

**Year 7 Boys**  
**Knowledge organiser**  
**Booklet for PE**

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'

Safety: Equipment: Gum shield/ boots/jewellery/ padding/head gear Warm up/ Cool down

Running with the ball Two hands/ balance/ dodge/ Going into contact

## 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

## Attacking Line

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

Fitness for Rugby:  
Strength/Speed/Stamina

# Rugby Y7



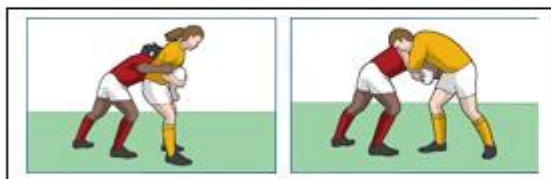
## Tackling



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

## 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



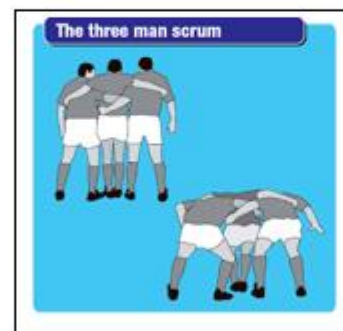
## The 'Maul'

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 commands '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





## How do I stay safe?

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

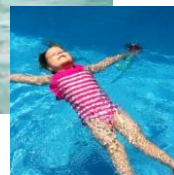
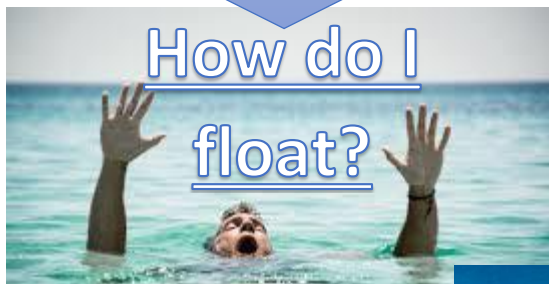
- **1 whistle** = stop, look, listen (pool side)
- **2 whistles** = get out of the pool safely and sit on the side
- **3 whistles** = get out of the pool safely, get changed immediately and wait for further teacher instructions



# Swimming – Year 7

- 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.

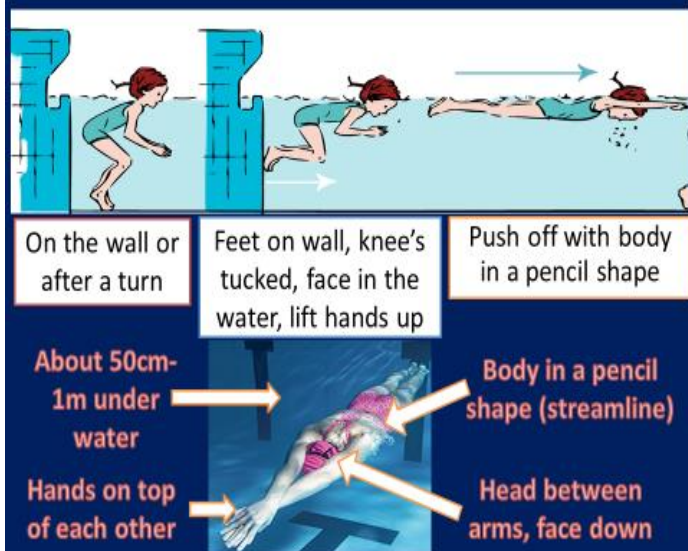


## Back Crawl

- 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



### Straddle jump

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

Where  
can I  
swim?

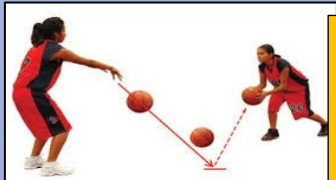
- Burntwood leisure centre
- Friary leisure centre
- Cannock leisure centre
- Water based activities at Chasewater
- Swimming lessons at CTA

### Chest pass:



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

### Bounce pass:



Flick wrist  
Step into pass  
Bounce to waist height  
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 or violation, 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.

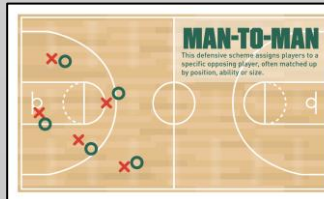
# Basketball – Year 7

### 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:



Defenders are assigned an opponent to mark and follow.

Putting pressure on them to force errors, and turnovers.

### Protect the ball (ball in the 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.



### Over Arm Pass:

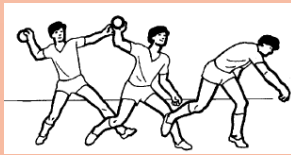
Weight on back foot

Ball held in 1 hand

Transfer weight from back to front foot and step into pass

Release ball in the direction of a team mate *"Fingers point the way"*

Straighten arm to follow through



### Flick Pass (Pop Pass):

Body facing away from the ball

Used for short, deceptive passing in close to goal or to team mates to the side



### Bounce Pass:

Ball held in 1 hand

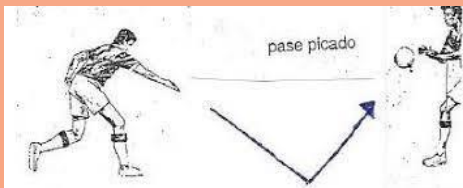
Arm bent with high elbow with a ball above elbow

Transfer weight from back to front foot and step into pass

Release ball in the direction of a team mate and down to land approx. 2/3rds the way to team mate *"Fingers point the way"*

Straighten arm to follow through

Used for further passing under opponents and for team mates to run onto



# Handball – Year 7

### Catching:

- Thumb tips together and fingers spread to create a 'W' shape'
- Body in line with the ball
- Keep eyes on the ball
- Wrap the fingers around after catch, bring ball into the chest

### Pivoting:

- Ball in one hand in close body position
- Keep one foot on the ground, transfer weight from this foot and step with the other away from a defender to open up attacking opportunities

Keep one foot planted at all times. Use this to make the correct pass but ALWAYS keep the ball close so you don't lose possession.

### Game Rules:

- Maximum of 3 steps
- Maximum of 3 seconds
- None contact
- Dribbling – players are allowed to dribble the ball and once the ball comes to a stop the players can take a further 3 steps before its travel. After goal is scored – team who conceded starts with a centre court pass backwards
- Keeper is allowed anywhere on court
- No other player is allowed in GK areas Boundary lines are out
- If goal keeper saves a shot and it goes over the goal line (wide of the goal) – it is the goal keepers ball
- If a defender blocks the shot and it goes wide of the goal – corner throw to attackers

### Dribbling:

One handed, use fingers and elbow to push the ball down

Dribbling is not used often as it's too slow

1 handed dribbling only

Dribble must be continuous.



### Shooting:

- Drive (run) forward towards the opposition goal with or without a jump
- Release the ball before landing

Use whole body and momentum to follow through to create power in the shot



### Man to Man Defense:

- Stay goal side of the player
- Try to match up in relation to size and ability



## Key Terms

**Start time/ end time:** Time taken to complete the course.

**Control card:** Sheet to record answers on.

**Control marker:** The point on the map you are looking for. These have the answers on.

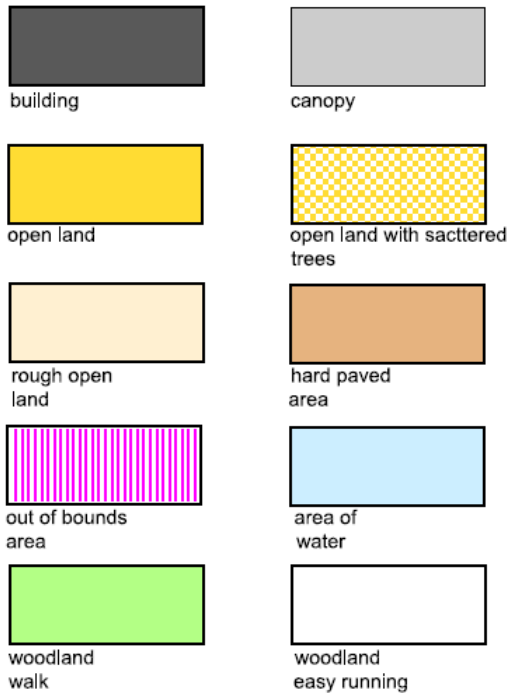
**Orientate:** Align the map to match the features on the ground. Move around the map like a car goes around a roundabout.

**Catching feature:** a feature you will catch if you have passed your control marker.

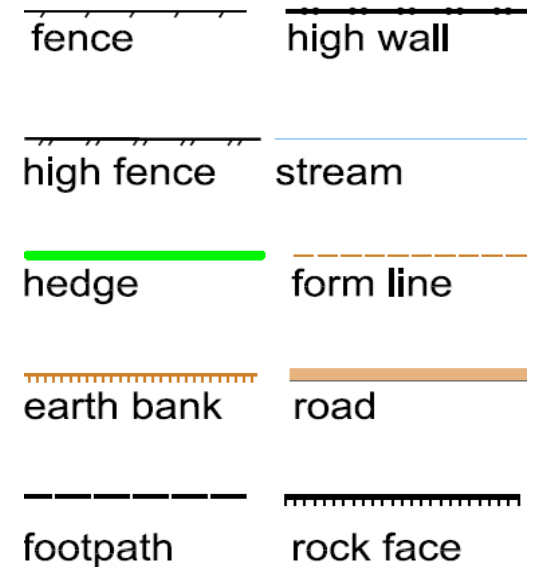
**Aiming off:** Aiming towards a feature to guide you in the right direction towards the control marker.

**Attack point:** Head towards an obvious feature near the control point to help you locate the marker.

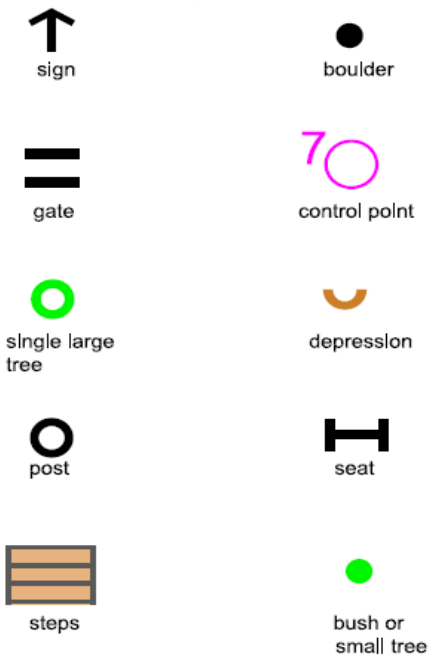
## Area Symbols



## Line Symbols



## Point Symbols



## Orienteering Skills

**Orienteering:** A competitive sport where participants travel with the aid of a map and/or compass.

**Communication:** Exchanging information with another person or team.

**Team work:** Combined action of a group, especially when effective and efficient.

**Problem solving:** action to overcome a challenge.

# Orienteering



## Fitness Components

- Cardiovascular endurance
- Muscular endurance
- Speed
- Agility

## 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 increase 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

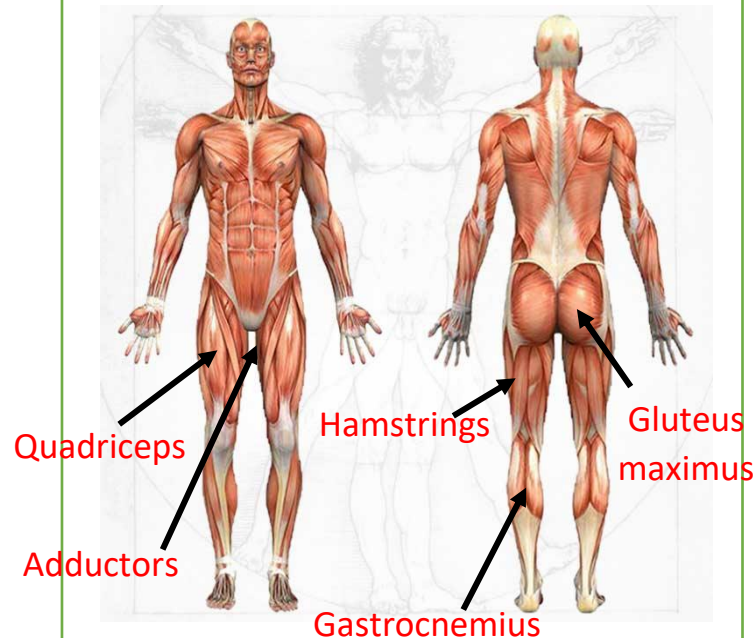


**Cool down** (low intensity at the end of the session) to remove lactic acid, reduce heart rate, promote recovery

# 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 training look like?

*That depends on: your fitness goals and preferences (likes & dislikes)*

### **To improve endurance – Low intensity!**

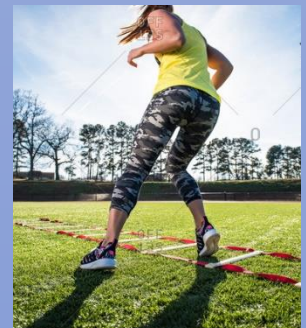
- Continuous training
- Steady pace (60-85%)
- No rest periods
- Aim for approx. 30mins

This type of training is good for improving endurance but can get repetitive (boring)



### **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%+)



# Athletics – Yr 7

## Running events

**Safety** = Warm up correctly (pulse raiser and stretches focusing on legs)

Always run in the correct direction

### **Sprinting technique (100m & 200m):**

**Body position** = upright

**Hands** = open and moving hip to chin

**Elbows** = drive forward and back in straight line

**Legs** = high knee and drive forward

### **Middle distance technique (800m & 1500m):**

**Body position** = upright but more relaxed

**Hands/arms** = relaxed and moving forwards

**Feet/Legs** = heel first then roll to toes, more relaxed stride length

**Pacing** = go at a speed which you can maintain for most of the race

## Throwing events

**Safety** = Warm up correctly (pulse raiser and full body stretches)

### **3 main rules:**

1. Always carry equipment safely (walk)
2. Always throw in the correct direction
3. Only throw and collect when told to

### **Shot putt technique:**

**Grip:** spread fingers with clean palm

**Stance:** Chin, knee, toe

**Throw:** extend

### **Discus technique:**

**Grip:** spread fingers, tips over edge

**Stance:** bend back leg

**Throw:** Arm straight and Swing around, release off index finger



### **Javelin technique:**

**Grip:** V grip javelin between thumb and index finger

**Stance:** Weight on back leg, slightly bent

**Throw:** 'pull' javelin through close to body

## Jumping events

**Safety** = Warm up correctly (pulse raiser and full body stretches)

Ensure the landing area is clear

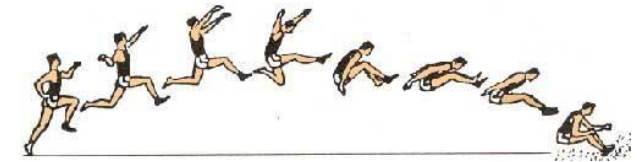
### **Long Jump technique:**

**Approach:** Fast run up (90% sprint)

**Take off:** head up, jumping foot on take-off board behind foul line

**Flight:** in air technique to maximize distance: Hang, stride or Hitchkick

**Landing:** mark in the sand, ensure momentum and exit forwards



### **High Jump technique:**

**Approach:** Curved 60% bouncy run up

**Take off:** parallel to bed, one foot furthest from bed, drive closest knee up

**Flight:** in air technique to maximize height: Straddle or Fosbury flop

**Landing:** on bed safely and exit back

## **Athletics clubs in your area:**

- Tamworth Athletic club
- Royal Sutton Coldfield Athletics club
- Wolverhampton and Bilston, Aldersley



## Bowling



- Side on, front arm out in front, draw a figure of 6, release the ball around 12/1 o'clock, and step through with back front when releasing the ball.
- Grip: 1<sup>st</sup> and 2<sup>nd</sup> 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 your 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

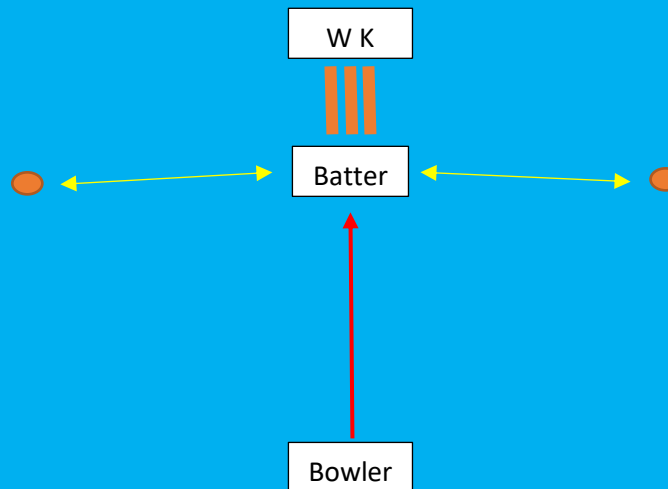


- Side on, knee on the ground, touching the heel of the other foot.
- Fingers tips pointing down touching the ground/ behind the ball
- Making your body wide

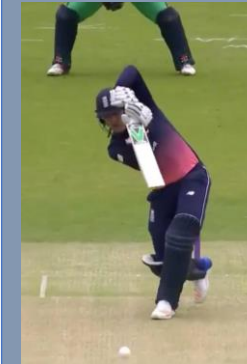
## Over:

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.