the ball.
- Travelling** - taking more than 3 steps. Free-throw given to the other team.
- Dribbling - No double dribble**
- No Contact** - can intercept or block

Key Vocabulary

- Jump Shot
- Overhead
- Possession
- Pressure
- Block
- Semi - Circle
- Passive defender
- Mark
- Conditioned