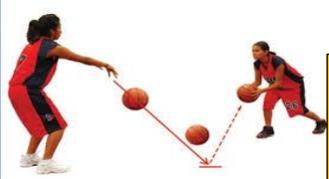


Chest pass:



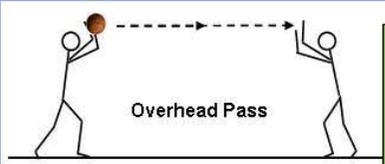
Chest to chest
 Flick wrists
 Step into pass
 Quickest way to move the ball

Bounce pass:



Flick wrist
 Step into pass
 Pass around a defender

Overhead pass:



From over the head
 Step into pass
 Flick wrist
 Pass over a defender

Dribbling:



Bouncing the ball using one hand.
 - Using your finger tip
 - Do not slap the ball
 - Keep the ball low

Foul sideline ball:

When a player commits a foul, ref blows the whistle, game stops and opponents get to pass the ball in from the closest sideline.

Pivot:

Player catches the ball, and can move only one foot to create space between them and a defender.

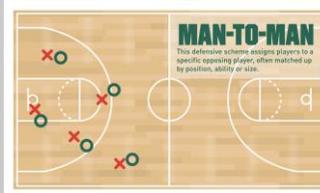
Basketball – Year 7

Triple threat position:

Legs, shoulder width apart with a slight bend. Ball out in front of you.
 In this position, you can:
 - Dribble, Pass or Shoot



Man to man:



All defenders are assigned an opponent to mark/ follow when they do not have the ball.

Pressure to force errors

Protect the ball (pocket)

Step back from defender, placing the ball in your pocket.
 Stops defenders from hitting the ball out of your hands.



Set shot:



Jump shot:



Travel Rule:

If a player moves without dribbling the ball. Opponent will get possession of the ball from the closest side-line

Double dribble rule:

Player puts 2 hands on the ball and then dribbles again. Dribbles the ball with 2 hands at the same time.

Attack:

When a team has possession of the ball, looking to score in opponents basketball. Best done at pace/ speed.

Defending:

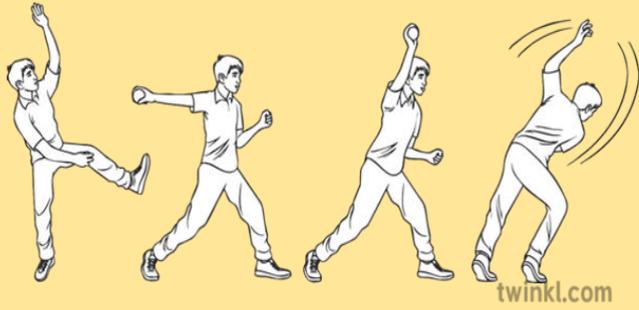
When your team does not have possession of the ball, looking to stop opponents from scoring in your basketball

Tip-off:



Start of the game only, 1v1, cannot grab/ hold the ball or opponent.

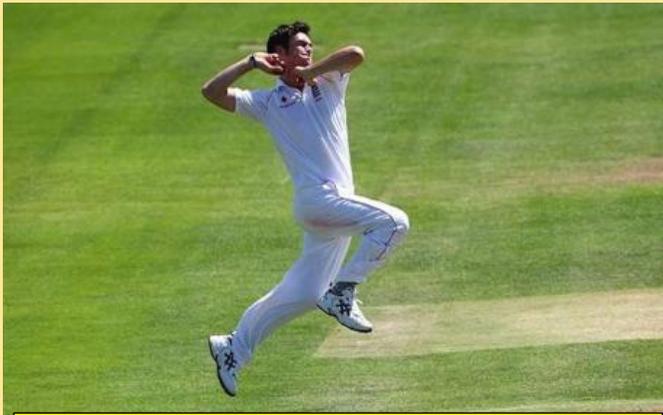
Bowling



- Side on, front arm out in front, draw a figure of 6, release the ball around 11am, and step through with back front when releasing the ball.

- Grip: 1st and 2nd finger and thumb, loose grip along the seam.

Coil



- During the bowling action.
- Coil your body back, lean back
- Turn from the waist so that you bowling shoulder is behind you.
- Weight on back foot

Cricket – Year 7

Short barrier



- Instep of the foot behind the ball.
- Palm facing the ball behind it
- Fingers tips pointing down touching the ground

Long barrier

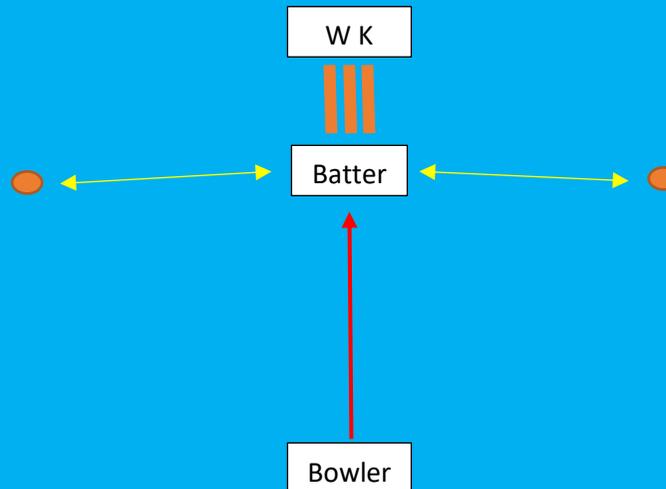


- Side on, knee on the ground, touching the heel of the other foot.
- Fingers tips pointing down touching the ground/ behind the ball
- Making your body wide

Over:

6 legal balls bowled by a bowler at 1 end

Kwik cricket



Straight drive



Dominant hand is the bottom hand, bat up ready.

Stride towards the ball, 'down the line, number 9'.

Showing the front of the bat to the bowler.

Hitting back towards the bowler.

Close catching



- Fingers up/ fingers down/ elbows out.
- Cushion the ball, and bring it into the body.
- Eyes on the ball the entire time.

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.



Building Blocks

Used for creating a dance

Travel: Movements/step patterns that move our body across the floor in different directions eg. Grapevine

Turn: Rotating body around an axis. Can be done with a partner or alone eg. 3 step turn

Roll: Rotating a body part at a joint eg. Hip circles

Jump: Lifting body off the floor. Includes body popping (sharp fat small movement eg. Shoulder lift)

Gesture: Movement of hands, arms, head, face that expresses an idea, emotion or opinion eg. jazz hands

All actions can be performed using:

Different body parts

Dynamics (fast/slow, sudden/sustained, strong/light, flowing/abrupt)

Space (pathways, levels, directions, size of movement, patterns, spatial design)

Relationships (lead and follow, mirroring, action and reaction, complement and contrast, formations)

Choreographic Principles (CP's):

Tools that help you develop a motif and create a dance

These include:

Repetition: Repeating an action or motif (small sequence of dance)

Bigger – Smaller: Making a movement bigger or smaller in size or speed.

Match: Movements are identical to a partner or the group in form and timing

Mirror: Movements are a reflection of a partner or group as if looking at a mirror image

Canon: Movements are identical but performed at slightly different time so they pass through the group or body like a wave eg. Mexican wave

Direction: Movements repeated in different directions

Front: Movements repeated facing different direction

Levels: Movements performed on the floor, standing or in the air

Pause: Moment of stillness used for emphasis or dramatic effect.

Static Stretches



Ballistic Stretches



FOOT-TOUCHING EXERCISE KNEE-BENDING EXERCISE ANKLE-HOLDING STRETCH ARM, LEG AND TORSO STRETCH

How do I stay safe?

Make sure you know how to use each piece of fitness room equipment safely: Treadmill, Arc Trainer, Bikes & Rower.

You must always:

- Use the correct technique
- Go at the correct speed/intensity
- Wear correct PE/training kit
- Perform a warm up at the start
 - Cool down at the end

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

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

This helps to increased blood flow, oxygen delivery and prepare the muscles for stretching

2. **Stretches:** There are two basic types:

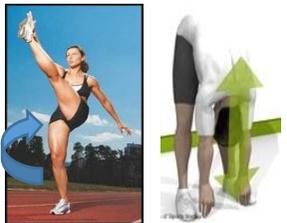
Static stretches:

No movement, hold for 8-12 seconds



Ballistic stretches:

Swinging, movement – risk of injury

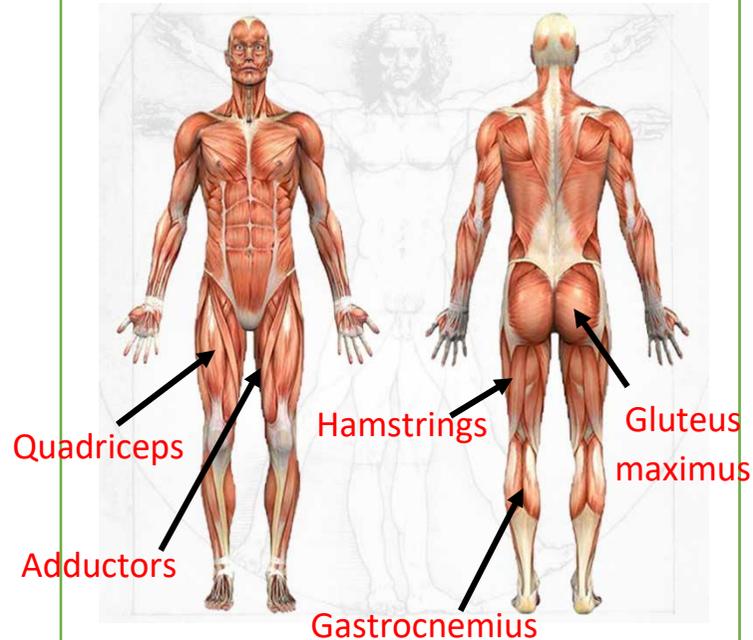


3. **Cool down** (low intensity at the end of the session) to remove lactic acid, reduce heart rate, promote recovery

Fitness – Year 7

What muscles do I need to know?

Here are the 5 main leg muscles to learn:

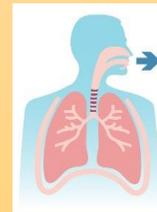


What happens when I start exercising?

Immediately your heart will start to beat faster and your breathing rate will increase



Resting HR = 72bpm
Max HR = 220-age
HR and BR increase in line with exercise intensity



Why do you think this is??

What could my fitness exercise look like?

That depends on: your fitness goals and preferences

To improve endurance – Low intensity!

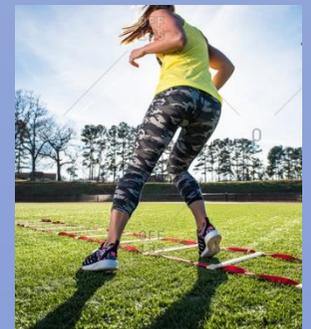
- Continuous training
- Steady pace (60-85%)
- No rest periods
- Aim for approx. 30mins

This type of training is good at burning calories but can get a little repetitive

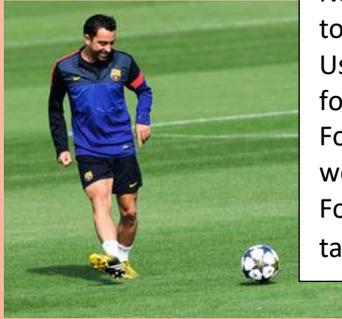


To improve Speed, Power, Agility or Strength – High intensity!

- Can use Interval training
- Period of exercise followed by a period of rest e.g. 5 X 30second sprints at 90%
- Rest is really important to ensure you can train at a high intensity (80%+)



Short Pass:



None kicking foot aiming to target.
Using the inside of your foot (larger area)
Focusing on accuracy and weight.
Follow through to the target.

Creating Space:

Making the pitch as big as possible when your team has possession of the ball. Moving away from defenders.

Dribbling:

Keeping the football close to your feet at all times.

Parts of your foot: Inside, outside, laces, sole of both feet.

Ball Control:

Keeping the ball close to your, so it is hard for defenders to get the ball off you. Cushion the ball when it comes to you. **Good first touch.**

Running with the ball:

No defenders are close to you, pushing the ball out in front of you with your laces.



Football – Year 7

Attacking:



When your team has possession.
Working the ball to opponent's goal/ half.
Want to do it with pace/ speed

Defending:

When your team has not got possession.
Getting your body in-between the ball and your goal.
Forcing them away from your goal, staying on your feet.

Tackling:



Watching the ball, not diving in. Making contact with the ball first. Being fully commit to the tackle.

Formations/ positions:

How your team sets up during the game. Defenders, midfielders and attackers. (E.g. 4-4-2, 4-3-3, 3-5-3)



Shooting:



Head, chest and knee over the ball. Striking with the instep (**accuracy**) or laces (**power**)

Inside hook:



Using big toe to hook the ball back to where you came from.

Knees bent, and keeping your body between the defender and the ball

Outside hook:



Using little toe to hook the ball back to where you came from.

Knees bent, and keeping your body between the defender and the ball

Heading:



Eyes open
Mouth closed
Arms out for balance

Hockey Push Pass

Used as a quick and accurate way of getting the ball to your team mate. Used over short distances with no contact noise.



START



CONTACT



FINISH

- Hands apart on stick
- Feet apart and knees bent
- Keep eyes on the ball
- Stick onto ball



- Step forward
- Keep stick in contact with ball
- No contact noise when ball is released
- Shift weight from back to front foot
- Low body position



- Release ball when stick reaches front foot
- Follow through with stick pointing towards direction of pass



Receiving the ball

Hold the stick forward and in front of your body. Get your stick down early, keeping it low to the ground with a nice firm but relaxed grip. Bend from the knees, not just the waist.

Bend your knees and absorb the ball against your stick. Stick out in front of the right foot - ie it should feel as though you are allowing your stick to "give" a little on contact.

Keeping your hands relaxed at the point of contact will help.



Dribbling Keep the ball out in front of the right side of your body and away from your feet, at about 2 o'clock. Keep the stick in contact with the ball as much as possible - it makes it easier to pass the ball in an instant and much harder for an opponent to tackle you without giving away a free hit. Your hands should be apart, with your knees bent and your back horizontal to the ground. Try and practice dribbling so you are confident enough not to need to look down at the ball - keeping your eyes on what's going on in front of you will make you a much more threatening player. Be prepared to change pace and direction.

For close dribble keep the ball on the end of the stick

For a fast dribble, tap the ball out in front.



Reverse stick

Slap Hit - The slap hit can be used quickly without changing your grip. It's great for shots on goal from close in, or for passes that need to be slightly stronger than a push or when you are being closed down quickly by an opponent.

Keep your hands apart in the dribbling or trapping position rather than bring both to the top of the stick.

The backswing should be short and with stick parallel to the ground.



Block Tackle



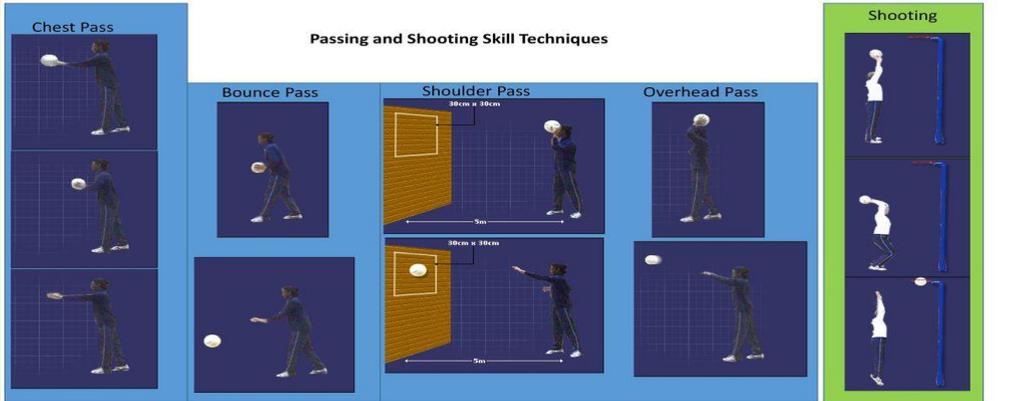
Put your left foot forward with your knee bent and your back leg stretched behind you.

Bide your time - if you get your stick down too early you will become immobile and it will be easy for your opponent to catch you off balance and dribble around you. So time your tackle until the last moment.

Have your stick at right angles to the line of the ball. You can reach for the ball with one or both hands. Do not swing for the ball with your stick - keep it low on the ground. Put the shaft of your stick in front of the ball. Once the tackle has been made, use both hands on the stick to make it easier for you to hold possession.

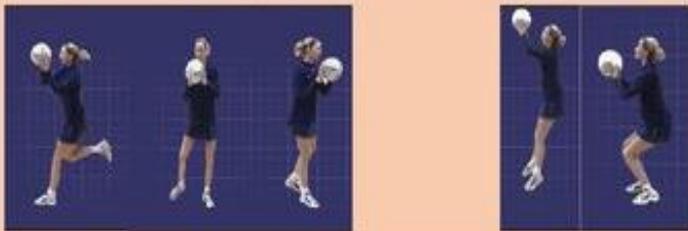
Year 7 Netball – Knowledge Organiser

Passing and Shooting



Footwork

Footwork - A player can receive the ball:
 1. With one/both feet grounded or jump to catch the ball and land on one/two feet simultaneously. You may then take a step in any direction with one foot (but not both) and pivot on the spot with the other foot. If you break the footwork rule, a **free pass** will be awarded to the opposing team



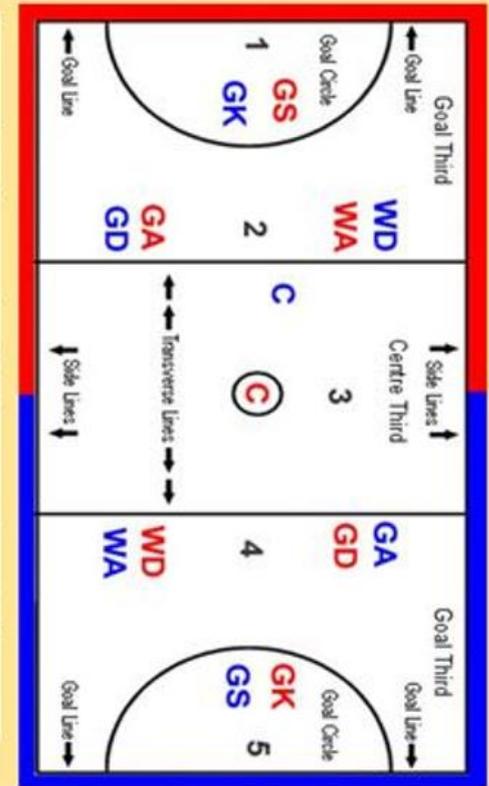
The Dodge: Dodging is used when you are attacking and trying to lose your defender so that you can receive the ball without it being intercepted.

The Sprint Dodge: On toes ready to move, when thrower is ready to pass the ball **SPRINT** as fast as you can, **INDICATE** in the direction you want to receive the ball. The ball should be **PASSED AHEAD** of the indicating hand.

Key Words: Passing, Receiving “Snatch” Shoot, Triggers, Sprint Dodge, Attack, Defence, Defend the Ball, Mark the Player, Defence, Starting Positions, Offside, Side/Back Line Pass, Free Pass.

Netball Positions and Roles

Goal Shooter (GS)	To score goals and to work in and around the circle with the GA
Goal Attack (GA)	To feed and work with GS and to score goals
Wing Attack (WA)	To feed the circle players giving them shooting opportunities
Centre (C)	To take the centre pass and to link the defence and the attack
Wing Defence (WD)	To look for interceptions and prevent the WA from feeding the circle
Goal Defence (GD)	To win the ball and reduce the effectiveness of the GA
Goal Keeper (GK)	To work with the GD and to prevent the GA/GS from scoring goals



Offside - A player with or without the ball cannot move into an area of the court that is not designated for their position. This will result in a **free pass** being awarded to the opposing team



Top Tips for Defending

Defending the ball- on balls of feet, knees bent 1 meter away from the opponent. Arms up. Eyes on ball.

Defending the player- on balls of feet. Sideways on creating a T with body. Arms by side of body, ready to tip oncoming ball. Watch opponent and track their movement to stop them receiving the ball.

Top Tips for the Dodge

Can you explain and show these key words?



Year 7 Knowledge organiser- ROUNDERS

Throwing and bowling underarm

You will need a target to aim at this will be the person's hands you are throwing to. When bowling you are throwing to the target made by the backstop's hands

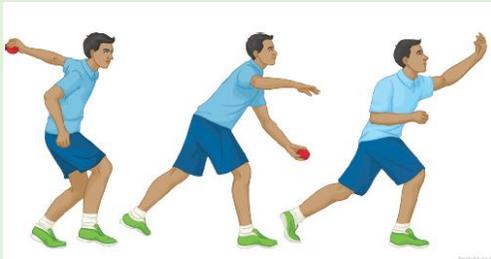
Hold the ball in your dominant hand, gripped in the fingers

Step forward with opposite foot to throwing arm, transfer your weight from back foot to front foot; this will give your throw power)

Hold your throwing/bowling arm straight, like a swinging pendulum (swing from behind your body to the front of your body

Release the ball at approximately waist height so you are pointing at the target you are aiming at

STEP AND POINT



Catching

Hold your hands out in front of your body, little fingers together to form a cup.

Stand with feet apart one foot in front of the other.

As the ball arrives close fingers around the ball and move hands backwards, (this will stop the ball hurting your hands).

CUP AND CARRY

When bowling the ball must arrive at the batter no higher than the top of their head and no lower than their knee. It must not hit their body and they must be able to reach it.

Throwing Overarm

Hold ball in dominant throwing hand

Stand side on with hips turned

Weight on back foot

Throwing arm is up and backwards with a bent elbow

Step forward to release the ball and turn your body forwards forcefully

Rotate your hips to face straight on

Extend your arm and flick your wrist to release the ball

Release the ball at around 45 degrees from the vertical

Let your arm follow the movement through 90 degrees

Use the overarm throw when you need to throw a long distance.

An overarm throw is not as accurate as an underarm so fielder may need to move to catch it.



Batting

Stand side-on to the bowler

Hold the bat high (in one or two hands) and behind you.

Have a strong grip on the handle

Keep your wrist strong

Keep your eye on the ball

Swing through the ball

Step forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move the bat forwards)

Do not step out of the front of the batting square during the batting action – you will be out if you do.

You can choose to run or stay on a no ball

Remember to take your bat with you.

Two no balls one after the other will give you half a rounder



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:

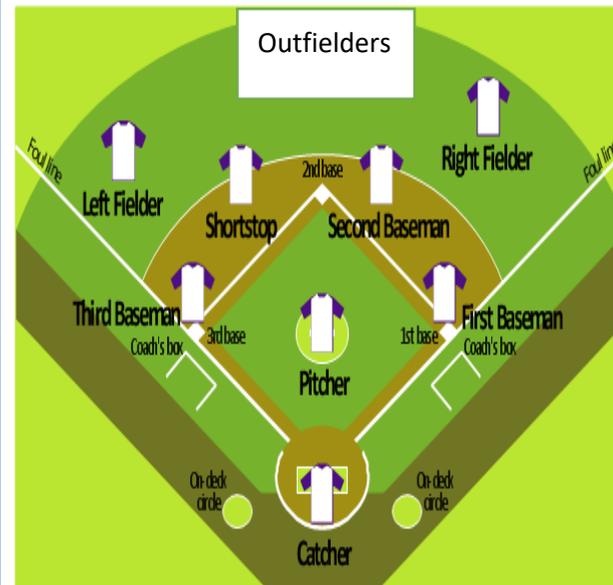
Batter must hit the ball and it bounce or stay within the Batting V that extends beyond 1st and 3rd bases

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)



Swimming – Year 7

How do I stay safe?

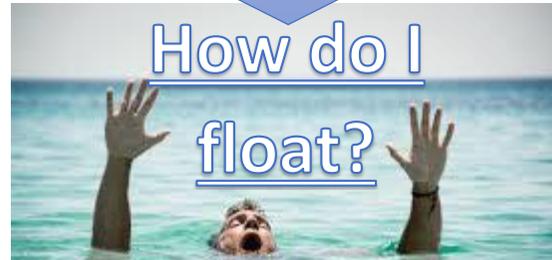
Follow sensible movement rules in and around pool side and follow the 3 whistle system:

- **1 whistle** = stop, look, listen (pool side)
- **2 whistles** = get out of the pool safely and sit on the side
- **3 whistles** = get out of the pool safely, get changed immediately and wait for further teacher instructions



- Take big breath in (air floats)
- Increase surface area (spread body out – star fish)
- Try to stay calm

How do I float?



Pencil jump

- Streamlined position – body straight with arms up squeezing head
- Jump forward
- To surface bring arms down

Front Crawl

- 1. Leg action:** Toes pointed, legs straight, kick down alternate from hips
- 2. Arm action:** Spear hand into the water, pull down in 'S' shape, bend elbow - repeat
- 3. Body Position:** Flat on top of the surface, face in water looking ahead
- 4. Breathing:** Head to side to breathe. Nose and mouth should just clear the water every 2/3 strokes.



Back Crawl

- 1. Leg action:** Toes pointed, legs straight. Kick up and down from the hips with ankles relaxed
- 2. Arm action:** thumb out first the water first with a straight arm, brush past ears, little finger into the water then pull down in 'S' shape
- 3. Body Position:** Flat, face up at the ceiling. Try to keep head still



Push and Glide



On the wall or after a turn

Feet on wall, knee's tucked, face in the water, lift hands up

Push off with body in a pencil shape

About 50cm-1m under water

Hands on top of each other

Body in a pencil shape (streamline)

Head between arms, face down



Straddle jump

- Split legs (forward/back)
- Arms on float or out wide
- Push down and close legs on water entry



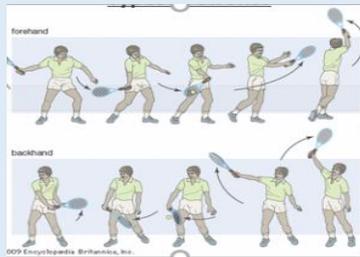
Where
can I
swim?

- Burntwood leisure centre
- Friary leisure centre
- Cannock leisure centre
- Water based activities at Chasewater
- Swimming lessons at CTTC

Year 7 Tennis Knowledge

Organiser

Key Term	Description
Ready Position	A position adopted in order to react quickly to a ball played by an opponent
Forehand Drive	A stroke played at the baseline on dominant side of body
Backhand Drive	A stroke played at the baseline on non-dominant side of body
Underarm service	Played at the baseline to start a new point



Forehand Drive

Backhand Drive



Underarm service

Top tips for a forehand and backhand drive.

The 3 Bs

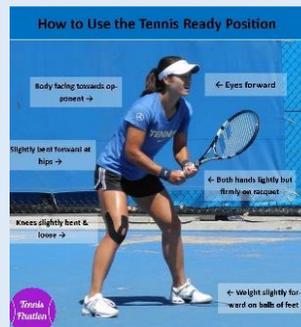
- Ball** – hit level the waist
- Bat** – swing the racket low to high
- Body** – turn sideways on

Top tips for the underarm service

Foot behind baseline. Ball must not bounce and play like a forehand drive

Top tips for the ready position:

Face forward. Eyes looking up. Racket held in centre of body. On balls of feet ready to react to the ball coming towards you.



Ready Position

Rules and regulations

Each player has a maximum of one bounce after it has been hit by their opponent to return the ball over the net and within the boundaries.

Players must not touch the net with their body or racket.

The server must serve the ball diagonally into their opponent's service box

A ball which it's the line is classes as IN

Scoring

The score starts at 0-0; known as 'love all'

The score increases as follows:

First point: 15

Second point: 30

Third point: 40

Fourth point: game

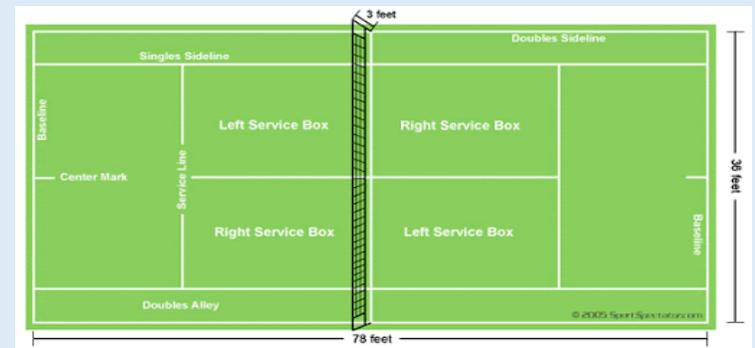
A match is divided into **sets**

A **set** is won when a player reaches **6 games**

A **match** is won when a player has won **3 sets (women) or 5 sets (men)**

I can win a point by:

- Hitting a ball into court that cannot be returned.
- My opponent hitting the ball out of court.
- The opponent allowing the ball to bounce twice before hitting it.
- Touching the net or hitting the ball back before it has crossed the net.



Court area and serving

Court area- inner tram line for singles, outer tramline for doubles.

Determining where to serve from: The first point is always from the right service box. The server must swap sides after each point. The same player serves until the game has been won.

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 Long Jump is an `explosive` event over in a very short amount of time

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.

shutterstock.com • 683348854



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 High Jump is an `explosive` event over in a very short amount of time

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.



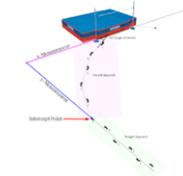
Approach and stride pattern is important so that you generate speed and do not foul.

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



The high jumper should 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`.

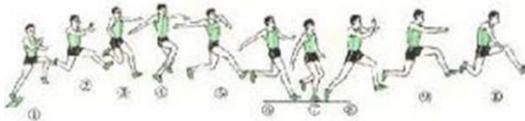


The high jumper should approach the bar in an `arc` or `J` shape.

A high jumper is not permitted to jump over the bar from two feet.

There are three phases to a Triple Jump

`Hop`



`Step`



`Jump`



Figure 1 : Triple jump motions display chart

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 `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.

The athlete has to pace their race correctly so they do not get left behind but equally do not get too tired before the end of the race and have to slow down and walk.



The `Sprint` events are over a `short` distance.

The performer has to react quickly to the `gun` and travel the short distance as quickly as possible.

The performer will not have time to feel tired during the event but will need time to recover afterwards.

Most people think the longest `sprint` distance for adults is the 200m (half an athletics track). Some people argue that elite athletes `sprint` a complete lap 400m (one full lap of the track) but this is considered very difficult and extreme performance.



Year 7 Athletics Running Events



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 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.

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.

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



Start Commands:

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

Crouch start



Standing Start



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



The Hurdle 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.

The Hurdles is an explosive event when energy has to be used very quickly and is therefore produced without oxygen ANAEROBICALLY

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 and Reaction time, or you will not succeed

Sprinters who run for a short amount of time will not feel fatigue during their race but will need time to recover fully after a race 5-10 min if they are going to race again and maintain their performance.

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 also 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**.

Athletes running middle distance will get their energy both....

Aerobically – Using oxygen to keep them going during the race.

And

Anaerobically– Without using oxygen for the higher intensity sprints

The Javelin is an `explosive` event over in a very short amount of time

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

The Discus is an `explosive` event over in a very short amount of time

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

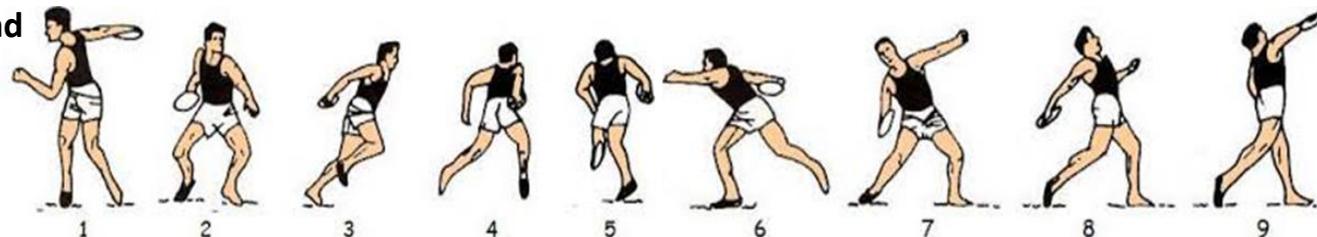
Your weight needs to help your throw moving from back to front

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 7 Athletics Throwing Events



The Shot Putt is an `explosive` event over in a very short amount of time

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



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



Year 7 Knowledge organiser- ROUNDERS

Key Words

Throwing
Step and Point
Bowling
Bowling Square
Catching
Target
Cup and Carry
Batting
Batting Square
Backward Hit
Fielding
Short Barrier
Diamond

Scoring

Full Rounder

Hitting a good ball run to 4th Base

Half Rounder

Hitting a good ball run to 2nd Base

Miss a good ball run to 4th Base

Two consecutive no balls

Obstructed by Post Player

*You may choose to run on a no ball

A Player is out when:

Caught out Stumped out Run out Runs inside a Post

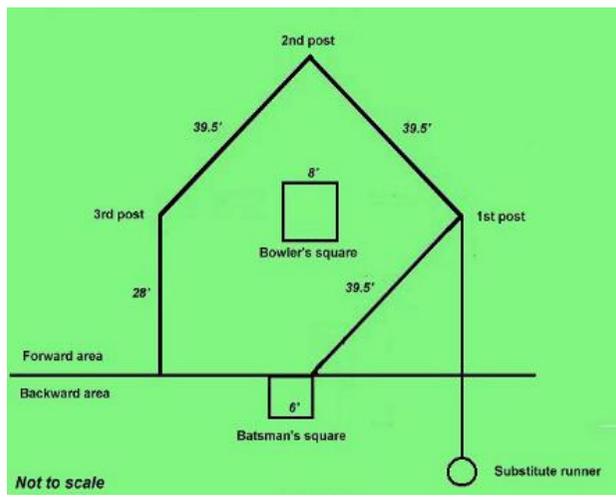
Steps out of the front of the batting square whilst hitting the ball

Fitness Requirements

Agility
Coordination
Power
Speed



Pitch and Positions



Rules and regulations

- A rounders' team has 9 player
- A rounders' game consists of 2 innings; whilst one team bats, the other one bowls.
- Players must run on a good ball

When running

- Batters, when waiting at a post, must always keep in contact with the post, either with their hand or bat.
- Two batters cannot be at the same post
- You cannot run back to a post once you have committed to run to the next post
- If you hit the ball backwards, the batter must stay at 1st post until it reaches the outward area.

No balls

- It is a no ball when:
 - The ball is above the head/below the knee
 - The ball bounces
 - The ball is wide
 - The bowler's foot is outside of the square when they release the ball
 - The bowler does not use an underarm action
- **You can not be caught out on a no ball**



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)
- Building Blocks for creating a dance (travel, turn, roll, jump, gesture, Pause/stillness use of different body parts, floor work, transfer of weight)
- Dynamics (fast/slow, sudden/sustained, strong/light, flowing/abrupt)
- Space (pathways, levels, directions, size of movement, patterns, spatial design)
- Relationships (lead and follow, mirroring, action and reaction, complement and contrast, formations)
- Timing
- Rhythm

Choreographic Principles (CP's):

Tools that help you develop a motif and create a dance

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

Groupings:

- Solo – 1 person
- Duet – 2 people
- Trio – 3 people
- Quartet – 4 people
- Group – Any number of people

Performance skills & Fitness for Dance:

- Posture
- Alignment
- Balance
- Coordination
- Control
- Flexibility
- Mobility
- Strength
- Stamina
- Extension



Performance Checklist

- Stimulus/Theme (something that causes a response, creates ideas): Fireworks
- Must Include 2 Travel sequences, 2 turns, 2 rolls, 2 jumps
- Must Include gestures
- Must have used at least 4 highlighted CP's
- Clear start and finish
- Confident performance (focus, clarity, timing)

Key Words:

- Building Blocks
- Motif
- Choreography
- Choreographic Principles
- Timing
- Stimulus
- Beat
- Pathways
- Relationship
- Theme
- Link
- Fluency



Scoring a 'try': 5 points are gained by the team that scores a try. The ball must be touched on the ground under control on or over the 'try/goal line'



Penalty

Breaking the rules/ dangerous play results in a penalty. Referees decision is final.



Passing/Receiving

Ball passed backwards or sideways not forwards, two hands/ swing point/ communication/ sympathetic hands 'W' / show '10' / Calling

Fitness for Rugby:
Strength/Speed/Stamina

Rugby Y7



Tackling



Below Shoulders/ 'The bigger the lower'
Ring of Steel/ 'do not let go till the ground'
Head behind/ 'cheek to cheek'
Land on top then protection

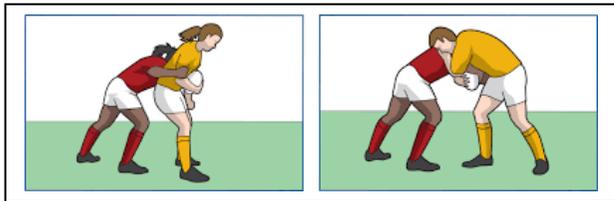
Attacking Line

'V' Formation ball at the front, support one comfortable pass from next player



Defensive Line

Spread in a 'flat line' across the pitch facing towards attackers, advance in line towards the attacking team to tackle them. Must stay behind players in contact trying to win the ball

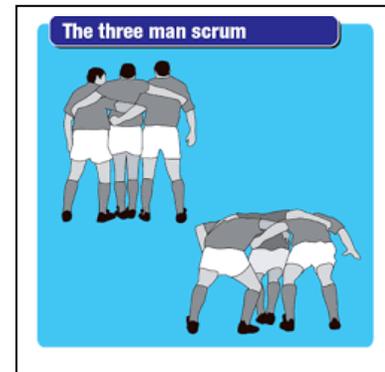


The 'Maul'

The 'Maul' is formed when two or more players compete for the ball on their feet. Players in possession protect the ball with body and push ball backwards. Players trying to gain possession try to 'rip' the ball up or down.

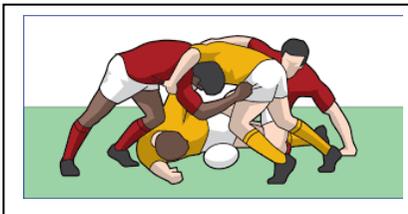
Three Man Scrum

Two 'Props' either side 'loose head' on left, 'tight head' on right, hold the scrum up. The 'Hooker' in the middle hooks ball back. Ref gives the comands 'crouch/ bind/ set'



Opportunities to play

Burntwood RFC/ Lichfield RFC



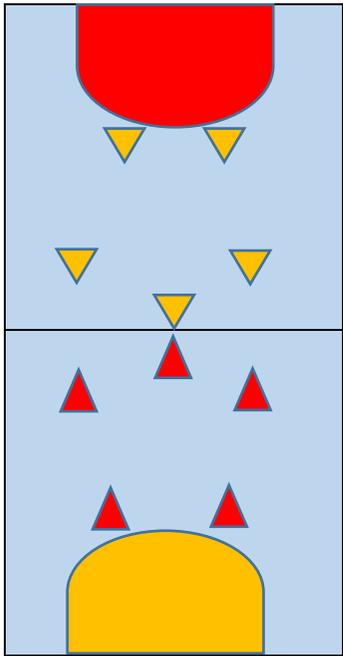
Rucking

A 'Ruck' is formed when two or more players compete for a ball on the floor

HOCKEY Year 7

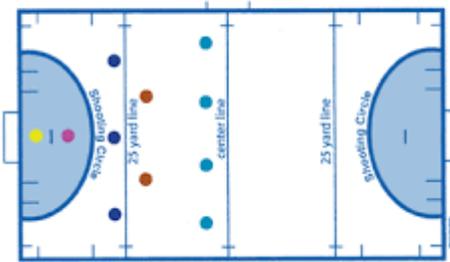
Knowledge Organiser

Small Game 5 v 5



Full game 11 v 11

- Sweeper
- Defenders
- Midfielders
- Attackers
- Goalkeeper



Control

- No left handed sticks!
- Hold stick with LEFT hand at top
- Right hand half way down stick
- Curl fingers around stick



Rules

- Ball cannot touch the rounded side of the stick
- Ball cannot touch feet
- The Stick must not be lifted above waist
- Hacking – cannot hit another player's stick with your own stick
- Obstruction – no body contact/cannot block or hold player or their stick
- Lifted ball – if it presents DANGER to ANY player on the field
- Tackling is only allowed from in front of a player. Stick must be on the ground!
- Self-Start Rule
- Sideline restart
- 5-yard rule – Defenders must be 5 yards from the ball on free hit and restart
- 16 yard hit out
- Corners

Positions – Do you know their roles & responsibilities in the team?

- Attack
- Defense
- Midfield

Skills

- Passing and Receiving
- Reverse stick
- Slap Pass
- Push pass
- Block Tackle
- Dribbling
- Shooting

Key Words

- Control
- Reverse stick
- Grip
- Push Pass
- Slap Shot
- Dribble
- Indian Dribble
- Tackle
- Soft Hands
- Attack
- Defend
- Midfield
- Restart
- Hit Out



PPE (Personal Protection Equipment)

All students must wear:

- PE Kit
- Shin Pads
- Hair tied back, long fringes secured
- Gum shield
- Training shoes securely tied



Game Play

- Each team is made up of 11 players (full Game) or 5 players (Small Game)
- A goal is scored when the ball is successfully hit into the opponent's goal from within D.
- No Goal Keeper

Basic Cricket Positions

