

**Year 8 Boys**  
**Knowledge**  
**organiser Booklet**  
**For PE**

## The 'Line Out':-

When the ball goes 'out of play', player carrying the ball or ball touches or goes over the 'Touchline'. Two lines of players 5m from the side, compete for the ball, which is thrown inbetween the players from the touch.

## Player Positions

### 'Forwards'

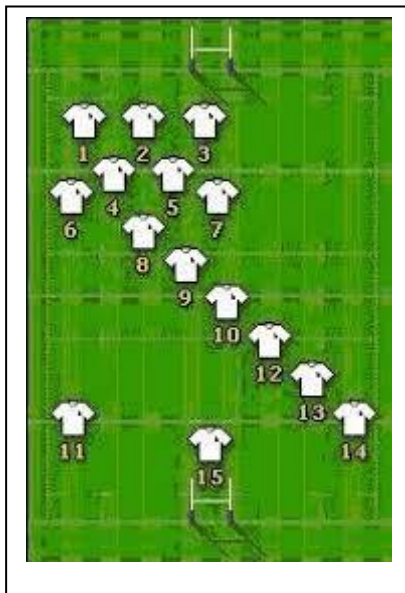
1. Tighthead Prop
2. Hooker
3. Loosehead Prop
4. Lock (Second Row)
5. Lock (Second Row)
6. Blindside Flanker
7. Openside Flanker
8. Number 8

### 'Backs'

9. Scrum Half
10. Fly Half
11. Left Wing
12. Inside Centre
13. Outside Centre
14. Right Wing
15. Full Back



**Forwards:-** Make up the 'Scrum' and compete at the lineout.



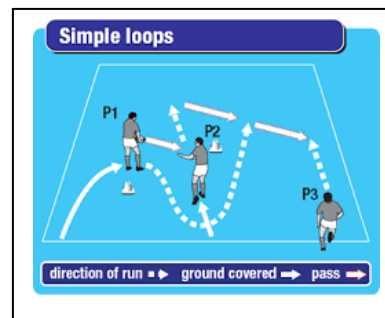
**Backs:-** Do not compete for the ball at the scrum or the line out.

**Catching High Ball :** Reach up towards the ball, turn body sideways on (to avoid knock on), bring the ball into the body.

## Rugby Y8

### The '5 man' Scrum

The '3 man Scrum' is joined by the two Locks/ Second Row these two additional players hold the scrum together and push forwards

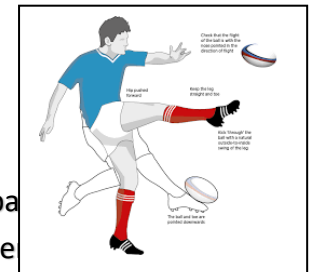


### Rules/ Laws

Difference between a Penalty and a free kick. When they are awarded. Referee decision final!

### 'Side Step'

Attacking player avoids the tackler by 'stepping around' them, throwing them off balance, 'dodging' the tackle. Requires speed/ balance/ timing/ agility.



### The 'Loop'

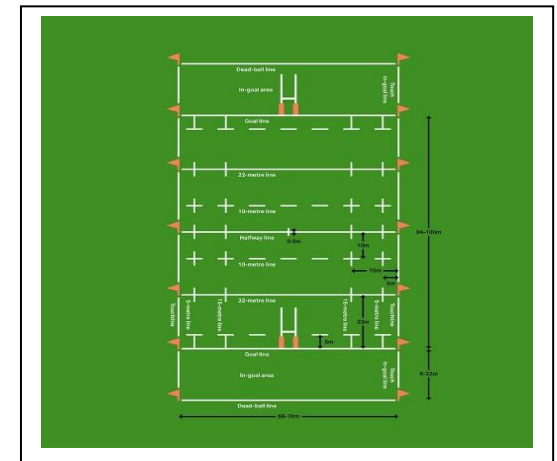
The Player starting with the ball passes to a team mate, he then runs behind the person he passed to, as he goes forward, ('looping' behind him) and receives the ball back. This move is designed to create a space to run through the defence.

### Kicking From hand

Ball held low across foot, contact on laces with side of ball, spiral flight, follow through. When/Where to kick

## Pitch markings

Try/goal line, Half way line, 22m line, 10m line, 5m line, Dead ball line



# 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



# Basketball – Year 8

## Lay up:



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

Worth 2 points

## Free throw:

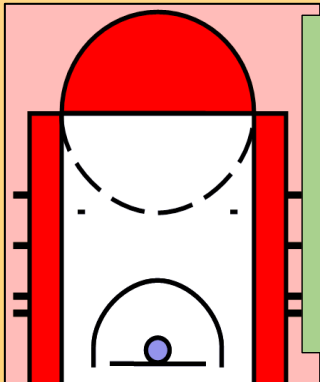
Worth 1 point.

Free shot from the free throw line.

Set shot technique.



## The key:



The area under each basket.

The White area

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

## Pressure:

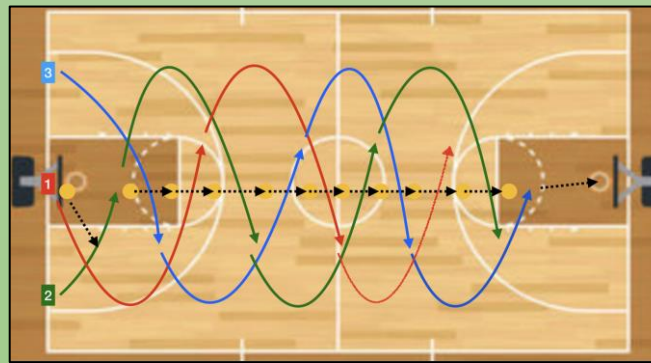
Defenders mark opponents closely.

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:



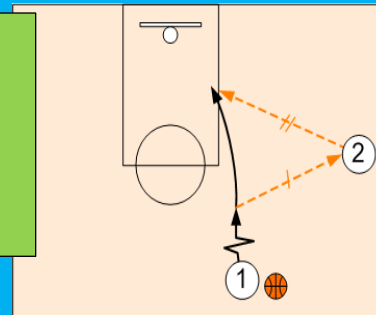
Drill: creates space, you pass and then follow. Passing and moving down the court.

## Give and go:

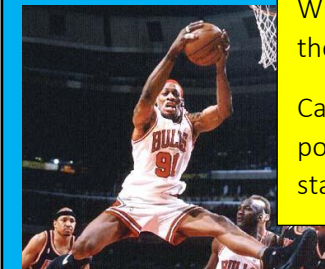
To create space.

Pass a 1 – 2 with teammate.

Running into space.



## Rebounding:



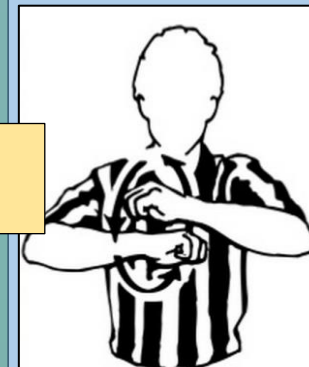
When a shot has not gone in the basket.

Catching the ball at its highest point, arms up, athletic stance, 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

### Interceptions:

Head up anticipating pass

Hands up into catching position

Move into intercepting position at the right time

Perform catch and then head up looking for attacking decisions (Pass, dribble or shoot)

### Blocking:

Safe contact to block a shot is allowed in the full competitive game, however the block must meet the guidelines above otherwise it will be a 9m free pass

### Jump pass:

Ball held in 1 hand ready to transfer into different directions

Ball kept away from opponents (protect)

Take steps then jump up or away from defender and then perform Pop, Bounce or Over-arm pass to opponent

Used to engage a defender and make a pass to a team mate in a close attacking position



# Handball – Year 8

### Full game rules (officiating):

Semi-contact – Defenders permitted to make body contact, but they should not: hold or restrain attacking players, must not hit another player, strike or pull back the opponent's throwing arm

Duration = 2 X 30m halves

6 court players and 1 goal keeper. Up to 9 substitutes and unlimited substitutions

Must always be attacking – no time wasting. Umpire will call warning and the attacking team has max of 6 passes before a shot must be taken.

Free throws are awarded where a foul occurs or from the 9-metre line if foul occurs in this zone. Penalties punish more serious foul play and are taken from the 7-metre mark

### Positions:



### Used Fitness Components:

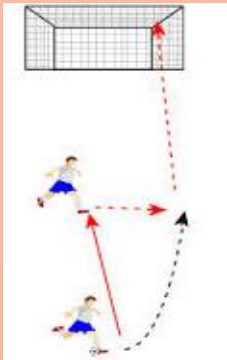
- **Agility** – changing direction quickly to mark/evade opponents/ save opponents shots
- **Coordination** – to accurately perform catches, passes, shots and blocks
- **Power** – to provide shots that have speed and strength to them
- **Muscular endurance** – to keep on performing to the end of the match
- **Speed** – to quickly run up the court in attack and run back in defence

### Zonal Marking

When a team loses possession they all run back into a zonal formation around their GK area



### 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:



# 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 defender.

### Attacking heading:

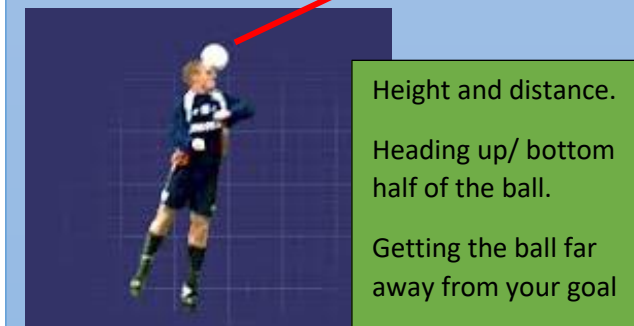


Eyes open, mouth closed, heading the ball down towards the keeper's feet/ corners.

### Stop turn:



### Defensive heading:



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

## Are there different types of static stretching?

### **Active stretches:**

The performer holds the muscle in place during the stretch



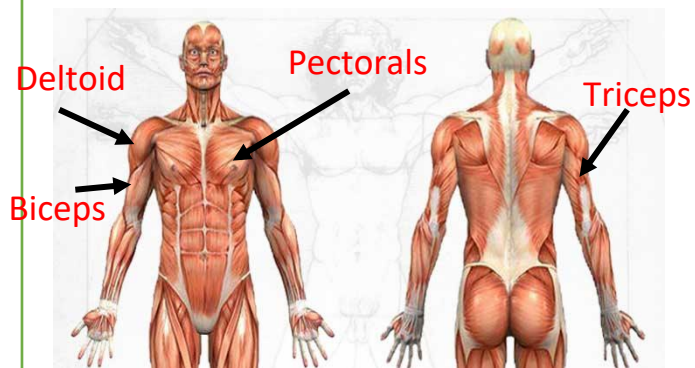
### **Passive stretches:**

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 ÷ 100) X 60 = 124bpm (lower)  
(206 ÷ 100) X 85 = 175bpm (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?

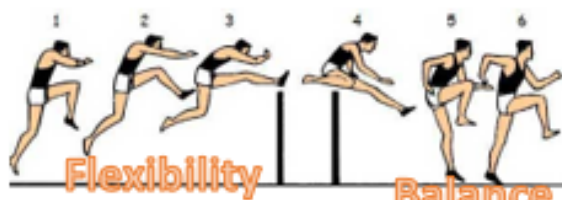
They both return back to normal. The better endurance you have the quicker this will happen



# Athletics – Yr 8

**Speed** **Reaction Time**  
Running events **Power**

## Hurdles technique:



**Lead leg:** Front leg straightens with heel towards hurdle

**Trail leg:** Back leg, 90° knee/hip angle, bring through quickly

## Sprint starts:

**“Take your marks”** – get ready into starting position

**“Set”** – Raise hips up

**“Go/Gun”** – drive forwards



## Time keeping/officiating:

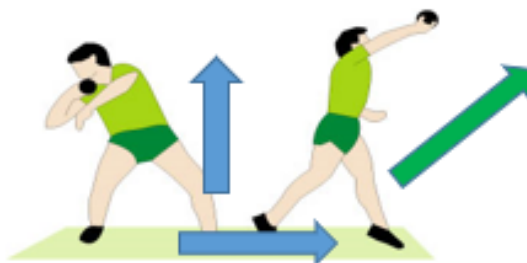
**Minutes and Seconds:** All running race times are recorded in these units to 100<sup>th</sup> of a second e.g. 1min 10.07s

**Disqualified** – performer goes before the gun/go or runs out of their lane

**Power** **Balance**  
Throwing events

## Maximising distance for all throws:

**Momentum** – move weight from back to front and from low to high position



**Release angle = 45°** - Greater angle goes too high and comes down short, lower angle hits ground before max distance

**Run ups:** In shot putt and Javelin a run up may be used to increase momentum

## Officiating:

**Metres and centimetres** – All throws are measured in these e.g. 20.52m. Measured from where the object first lands

## Foul throw:

- Performer uses incorrect technique
- Performers body touches throw line or ground over throw line
- Throw must land in correct sector
- Javelin tip must land first

**Middle Dist running = Endurance**

**Speed** **Power**  
Jumping events

## Triple Jump technique: **Flexibility**

**Approach:** Fast run up (90% sprint) then 3 phases in next section

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

**Hop, then step, then jump**

**Flight:** in air technique to maximise distance: Hang or stride

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



## Foul Jump:

- Triple jump – incorrect 3 phases
- Foot over take off board

## Officiating:

- **Metres and centimetres** – All jumps are measured in these e.g. 4.67m
- Measured from the closest mark made to the take-off board

## Fitness components in Athletics

- All 11 fitness components are important, however some are vital for certain events
- See headings on the events



### Slip catching



- Feet shoulder width apart, solid/ athletics stance
- 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



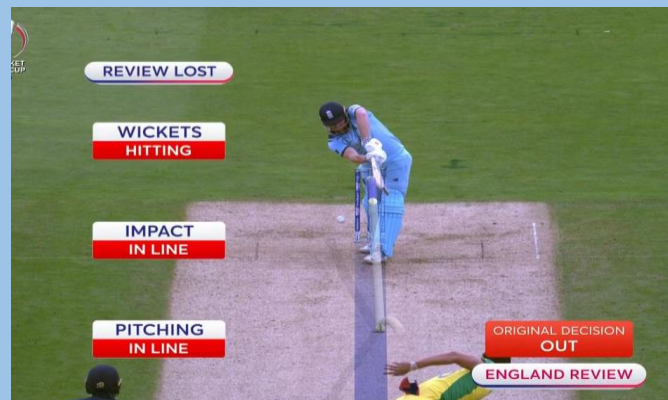
- Approach the ball to one side.
- Pick up outside the dominant foot
- Fingers facing down
- Eyes on the ball at all times.
- Releasing the ball quickly

### Stumping's



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

### LBW – Leg Before Wicket



### 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 as the straight drive.
- Ball will be hit over the close fielders heads.
- Leaning back as you hit the ball, high follow through