

Slip catching



- Feet shoulder width apart, solid base
- Crouched down to react to the ball
- Fingers facing down or up (no crocodile catches)
- Close to the wicketkeeper
- Same TP's of close catching

Running between the wickets



- Hold bat in 1 hand.
- call of YES, NO or WAIT only.
- Slide the bat in over the crease, touching the floor
- Making the bat an extension of your arm.

Cricket – Year 8

One hand pick up



- Approach the ball to one side.
- Pick up outside the dominant foot
- Fingers facing down
- Eyes on the ball at all times.
- Releasing the ball quickly

Stumping's



- When the WK has the ball in their hands, and the batsman is out of the crease.
- The WK takes the bails off with their gloves (while holding the ball)
- The batsman will be given out.

LBW



Off drive



- Same set up and TP's of straight drive.
- Ball will be hit to the 'Off Side' which is to the **RIGHT** hand side of the bowler, as he bowls to you

On drive



- Same set up and TP's of straight drive.
- Ball will be hit to the 'Off Side' which is to the **LEFT** hand side of the bowler, as he bowls to you

Lofted drive



- Same set up and TP's of straight drive.
- Ball will be hit over the fielders.
- Leaning back as you hit the ball

What should a Dance Warm up look like and why do we do it?

There are four parts to a dance warm up:

1. **Pulse raiser** (low intensity (2-3 mins))

Movements that help to increased heart rate and breathing rate. These increase blood flow, blood is carrying oxygen, which is used for energy production in the muscles. The blood warms up the muscle so it can stretch safely without ripping or tearing.

2. **Stretches:** These lengthen muscles to give safe bigger range of movement.

There are two basic types:

Static – held for 8 beats of the music

Ballistic – stretches performed while moving

3. **Mobiliser:** These improve range of movement at the joint.

Circular movements at a joint (arm circles, shoo the sheep, step over the gate).

4. **Skill rehearsal:** Prepares us for activity.

Dance warm up is performed to music and uses the beat of the music for timing of movement.

DANCE

Choreographic Principles (CP's):

Tools that help you develop a motif and create a dance

Added to your Year 7 list

Repetition, make bigger, make smaller, match, mirror, canon, change direction, change front, change levels, Pause.

Are:

- **Relationship:** how you interact with your partner/s or the group eg. Action Reaction
- **Floor Pattern:** How you use the floor space eg. the pattern your movements trace out on the floor
- **Group Shape:** The changes of shape you make with the group or people you dance with eg. line, queue, square, circle ... can also use levels (high, medium, low).
- **Reverse:** Repeat moves in reverse order
- **Changes in Speed:** Music is counted in 4 or 8 beats you can speed up or slow down the counts eg. double time and so alter speed of movement.

Dance Styles

Different dance styles have movements, relationships, music and clothing that are specific to that style. You should be able to identify a style of dance from any of these.

In class you will be looking at the following styles:

Line Dance: Dancers stand in lines, no limit on numbers, movements are performed then repeated facing a new direction/front. Country and western music and clothing

Rock n Roll: Dance as couples, set step patterns (pump step, chicken walks...), different Handholds (parallel, shake hands...), tricks and lifts, 50s music and clothes.

Bollywood: Mix of traditional Indian dance and hip hop, Set hand positions, moves and step patterns (rabbit hands...), tells a story, Bollywood music and Indian dress.

Street: Free style with some set steps (Scooby doos...) dance as a crew or solo, tricks, popping, hip hop music, tracksuit, baseball cap clothing.

70s Disco: Free style some set moves (bump, arm rolls, break step.....), influenced by movies and Bee Gees music, 70s clothes.

Ballet: Lyrical and flowing, very precise set movements of arms and legs, set positions, large range of movement and flexibility required, tells a story, tutu and leggings, point shoes worn. Can be danced to classical or contemporary music

Static Stretches



Ballistic Stretches



Are there different types of static stretching?

Active stretches:

The performer holds the muscle in place during the stretch



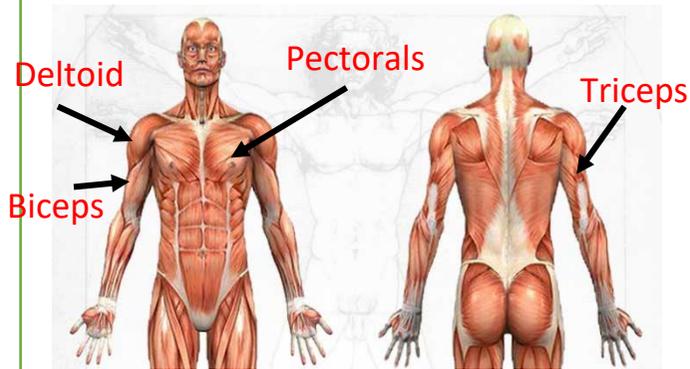
Passive stretches:

Another person or object is used, performer relaxes



What muscles do I need to know?

Here are the 4 main Arm & Chest muscles to learn:



How do I use my HR when training?

Aerobic target zone = 60-85% of max HR

- Max HR = 220-age
For example: 14 yrs old
Max HR = 220 – 14 = 206bpm

$(206 \div 100) \times 60 = 124\text{bpm}$ (lower)

$(206 \div 100) \times 85 = 175\text{bpm}$ (upper)

Fitness – Year 8

Physical Fitness components (MASMFB)

Muscular Endurance

“Repeatedly use muscle at low intensity”

1 min sit ups/press ups

Aerobic Endurance

“Ability to supply oxygen to the body”

Bleep test (MSFT)

Muscular Strength

“Max force to pull or push an object”

Hand grip dynamometer

Speed

“Distance ÷ Time =
Straight line speed”

20 or 35m sprint test

Flexibility

“Range of movement at a joint”

Sit and Reach test

Body composition

“Ratio of muscle to fat”

Are there any other different training methods to Continuous and Interval?

Circuit Training

- Rotation of exercises/stations
- Improves a variety of fitness components
- Avoid exercising same muscle twice in a row



Fartlek Training

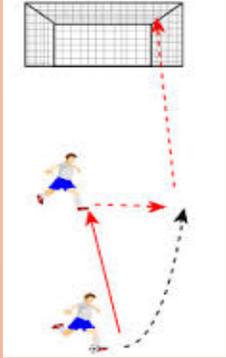
- Different speeds and intensities
- Uses different terrains e.g. hills
- Improves endurance



What happens to my Heart rate and Breathing rate when I stop exercising?

They both return back to normal. The better endurance you have the quicker this will happen

One, two:



Playing a wall pass with a team mate.

Waiting to commit the defender.

Keeping possession:

Your team has the ball, keeping it away from the opponents. Accurate passing, moving into space.

Back pass:

When a defender passes the ball back to their keeper, they are **NOT** allowed to pick it up. If they do then an **INDIRECT FREE KICK** will be awarded to the attacking team.

Drag back turn:



Put your foot on top of the ball

Roll the ball back

Move off in another direction

Football – Year 8

Block tackle:



Tackling foot make's contact with the middle of the ball. Using your instep, knee over the foot/ ball

Shielding the ball:



Attacker positions themselves between the ball and their opponent. The player uses their body as a shield to keep distance between the ball and the

Attacking heading:



Eyes open, mouth closed, heading the ball down towards the keeper's feet/ corners.

Stop turn:



Get your players running at pace like a car with great acceleration and superb brakes

Tell your players to put one foot on top of ball to halt its path, and stop their run

They must use their balancing foot to turn and push off in another direction, fooling the defender

You must coach your players to push the ball with the other foot and move away into the space

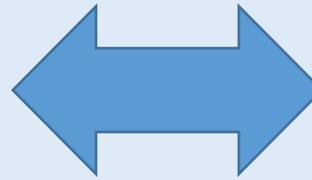
Defensive heading:



Height and distance.
Heading up/ bottom half of the ball.
Getting the ball far away from your goal

Year 8 Netball Knowledge Organiser

Key Term	Description	Main Coaching Point
The Feint Dodge	A method of getting free.	Quick change of direction
The Roll	A method of getting free	Turn away from defender
The Drive	Run forward to receive ball	Sprint forward with an indication
Ordered Passing	Sequenced	Remain in zone to receive ball
Decoy	Alternative runner	Different directions
Turning in the Air	To receive the ball in direction of attack	Turn away from defender landing
Rules	Free Pass -3 second rule, repossession, offside, over a third	Pass ball from where infringement occurred.



The Decoy. An additional running player in the passing order to add disguise or as an alternative player to receive the ball.

The Drive



P: On toes, aware and ready.



E: Sprint into space.



F: Receive ball in space, land balanced.

P.E.F

Prepare Execute Follow-through

The Dodge



P: On toes, ready and signal.



E: Drop shoulder pretending to go one way.

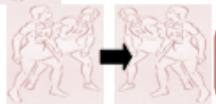


F: Sprint into space.

The Double Dodge



P: On toes, ready and signal.



E: Drop shoulder one way then the other. (Double drop)



F: Sprint into space.

The Roll Off



P: On toes, ready and signal.

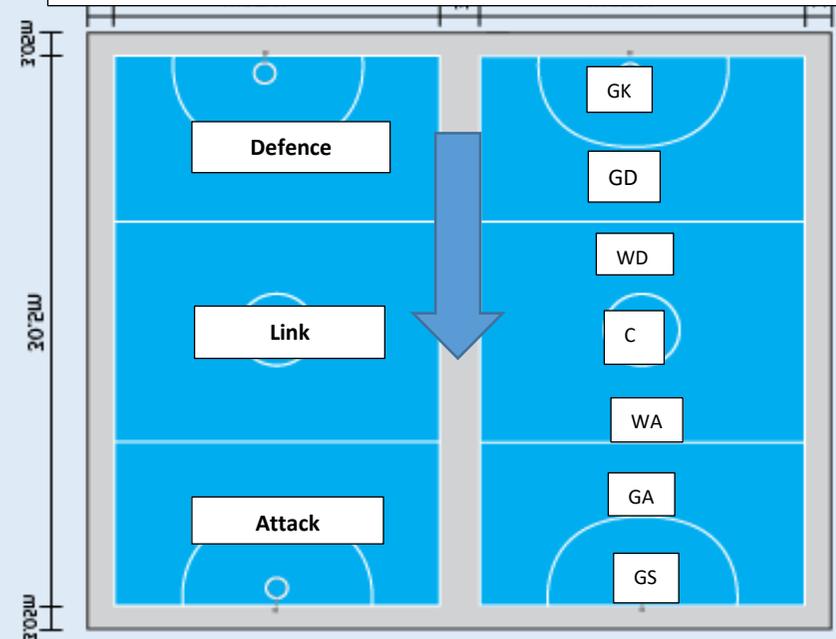


E: Go to run one way then...



F: Turn away from defender, sprint into space.

Passing Order –To improve tactical knowledge of positioning on court in normal game play. To create space so that an effective dodge can be made.



Rules: The game starts with a centre pass and the ball must be caught in the centre third. (F)

You must comply with the footwork rule e.g. a 1-2 landing or a 2-footed landing. (F)

You only have 3 seconds to release the ball. (F)

Teams take it in turns to take a centre pass. (F)

The ball must be touched in each third of the court. (F)

You cannot catch the ball, drop it and then try to catch it again or bounce the ball. (F)

When shooting the ball must touch the ring or net or it is counted as passing the ball to yourself. (F)

You must stay in the correct area of the court for your position (F)

When defending you must be 1 metre away from the player. (P)

There must be no contact with an opposing player. (P)

Free Pass. Awarded when only one person is involved and taken from where the mistake was made. (F)



What skills will I need?

Throwing: 2 types

Overarm (overhand) – used for long distance and fast throws:

- Ball in strongest hand
- Side on position with ball hand and foot at the back.
- None throwing elbow points in direction of the throw
- Transfer weight from back to front and step into the throw
- Release the ball as it comes past your head.



Underarm – used for pitching (bowler to batter) & short throws:

- Ball in strongest hand
- Side on, but this time as you step through the ball leads the way with your under arm showing towards the target line



Catching: 2 types

Low catches

- hands together with little fingers touching
- spread fingers wide to create a 'basket'
- collect the ball into chest



High catches

- hands together with thumbs touching
- spread fingers wide to create a 'basket'
- collect the ball to chest or shoulder



Softball

Strike zone:

- In line with batting plate
- Below shoulder height
- Above Knee height

"Ball":

- A pitch that doesn't go in the strike zone and batter doesn't swing for
- 3 balls to a batter is a walk to 1st base

Batting position:

- Batter must stand in the left or right batting box
- Must be a two handed grip

Batting team:

- Must stand or sit in correct playing order the correct distance away (behind cone)

Strike if the batter:

- Swings and misses a 'pitch' – no matter if it was a good or bad ball
- Leaves a good ball (hitting strike zone)
- Hits the ball out of the 'V'



Batter is out if:

- Caught off a ball hit in play
- 3 strikes
- Ball is at the base they are running to or should be on
- Team mate over takes them

Hitting area:

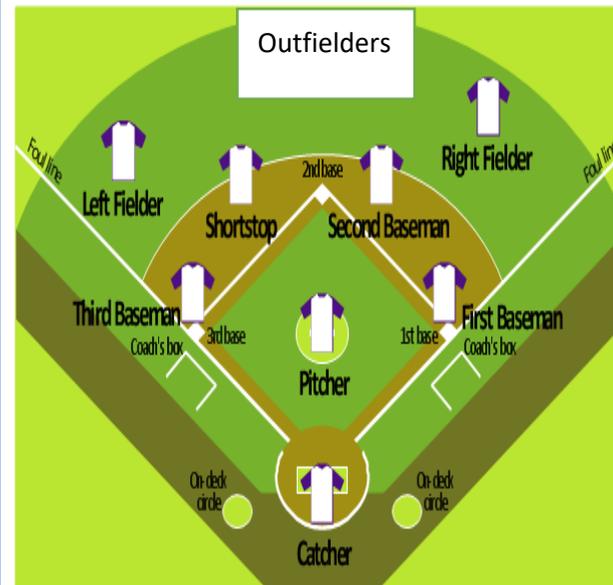
Batter must hit the ball and it bounce or stay within the Batting V that extends beyond 1st and 3rd bases

To score:

Batter must touch each base (or go over) and get to home plate. They can stop along the way = 1 run for team

Fielding team:

- Should not stand in the diamond (except pitcher)
- Cannot obstruct a batter



Tactics:

When batting:

- Spread out your best batters in your order (every 3 or 4)
- Look at the fielding positions & aim for gaps
- If a space at next base – don't have to run
- Steal bases – as the ball leaves pitchers hand you can run (starting position can be up to max of ½ between bases)

When fielding:

- Change positions depending on: batters ability and left or right handed
- Possible to get more than one person out per play (catch and base stump)

How do I dive safely? Swimming – Year 8



Starting position
Both hands gripping side of pool or block. Bum up, starting foot forward with toes over the edge

Flight
On go, throw hands forward into streamline position. Push off with front foot forwards.

Water entry
Hands should hit first with body in pencil shape – hold position into underwater phase



Learn how to surface dive:

- Big breath, head down
- arms below head pointed towards the bottom of the pool
- Hips/bottom above torso in straight line to use own body weight
- Kick legs and can do big arm pull to create momentum down.

Breast Stroke

- **Arm action:** hands together reach forwards, cup and pull in small circle to chest
- **Leg action:** Heels together toes out, kick back in big circle, feet together and repeat
- **Breathing:** As hands pull to chest head lifts forward to breathe, then return as arms thrust forward
- **Timing:** hands and feet come in at the same time, and go out at the same time



Treading water – it could save your life!

Treading water is a vital water skill as it may be needed when in deep water (pool or open water). With treading water you must be able to keep your head above water whilst using as little energy as possible via hand/arm and leg/feet movements.



Front crawl leg kick, hands waving by side



Breast stroke leg kick, both hands push down at same time as the legs kick down



Egg beater kick, alternating breast stroke leg kick, one hand pushes down at a time

Butterfly

- **Leg action:** Legs together, double kick down hard. Big kick from hips.
- **Arm action:** Hands enter together in front, pull in a key hole shape down. Fling arms over back to the front
- **Breathing:** As arms are pulling down in the key hole: lift head forwards and return as arms come over
- **Body and timing:** Dolphin action, with 2 legs kicks to every one arm pull (body goes up and down)



Starting position

Both feet on the wall, hands on the starting block or wall with knee's tucked and head down. On take your marks – pull body closer to the wall

Flight

On go, throw arms over together into pencil shape, push off strongly with both feet to try and arch into a backwards dive

Water entry

Hands should hit first with body in pencil shape – hold position into underwater phase



Backstroke start

Aerobic Endurance

Fitness for swimming

Muscular Endurance

Coordination

Power

Flexibility

During Take Off:- Placement of Take off- foot is important, the head and eyes looking forward, the drive forward and up using legs and upper body.



The athlete must be focused/ motivated/ and warmed up or they will not achieve a good distance.

The athlete jumping must generate speed as they run up and use the correct technique to `explode` off the ground control their flight and land safely to achieve maximum distance.



Approach and stride pattern is important so that you generate speed and do not foul.

Your jump will be measured from the take off board to the first mark in the sand that you make so don't put your hands behind you in the sand when you land and leave the `pit` forwards.



Landing: reach forward `toe touch` and exit the pit forwards.

Year 7 Athletics Jumping Events

The athlete must be focused/ motivated/ and warmed up or they will not achieve a good height.

The athlete jumping must generate speed as they run up and use the correct technique to `explode` off the ground drive up and land safely to achieve maximum height.



Approach and stride pattern is important so that you generate speed and do not foul.

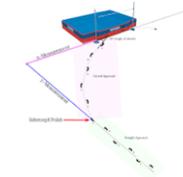
During Take Off:- Placement of Take off-foot is important, drive up with the `inside` leg and the `inside` arm.



The high jumper should concentrate on lifting their inside shoulder up over the bar, then as they go over the bar they *should flick their heels up* to avoid catching the bar then land on their shoulders/ back.

The high jumper should drive up with their inside (nearest the bar) arm and leg.

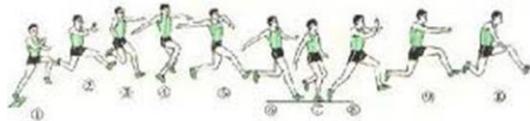
A High Jump is only successful if the jump is made clearing the bar, the bar stays in position until the *athlete* has left the `bed`.



The high jumper should approach the bar in an `arc` or `J` shape.

There are three phases to a Triple Jump

`Hop`



`Step`



`Jump`

Each part of the triple jump should be about the same distance do not over jump.

Figure 1 : Triple jump motions display chart



During Take Off:- Placement of Take off- foot is important 45` angle to bar, drive up with the `inside` leg and the `inside` arm, body arch over the bar.

The `Middle Distance` events are run over a number of laps of the track. With a standard outdoor track, one lap is 400m, therefore two laps 800m and 1500m is 3 and three quarter laps these are the most common distances run.

An athlete needs to `Pace` their race correctly so they do not go too fast at the start getting tired building up Lactic Acid and have to slow down. They do not however want to fall behind. They need a sprint finish to beat the others as they come to the finish line. The sprint finish is often started as the athletes come around the last bend of the track. Coaches talk about `Kicking off the Bend` or `Kicking for Home`



The athlete will feel tired during the race, their breathing rate will increase and become deeper. They will get hotter and start to sweat. Their heart rate will increase and their legs will start to feel fatigue.



At the start the athletes will line up behind a `curved line` on the track.

The commands given are simpler `On your Marks` followed by the gun or `Go`.

The athletes will start spread out across the track behind the line but will make their way to the inside lane of the track as quickly as it is safe to do so for the race.

The hurdler must try to get their front or lead leg up / out / and down over the hurdle as quickly as possible. The trail leg goes up and bends as it is brought through over the hurdle.

Year 8 Athletics Running Events



The hurdler must use their arms to help them stay balanced and low over the hurdles. They should also make sure they know their stride pattern the number of steps they are going to take between the hurdles.

The `Sprint` events are over a `short` distance 100m and 200m are the most common. The sprinter must get a good start accelerating quickly into a coordinated flowing movement finishing with a timed `dip` for the line.



In the 100m the athletes line up in lanes straight across the track. In the 200m the athletes run in lanes around the `bend` and then down the straight, the start line is staggered for each lane.

At the finish the athlete must time their `dip` for the line and be the first to get their `torso` across the line to win.



Start Commands:

“On your Marks” Athletes into position in their lane
 “Set” Athletes brace, alert, ready for `the gun`
 “Go/ The gun” Athletes go

A hurdler must stay in their lane and they are not allowed to go around any hurdles although they can knock the hurdles over.

Athletes must line up in their designated lane (one person per lane), behind the start line not touching/ on/ or over the line

Crouch start



Standing Start



The hurdler must lean forward bending at the waist to remain in balance over the hurdle.

A Sprinter or Hurdler will use a great deal of Interval Training to improve their Speed and Power. This Interval training will be short periods of high intensity training followed by rest then high intensity training again repeated.

Sprinters and Hurdlers will often use a special type of interval training called Acceleration Training in an attempt to improve their start as well as overall speed.

Plyometric training is high intensity training when a muscle is stretched before it contracts and is very effective but can be dangerous, it involves bounding hopping and skipping. This type of training is also used by sprinters and Hurdlers.

The performer will need energy quickly for their race so anaerobically (without using oxygen). Use the anaerobic CP system. CP in muscles snaps apart to give C & P and produces energy very quickly. The athlete runs out of CP and then must slow down. During recovery the athlete recombines C & P to store CP again in the muscles ready to sprint once more.

Fitness is you and your body being suited/ ready/ prepared for the activity you are about to do.

To be Fit for Hurdles and Sprinting you must have the Fitness components of Speed, Power, Reaction time, other important fitness factors being Body composition, Muscular strength,

Middle distance runners will use Interval training to improve their speed and endurance.

This is training when you **Work – Rest – Work – Rest – Work**

They will use Continuous training to improve their endurance this is when they train at a lower intensity for a longer amount of time **without a rest**.

They will use Fartlek training when they will **vary the speed** that they run going over **different terrain** keeping their training interesting and varied.

They will use Circuit training moving from station to station when they can work on a number of fitness components.

When the athlete is producing energy **anaerobically** **Lactic acid** will start to build up in their muscles. The build up of lactic acid stops the muscles from being able to work properly (you feel fatigue) and the athlete will slow down and stop as the lactic acid builds up.

The lactic acid that has built up during the race must be removed after the race during recovery before the athlete runs again.

Fitness is you and your body being suited/ ready/ prepared for the activity you are about to do. To be Fit for Middle Distance Running you must have the Fitness components of **Speed**, **Aerobic Endurance**, **Muscular Endurance**, and **Body composition** or you will not succeed

The athlete must be focused/ motivated/ and warmed up or they will not achieve a good distance.

The weight and size of the `javelin` depends on the gender and age of the athlete



Safety is really important when throwing the Javelin, how to hold, carry and throw the Javelin. How to retrieve the javelin. Safety lines.

A javelin should be held and carried vertically to avoid injury to other people.

Everybody must stay behind the safety throwing line and only cross it to collect javelin when told to do so.

To remove a javelin that has stuck in the ground put a finger over the end and pull it straight back.

For a javelin throw to count it must land tip first or flat (not back end first).



Javelin throwing Technique:

Your Weight is transfer back to front

The javelin is held high and parallel to the ground throwing arm reaches back

The non throwing arm acts as a counter balance

The javelin is released at about 45` angle to the ground

The discus flies parallel to the ground spinning off the first finger

Start-Transition-Release-Follow through. Increased rotation

The weight and size of the `Discus` depends on the gender and age of the athlete

Your weight needs to help your throw moving from back to front

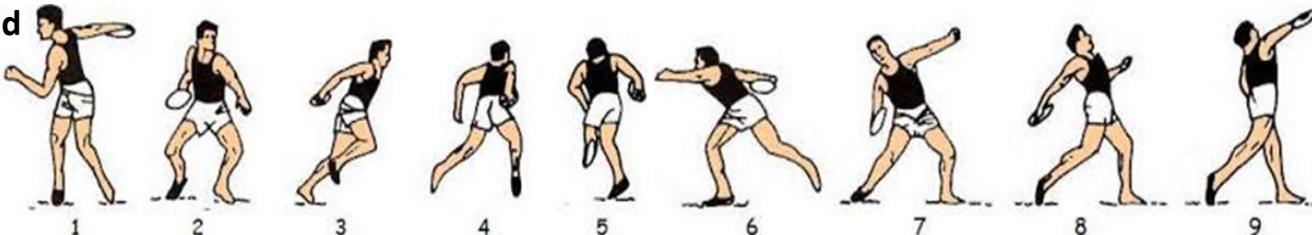


The thrower uses rotation and a good technique to throw the discus as far as possible.



The grip on the discus is important finger tip over the edge, thumb behind, fingers spread.

Arm extension and rotation, 45` release, standing throw



Year 8 Athletics Throwing Events



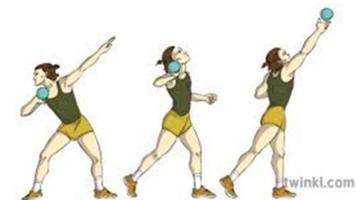
The athlete must be focused/ motivated/ and warmed up or they will not achieve a good distance.

The weight and size of the `shot` depends on the gender and age of the athlete

Remember that your weight needs to go from the back of the circle to the front and from low to high so that you can get the best distance possible.



The shot is too heavy to be thrown and must be `Putt` or `Pushed` as far as possible.



Key Term	Description
Volley	A shot played either on the forehand or backhand whilst at the net before the ball bounces
Punch	The action used when performing the volley. A forward blocking motion.
Overarm service	A shot used to start a game where the ball is struck overhead without a bounce.
Throw	The action used when performing an overhead service
Love	When no point has been scored in the game
Deuce	Deuce When the score is 40-40
Advantage	When the score is tied and the next player to win a point has an advantage
Double fault	When a server makes two consecutive mistakes when serving for a point
2nd service	A second serve is hit when a player misses the first serve, leaving them one more chance to serve for that point
Fitness to play	Main fitness requirements to play the game of tennis effectively



The Service Action

The Second Service

This service must be successful. If a fault is served on the second service a double fault is given. This means the point is over and the opponent wins the point. To make sure that this service goes in the service could be slower or spin added.

Fitness to Play Tennis

Tennis is one of those unique sports that combine nearly all components of fitness including: **Power, agility, speed, flexibility, reaction time, balance, coordination, cardiovascular endurance and muscular endurance**



Top Tips for Overhead Service.

Stand sideways on up to the base line.
Ball and racket together in front of body.
Place ball into air slightly in front of the body and higher than the racket reach.
Take racket to "scratch back".
Use a "throw" action to strike the ball.
Body weight moves forward into **ready position**

Deuce and Advantage

In standard play, scoring beyond a "deuce" score, where both players have scored three points each, requires that one player must get two points ahead in order to win the game. The player who wins the next point after deuce is said to have the **advantage**. If they lose the next point, the score is again **deuce**, as the score is equal. If the side with the **advantage** wins the next point, that side has won the **game**, as they have a lead of two points



The server starts each **game** serving behind the baseline of the right hand court. He or she must put the **ball** into the service box diagonally opposite. The server must stand between the centre mark and an imaginary continuation of the sideline (the singles line in singles, the doubles line in doubles).



The Volley Action

Top tips for a volley when playing the shot when close to the net.

Stand sideways on, strike the ball in front of the body using a "punch" action..

Body moves forward into the **ready position**

Traditional Scoring	Simplified Scoring
Love	0
15	1
30	2
40	3
Game	4
Deuce	3-3
Advantage	4 -3
Game	5-3

Lay up:



Attacker takes 2 steps from a 45 degree angle. Extends their arm and banks the ball off the top corner of the inner square. 2 points

Free throw:

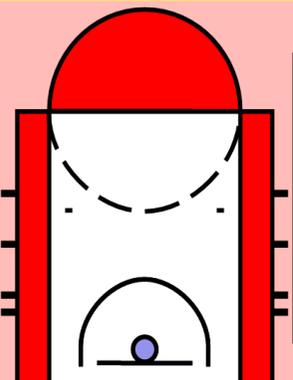
Worth 1 point.

Free shot from the free throw line.

Set shot technique.



The key:



The area under each basket.

Attackers can only spend 3 seconds in that area when they do NOT have the ball.

Basketball – Year 8

Pressure:

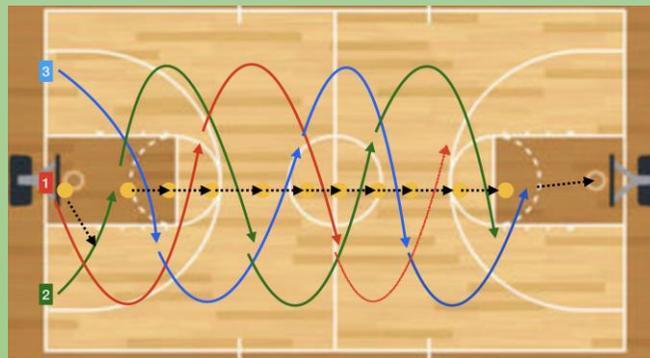
Defenders mark opponents closely.

Trying to force an error/ turn over to gain possession back.

Half court man to man:

Defend in your own half. When opponents cross the halfway line, each defender goes and marks their assigned attacker. Putting pressure on the ball/ attackers.

3-man weave:



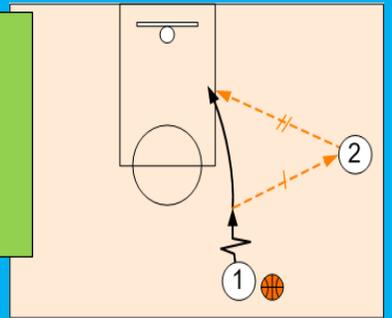
Drill: creates space, you pass and then follow. Passing and moving.

Give and go:

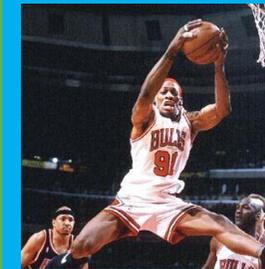
To create space.

Pass a 1 – 2 with teammate.

Running into space.



Rebounding:



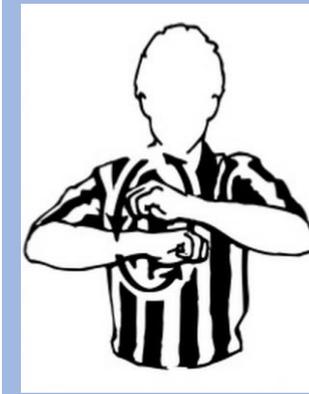
When a shot has not gone in the basket.

Catching the ball at its highest point, arms up, athletic stance when anticipating the shot.

Basket side:

When defending you position yourself in between the attacker and your basket.

Travelling signal:



Referee will roll both hands in a forward motion when a player has travelled with the basketball