

# Basketball – Year 9

## Half/ full court press:

**Full court press** – defensive team apply the man to man defence as soon as the opponents gain possession of the ball.

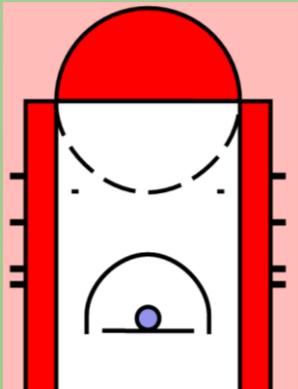
**Half court press** – defensive team apply the man to man defence when the opponents enter their half of the court

## Screen:



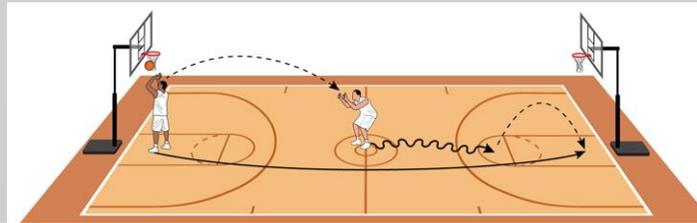
Is a blocking move by an attacking player in which they stand beside or behind a defender in order to free a teammate to either shoot, pass or drive.

## 3-second rule:



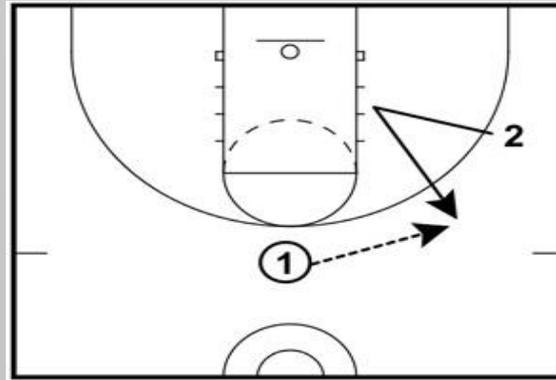
Attacking players can only spend 3 seconds in opponents key when they do **NOT** have the ball in their hands.

## Outlet pass:



Defender rebounds the ball, pivots and passes the ball to a teammate. This leads to a 'Fast Break'

## Cut:



(2) Runs in and back out in a 'V' shape.  
(1) Passes him the ball.  
This creates space between number (2) and his defender.

## Dominant/ non-dominant hand:

**Dominant hand** = your *strongest* hand

**Non-dominant hand** = your *weakest* hand

## Fake and drive:

A player with the ball fakes/ pretends to shoot.  
Hoping to trick the defender.

Creating space, and driving to the basket for a shot.

## 24-second rule:

When a team gains possession of the ball, they have 24 seconds to get a shot off.

**Why a time limit?**



## Substitutions:



In Basketball you are allowed an unlimited number of substitutions.

**Why unlimited?**

## Fast break:

After an **OUTLET PASS**.

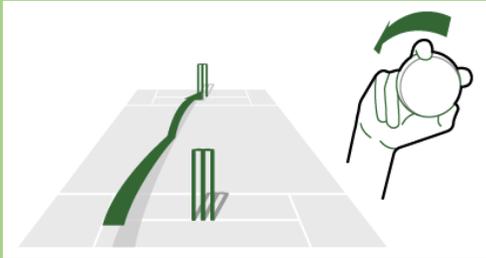
A team attempts to move the ball up the court quickly as possible, so that the defence is outnumbered and does not have time to set up.

## Wicket keeping



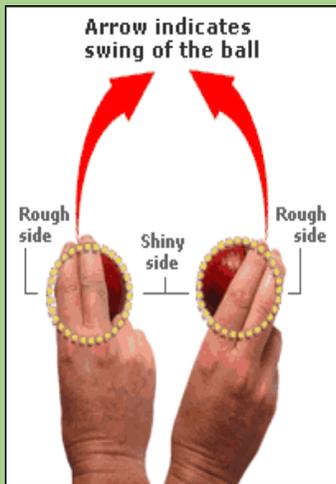
- Player who stands behind the batsman on strike
- Wear protective clothing: gloves, pads, box, Helmet (if under 18, and if standing up close to the stumps)

## Spin bowling



Bowling puts spin/ revolutions on the ball. Hits the pitch and deviates away or to the batsman. Making it hard for batsman to hit cleanly.

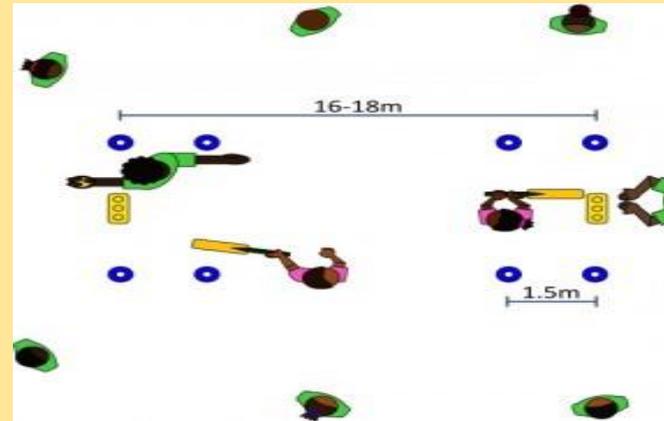
## Swing bowling



Keeping one side of the ball shiny.  
Moving the ball in the air  
Cricket ball to deviate sideways as it moves through the air towards or away from the batsman

# Cricket – Year 9

## Pair's cricket



Adapted small sided game.  
Everyone bats, bowls, WK and fields.  
Every pair bats for 2 overs.

## Backing up



- The non-striking batsman leaving his crease during the delivery. He is anticipating a run.

## Square cut



Played to a short/ wide delivery

A **square cut** is a shot hit into the off side at near to 90 degrees from the wicket

## Pull shot



Cross-batted **shot** played to a ball bouncing around waist height  
**Pulling** it around to the leg side towards mid-wicket or square leg.

# DANCE

The movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself.

## Skills and Techniques:

- Dance Warm up (pulse raiser, stretch, mobiliser, skill rehearsal)
- Step patterns (set steps/movement phrases unique to a style of dance)
- Dynamics (fast/slow, sudden/sustained, strong/light, flowing/abrupt)
- Space (pathways, levels, directions, size of movement, patterns, spatial design)
- Relationships (Individual, partner, group, lead and follow, mirroring, matching, action and reaction)
- Form and Structure
- Timing
- Rhythm

## Choreographic Principles:

### Tools that help you develop a motif and create a dance

- Repetition
- Bigger - Smaller
- Match, Mirror, Canon
- Changes in Direction
- Front
- Levels
- Pause
- **Relationship (Action Reaction)**
- Floor Pattern
- Group Shape
- Reverse
- Changes in Speed

## Culture is the ideas, customs, and social behavior of a particular people or society.

### What Influences how we behave?

Family, Friends, Society/Country, Religion

### What do these influences effect?

Ideas of right and wrong

Dress

Language/dialect

Food

Music

Dance

Sport

Celebrations

## Key Words:

Dynamics

Step pattern/phrases

Music Genre

Fashion

Influences

Choreography

Choreographic Principles

Timing

Stimulus

Relationship

Link

Fluency

Group shape

Dynamics

Relationship

## Performance skills & Fitness for Dance:

Posture  
Alignment  
Balance  
Coordination  
Control  
Flexibility  
Mobility  
Strength  
Stamina  
Extension

## Performance Checklist

Stimulus/Theme: Cultural Influences

Group size: Solo, duo, trio, quartet, small group

Must have used at least 6 CP's

Clear start and finish

Confident performance (focus, clarity, timing)

Can have costume



# Fitness and preparing for BTEC Sport – Year 9 (1)

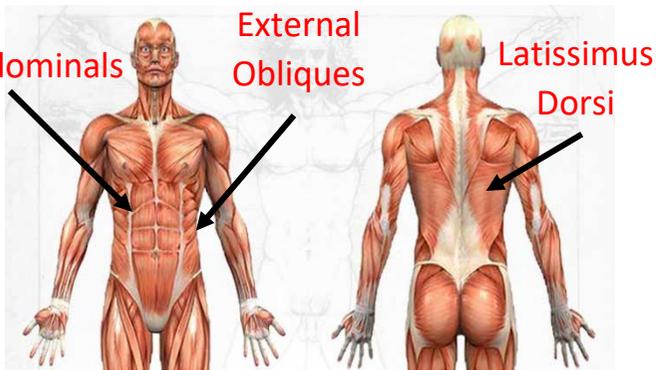
## Is there a 3<sup>rd</sup> phase to a warm up?

### Sport Specific Phase

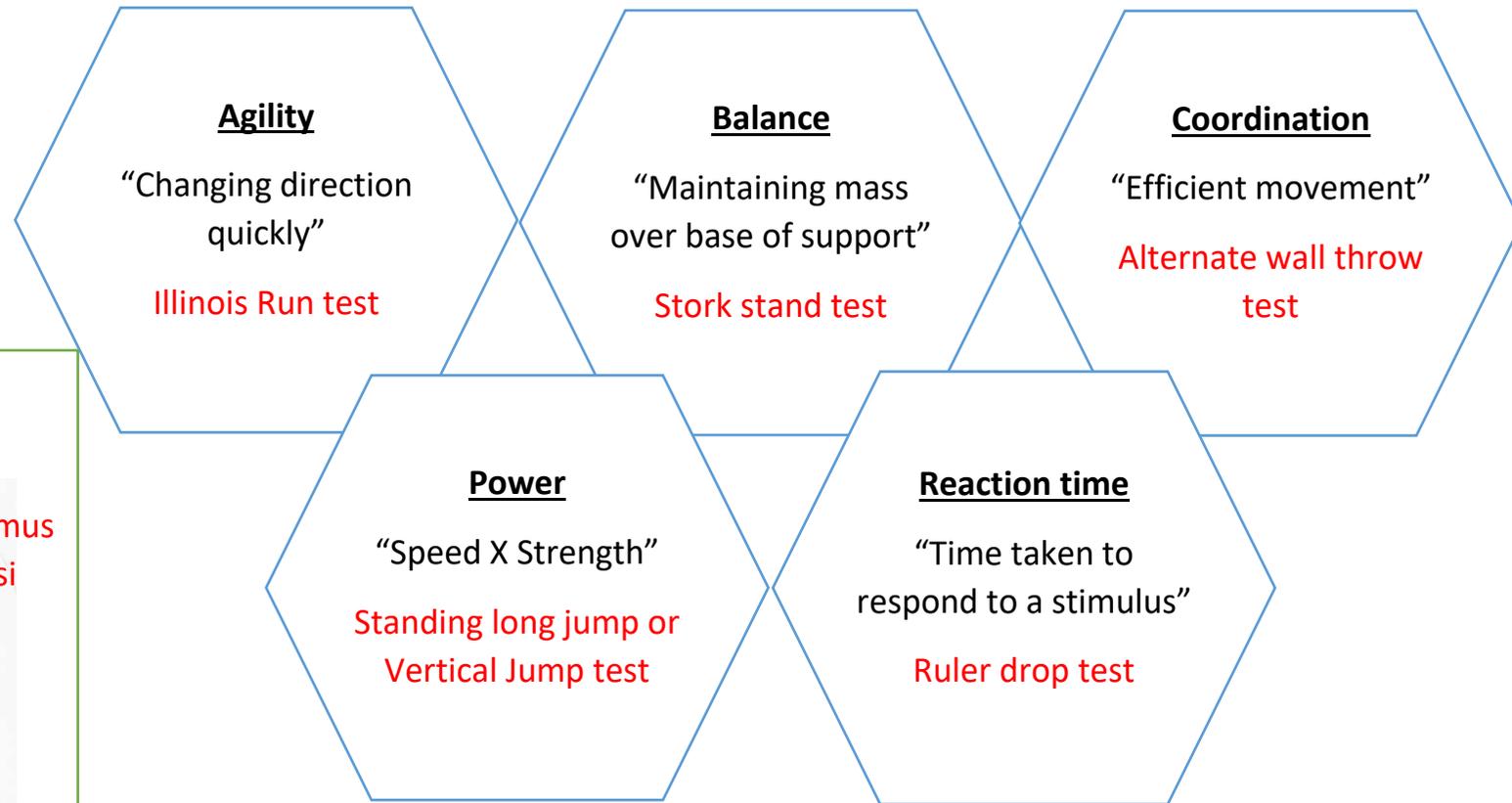
- Completed after Pulse raiser and Stretching – but before main
- Replicates the actions that will be used in the main sport
- E.g. Shooting or Passing

## What muscles do I need to know?

Here are the main torso muscles to learn:



## Skill related fitness components (ABCPR)



How do I plan my training so that it is safe and effective? – Use the Basic principles of training: FITT

### Frequency

Plan the right number of sessions per week

*e.g.: twice a week to start with then build up*

### Intensity

Plan the right intensity for the fitness component

*e.g.: Speed = high intensity  
Endurance – low intensity*

### Time

Make your session last the correct amount of time

*e.g.: 30-60 minutes to start with then can build up*

### Type

Select the right training method for your goal

*e.g.: Speed = interval,  
Endurance = Continuous*

# Fitness and preparing for BTEC Sport – Year 9 (2)

## When planning a goal, make sure it's:

<b>S</b>	<b>Specific</b> - clear and meets your training/sports needs
<b>M</b>	<b>Measurable</b> – to see if improvements have been made
<b>A</b>	<b>Achievable</b> – and challenging for you personally
<b>R</b>	<b>Realistic</b> - in relation to ability and time
<b>T</b>	<b>Timed</b> - set a date to complete by
<b>E</b>	<b>Evaluated</b> - progress regularly & adapt if you're not on track
<b>R</b>	<b>Rewarded</b> - keep yourself motivated through rewards

## Energy – where does it come from?

- Energy comes from our diet (the food and drink that we take in)
- Different food/drink have different number of calories in that our body stores up and converts into energy when we begin to exercise
- The more calories we intake, the more exercise we need to do otherwise the body will store this excess as fat
- Good news is: our bodies burn calories without having to do anything approx. 1600kcal depending on body size
- Averages: Adult male needs: 2500kcal      Adult female needs: 2000kcal



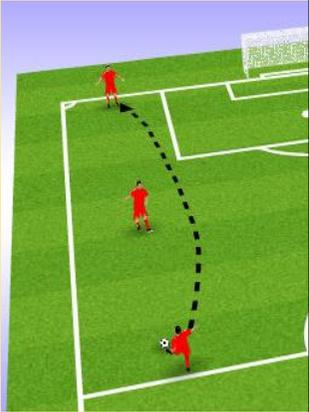
RPE is another way to measure how hard your working  
It uses a scale of 6-20 to measure how hard you think your exercising

Rating of Perceived Exertion Borg RPE Scale		
6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		
11	Fairly light	Target range: How you should feel with exercise or activity.
12		
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	
20	Maximum exertion	
Don't work this hard!		

### What physical features might you see of someone working in the red zone?

Sweating, going red, tiring/ slowing down, poor technique, very high HR and BR

### Lofted pass:



Great for clearing your lines, switching play or dinking the ball over the top to a striker to run onto.

Striking the bottom half of the ball and have a high follow through, leaning back

### Curling the ball:



Striking the bottom left or bottom right of the football.

Curling the ball around an opponent (s), or into a team mates run.

Direct free kick

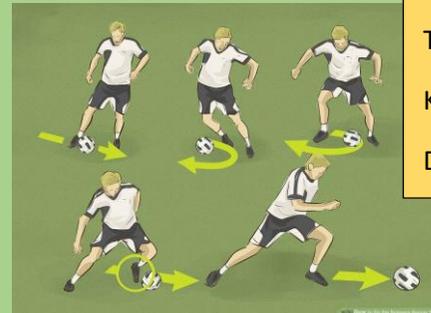
### Committing a defender



Waiting until a defender is close enough so when you pass around them they are out of position/ off balance

# Football – Year 9

### Step over:



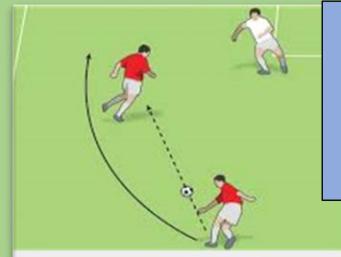
Attacking move

Take on a defender

Knees bent

Done at pace/ speed

### Overlapping:



Pass to, and overlap teammate.

Creating space for a cross into the box

### Volleying:



Focus on the ball

Leg bent, toes pointing down, ankle held firm

Strike the centre or top half of the ball

### Crossing and finishing:



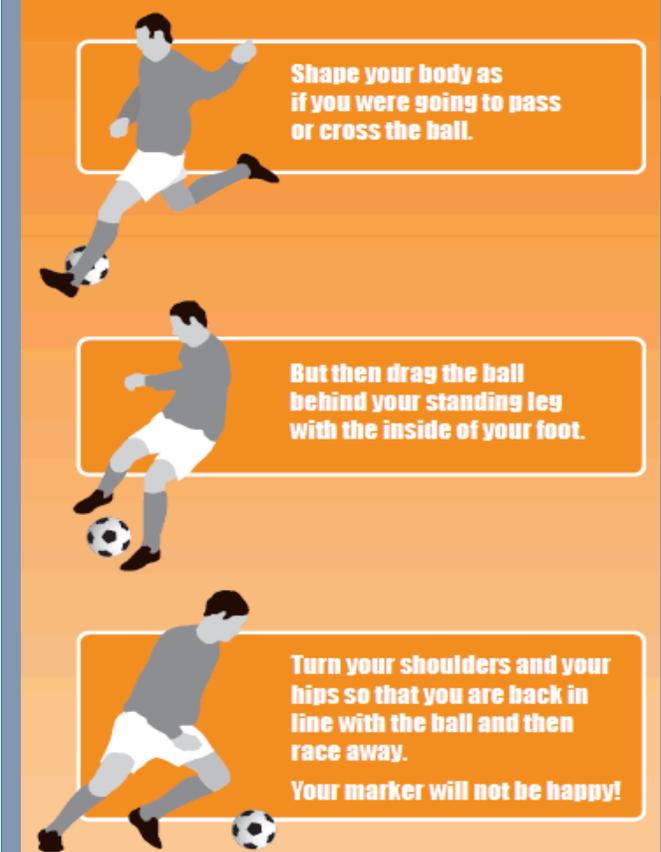
Attacking move.

Wingers cross the ball into opponent's box

This creates goal scoring opportunities.

In-between penalty spot and 6 yard box

### Cruyff turn:



Shape your body as if you were going to pass or cross the ball.

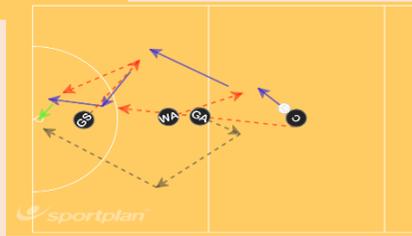
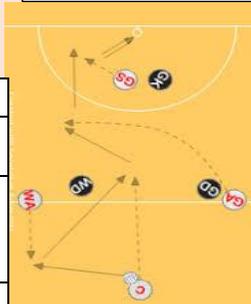
But then drag the ball behind your standing leg with the inside of your foot.

Turn your shoulders and your hips so that you are back in line with the ball and then race away. Your marker will not be happy!

# Year 9 Netball Knowledge Organiser.

Key Term	Description	Main Coaching Point
Centre Pass system	A pathway of passes from the centre to attacking D	All players must understand the system
Running Step	The high running pass is used when a player is trying to get the ball quickly into an attacking position.	Catch ball mid-run then release the ball before re-grounding landing foot
Holding Space	A method of using the body to protect space	Place body close to opposition without moving until ball is passed
Attacking circle work	Creating Space using the attacking D	Attacking players work together
Motorway Lines	Create space using vertical zones on the court.	No more than 3 players in a lane
Penalty Pass	Contact / Obstruction	Offending player must stand beside the pass

**Examples of centre pass systems** – can you demonstrate these in a game?



The footwork law states a player must release the ball before putting their landing foot down once it is raised if completing the running step.



**Key points for centre pass systems** .All players on the team know the system so talk. Players start initial movements or system a metre or two BEFORE the transverse line, to get opponents moving and help open up space when the whistle goes. Ideally, your WA and GA shouldn't both be over the transverse line on a centre pass. Have a fall back play if the designated team player can't get free.

A **centre pass** occurs after a goal has been scored, when the **Centre** passes the ball. A short **pass** is a **pass** between two players on the same team, where the length of the **pass** is so short that a defensive player cannot get between the two opposing players to intercept the ball.

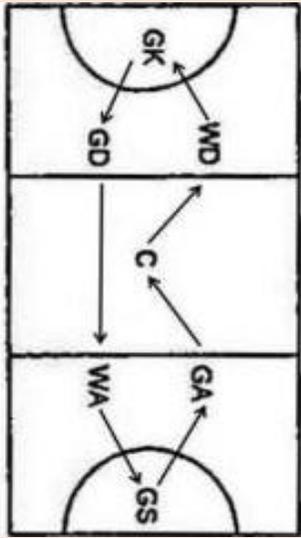
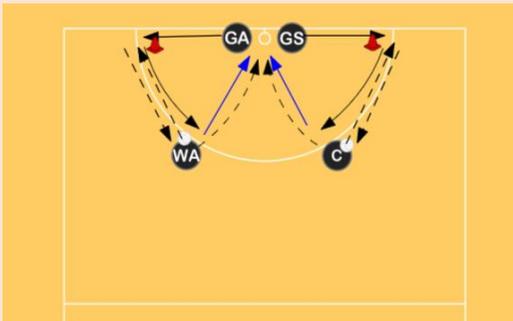


**Holding Space**



**Attacking Circle Work.**

Can you show these strategies in a game?



**Motorway Lanes**

**PENALTY PASS (PENALTY SHOT** if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty



The player needs to work to **hold** this position by making slight adjustments with the feet to keep the defender contained. As the ball is passed into the **space** attacker holds position until last possible moment and then lunges, jumps or reaches to receive ball without allowing defender to reach the ball

# Year 9 Knowledge organiser- ROUNDERS

## Advanced Bowling

### Spin Bowl

Rotation of wrist at release point. Make the ball spin by twisting the wrist when releasing the ball. 4 fingers on outside of the ball, thumb on inside of ball. Rotate thumb backwards and fingers forwards.

### Donkey Drop

Stand facing the batter; one or two paces back from the front line of the bowling square.

Hold the ball in your dominant hand

Step forward, transferring your weight from your back leg to your front leg (as in normal bowling action), keep lower to the ground than in a straight arm bowl

Swing your arm from back to front (like a pendulum) with an underarm action

Release the ball a little higher than your waist height

Flick your wrist upwards to send the ball looping up rather than straight out



### Back up/Support Play

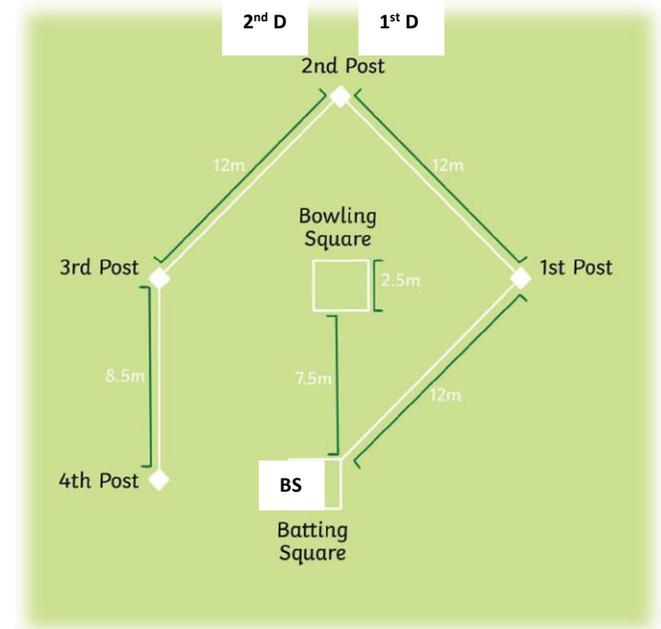
Movement of fielders to support post players. Eg.

When ball hit backwards - Backstop moves to front of batting square and throws ball to second post. 2nd and 1st deep create a triangle with second post to retrieve an inaccurate throw from BS.

When a ball has been hit into deep field and fielders retrieve the ball to throw to 4th post BS will move behind the post in line with direction of throw to catch an over thrown ball.

### Miss Field – No Rule!!!

If a batter reaches 3rd Post as 4th was stumped and the ball is then no longer at the post or in the possession of the bowler in the bowling square (it does not have to be misfielded), the batter may wish to run on (especially if there are only a couple of batters left in) but would not score. If the batter was between 2nd Post and 3rd when 4th was stumped, this would not stop them from scoring in the usual way as it has to be the post immediately in front of the batter that is stumped to prevent scoring.



### Last Batter

When only one batter left in they will be given 'Best of three balls'. Bowler will bowl and batter can choose not to run on the 1<sup>st</sup> and 2<sup>nd</sup> delivery, however, they must take last ball. This continues until this batter is out

### Stump Box

Batting Square becomes a base that can be stumped if no batsman is waiting to bat.

# Swimming – Year 9

## Can you save a life?

### What is Sculling?

It's a hand movement technique that when can be applied to all strokes but mostly Front crawl and back stroke in the form of the 'S' pull



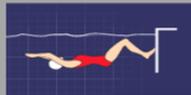
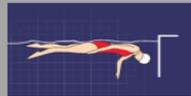
Figure 1. A line drawing of an S-shaped pull.

- Body position flat – no use of the legs
- Hands down by the sides
- Fingers closed and slightly cupped
- Move hands in a figure of 8.
- Palms pointing down to stay up, palms pointing towards feet to move head first
- Need to feel the water moving in your hands



### Tumble Turn

- **Strokes Used:** for Front crawl and Back crawl
- **Approach:** On front, last big front crawl arm pull into a 'bow', double kick over
- **Turn:** speed, tuck knees in (ball shape – forwards roll), feet over head, plant feet on wall
- **Push and glide:** Extend legs with arms together in pencil shape



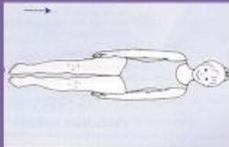
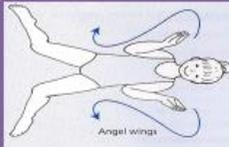
### Side stroke – to support chin tow

- **Body side on**, head out the water but try and keep body position almost level
- **Arm under body** reach forward, cup the water and pull to belly button (pick the apple, give it to the other hand)
- **Arm on top** goes from the belly button and push hand away (put the apple in the basket on the hip)
- **Legs split**, one leg forward, one leg backwards in a scissor action – then close together



### Lifesaving back stroke – to support cross arm tow

- **Body position** is on the back, head back and looking up – keep body flat
- **Breast stroke leg kick** – Big kick following technique points above but on back (try and keep knees in the water)
- **Double or single arm** - pushes up in the water above head and then pull down to side in an arc
- **Timing** – Arms go over as the legs push, arms pull down as the legs come up (everything in, everything out)



### Saving a casualty using a lifesaving tow:

If you see a casualty in the water always alert a lifeguard and help from adults. To perform one of these tows, check for dangers first, keep talking to the casualty and enter the water safely. Swim to the injured person and perform one of the two tows shown below:



**Chin tow** – fingers under chin, straight arm, ensure face out the water and use lifesaving stroke

**Cross arm/chest tow** – Arm under casualties arm, across chest and hold under arm pit, pull body up so face out of the water. Perform lifesaving stroke



### How to officiate a swimming race:

- **Starter** – Blows the whistle to get swimmers ready, then "Take your marks, go"!
- **Finish/place judge** – help to give finish positions to the swimmers in the race e.g. 1<sup>st</sup> – 6<sup>th</sup> (check for correct finish 2 hands for butterfly and breaststroke)
- **Changeover judge** – for relays they check that the next swimmer doesn't go too early
- **Stroke judge** – checks to make sure correct technique is used for the full race
- **Time keeper** – each lane has one. Records the time to 100<sup>th</sup> of a second e.g. 12.83ses

### Lifesaving equipment



### Lifeguard wade

If the casualty is the shallow end, lifesavers should walk towards them with the equipment out in front

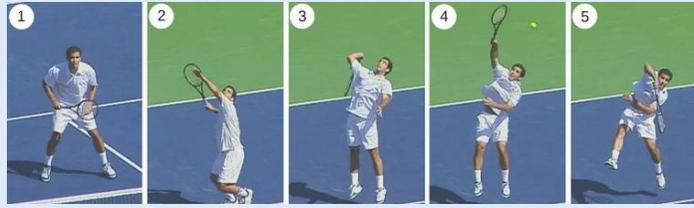


# Year 9 Tennis Knowledge

## Organiser

Key Term	Description
<b>Smash</b>	A stroke that is played above the head and hit downwards onto the opponents court or at their feet
<b>Lob</b>	A stroke that is used to put the ball over an opponent's head when they are at the net
<b>Drop shot</b>	A stroke that is used to put the ball close to the net and make the opponent run.
<b>Topspin</b>	Generated by the player brushing the ball with the racket strings from the centre of the ball to the top of the ball
<b>Slice</b>	On contact, you hit under the ball, instead of through and over it, as you do on the flat drive
<b>Crosscourt rally</b>	An ability to hit the ball right to right or left to left with some accuracy
<b>Hitting down the line</b>	An ability to hit the ball straight (right to left court)
<b>Let</b>	Service touches the net and lands in court
<b>Doubles Movement</b>	The positioning on court of a doubles pair when they are attacking or defending in the game.

### The Smash



The overhead smash is used when an opponent attempts a lob and either executes it poorly. The aim is to hit the ball away from the opponent with a steep downward angle so that it cannot be

**Top tips to play a good smash:** Turn to a side on position and raise your racket to shoulder height. Stand well back behind the ball. Keep your eye on the ball, reaching up to make contact using a throwing action similar to the service action with the ball in front of the body

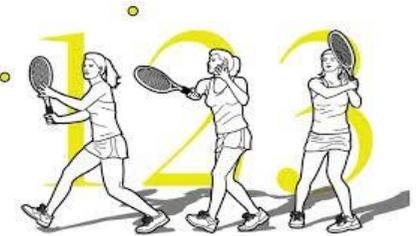
You should use a drop shot when you are close enough to the net to make the ball land softly and very short in your opponent's court.

### Drop Shot

Can you play any of these strokes?

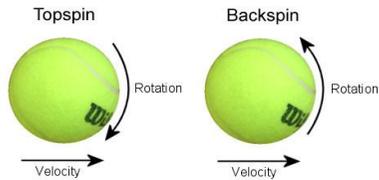
**Top tips for a good drop shot.** Sideways on, short back swing lean into the ball, hit under the ball when making contact. Short follow through. The racket should not swing across the body.

### The Lob



**Top tips for a good lob:** Prepare to hit either a forehand or backhand ground stroke. Sideways on. Take your racket back as you swing the racket forwards open the racket face and swing the racket forwards and upwards so that the ball is lifted over the opponent who is at the net.

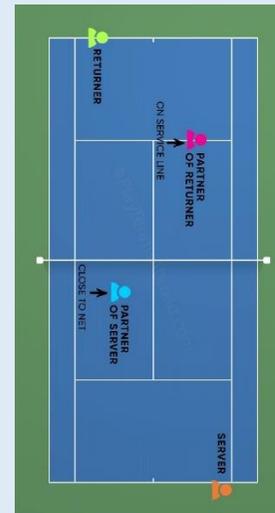
### Tennis Physics - Spin Types



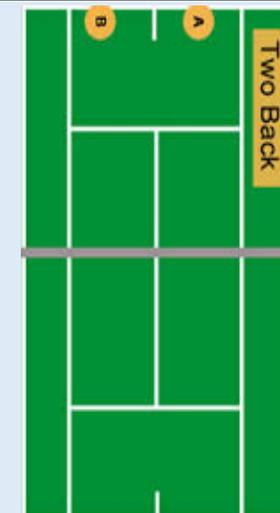
### The Science

**The Let** If a service touches the net but still lands in the correct service box it is considered a let and the server gets another try. If the service touches the net and does not land in the service box it's out and the server loses the point or proceeds with their second service

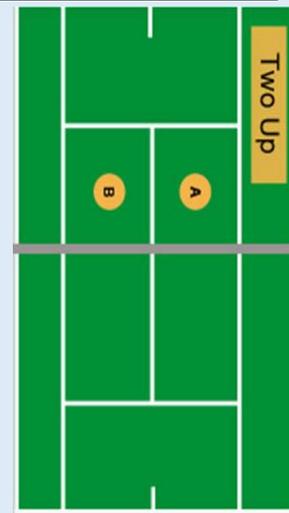
**Topspin and Slice** (backspin) can be played on a variety of tennis strokes including: forehand and backhand and service. The spin is generated from the swing and the action of the strings on the ball. **Topspin** means you can hit the ball with greater power and keep it in court, the ball clears the net more easily and it bounces up high at your opponent making it difficult to return. **Slice** however makes the ball skim the net and stay low pinning the opponent to the baseline. It can force them to lift the ball up.



### Neutral Formation



### Defensive Doubles Formation



### Attacking Doubles formation

